

Attention-Deficit/Hyperactivity Disorder (ADHD) in Adults



You have always had trouble concentrating. Your mind wanders, and it's hard to finish tasks. As a result, you did not do well in school. And now, you often struggle with your job. Sometimes this makes you moody or depressed. These may be symptoms of attention-deficit/hyperactivity disorder (ADHD). To find out more, talk to your healthcare provider. They can offer guidance and support.

Symptoms of ADHD in adults

For an adult to be diagnosed with ADHD, the symptoms must have been present since childhood. The symptoms may include:

- Trouble thinking things through and making decisions
- Trouble with organizational skills
- Low self-esteem
- Depression
- Trouble holding a job
- Memory problems
- Problems with a marriage or relationship
- Lack of discipline
- Trouble finishing tasks or projects

What is ADHD?

Attention-deficit/hyperactivity disorder makes it hard to focus your mind. You may daydream a lot. And you may be restless much of the time. As a result, you may have trouble with detailed or boring work. And it may be hard to stick with 1 project for very long. You also may forget things. Or you may miss key points during a lecture or meeting. You may even have trouble sitting through a movie or concert. At times, you may feel frustrated or angry. This can affect your relationships with others.

Who does it affect?

ADHD starts in childhood. Sometimes your symptoms may get better as you get older. But they also may last into your adult years. ADHD is often thought of as a kid's problem. That's why it's often missed in adults. In fact, many parents learn they have ADHD when their children are diagnosed.

What causes it?

The exact cause of ADHD isn't known. The disorder does run in families. Having 1 parent with ADHD makes it more likely you'll have it too. And the part of your brain that controls attention may be affected. Certain brain chemicals that are out of balance may also play a role.

What can be done?

The first step is finding out if you have ADHD. Your provider will use special guidelines to diagnose the disorder. Most adults with ADHD are greatly helped by some combination of medicine, therapy, and coaching.

To learn more

- [Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\) at https://chadd.org/](https://chadd.org/)
- [Attention Deficit Disorder Association \(ADDA\) at https://add.org/](https://add.org/)

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