

ADHD and Me: How neurodivergence serves my testing

*By Karen Todd
Presented for Agile Testing Days 2023*

Karen Todd



Creator
of Karen Tests Stuff

Cat Mom
*to Liliana of the Dark
Realms*

Chooser of Joy
in any situation

Listen, I love y'all...SO

The following content is personal to my own experience exploring ideas that can be unsettling to some people. Themes covered may include:

Abuse
ADHD
Anxiety
Depression
Emotional trauma
Hospitalization

Mental health/illness
Physical trauma
Self harm
Self image
Weight changes

You know yourself best ❤️ **Take care**

“I don’t need it, and
you should know.

No, I don’t need a
cure for me.”

*Aurora
(Cure for Me)*



The Thin Line Between
HERO and **VILLAIN**

My Squad

ADHD



Anxiety



Depression



Let's Meet...ADHD

Diagnosis - Adult female

Type - Inattentive

The Dark Side:

Isolation in chaos

To-do list paralysis

High ratio of inception vs completion of ideas



Let's Meet...Anxiety

Diagnosis - Young adult

Type - Social and Situational

The Dark Side:

Rejection Sensitive Dysphoria

Obsession with past
performance

Over-engineering of the future



Let's Meet...Depression

Diagnosis - Teenager

Type - Major Clinical

The Dark Side:

Chronic exhaustion

Self-inflicted harm

Emotional isolation



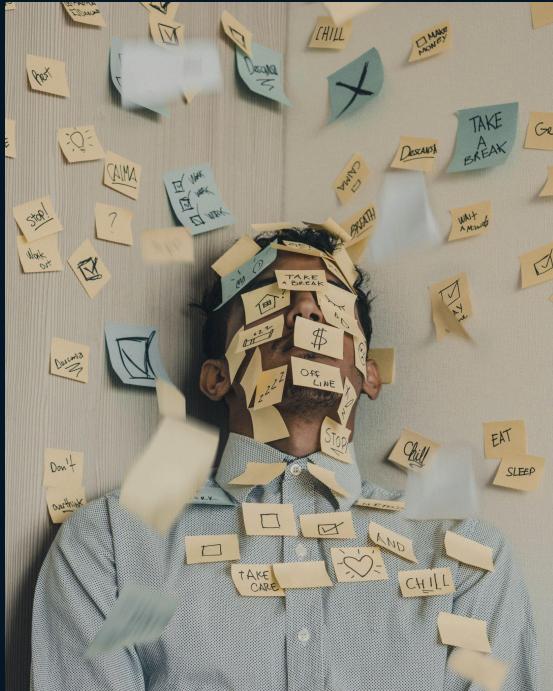


Let's take a break...

(You're doing great)

Using My Powers
for GOOD

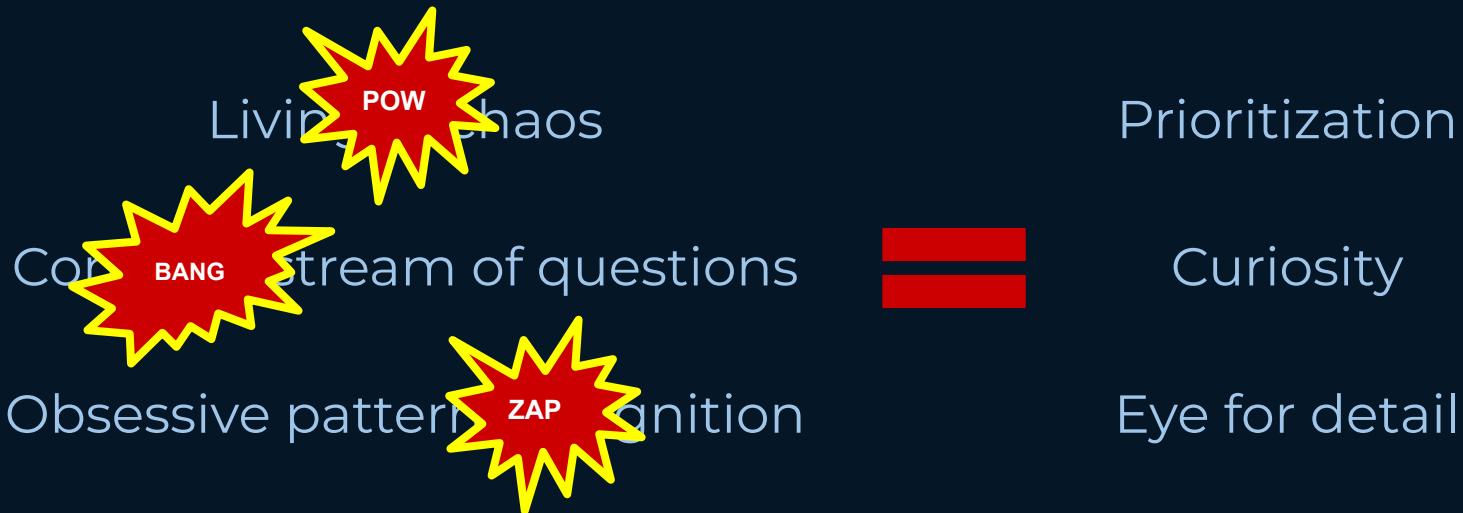
ADHD - Redefined



Into



ADHD - *Redefined*



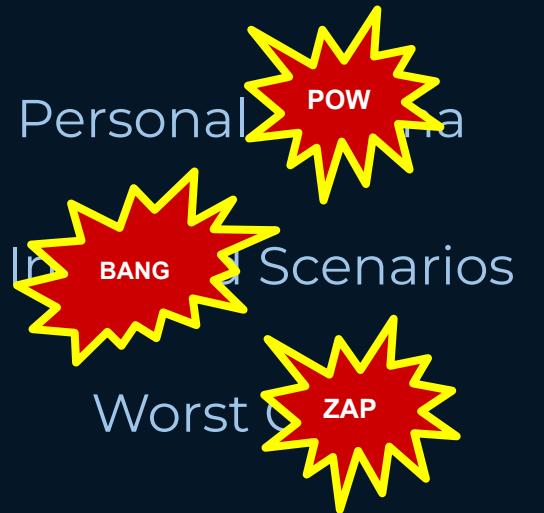
Anxiety - *Redefined*



Into



Anxiety - *Redefined*



Empathy for Others

Exploring Edge Cases

Risk Assessment

Depression - *Redefined*

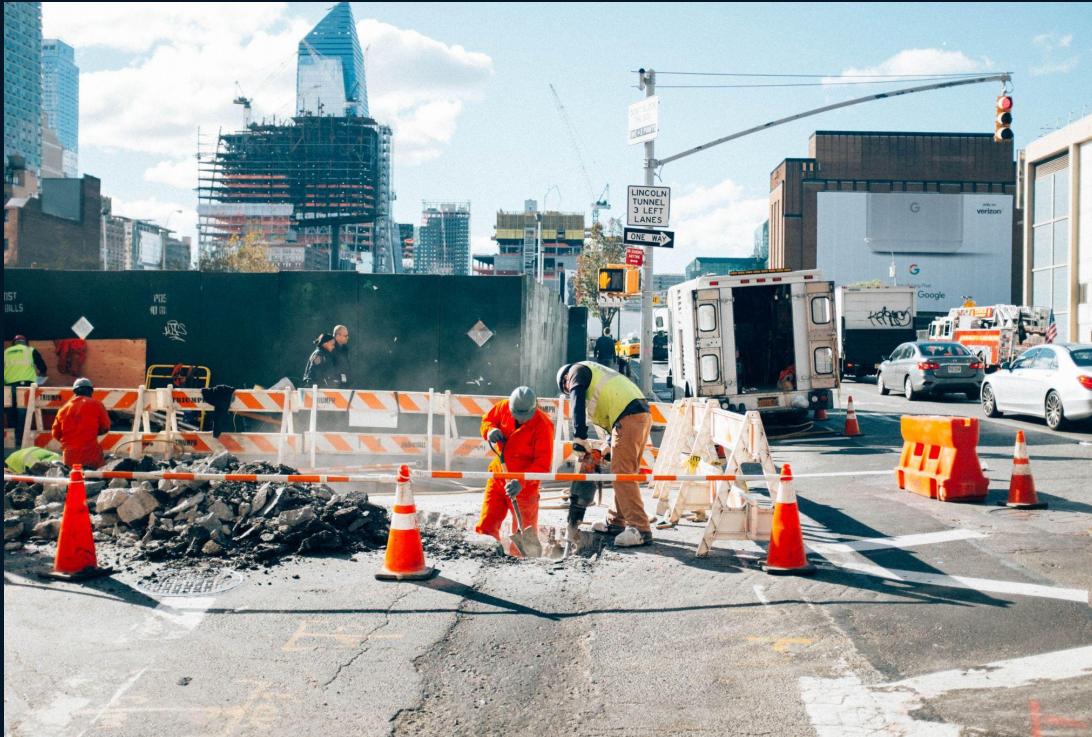


Into



COMING SOON...

Depression - ~~Redefined~~



Neurodivergent Conditions...
ASSEMBLE!

My Squad

ADHD



Anxiety



Depression



Working with ADHD

Scenario

Exploring a familiar system in a new way to find existing defects

Skills

Curiosity + Exploratory Testing

Outcome

Even legacy systems have new opportunities for testing



Working with Anxiety

Scenario

Updated feature includes branding with color coding

Skills

Empathy + Accessibility Testing

Outcome

Intense empathy to promote peer engagement and the (*hopeful*) prioritization of accessibility in the software



Working with Depression

Scenario

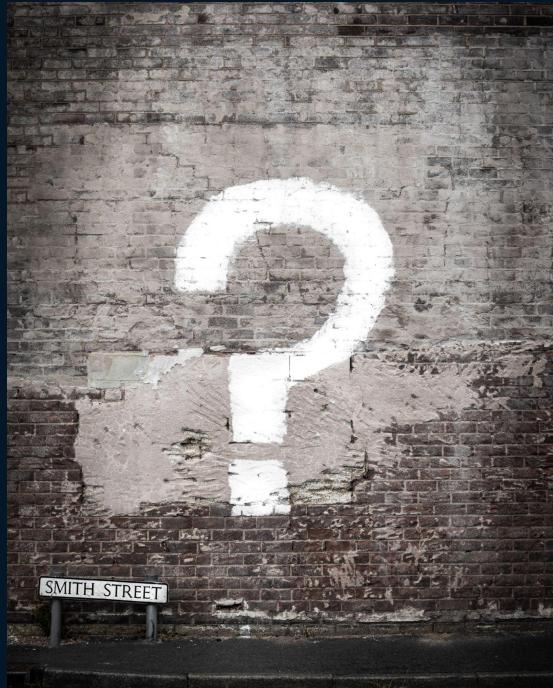
Too much to test, looming deadline

Skill

Time/Energy Management

Outcome

Better control over what I feel empowered to accomplish



What have we learned?

ADHD fuels **Curiosity**

Anxiety drives **User Empathy**

Depression teaches **Energy Management**

With great **POWER**, comes great
RESPONSIBILITY



@KarenTestsStuff

Karen Todd

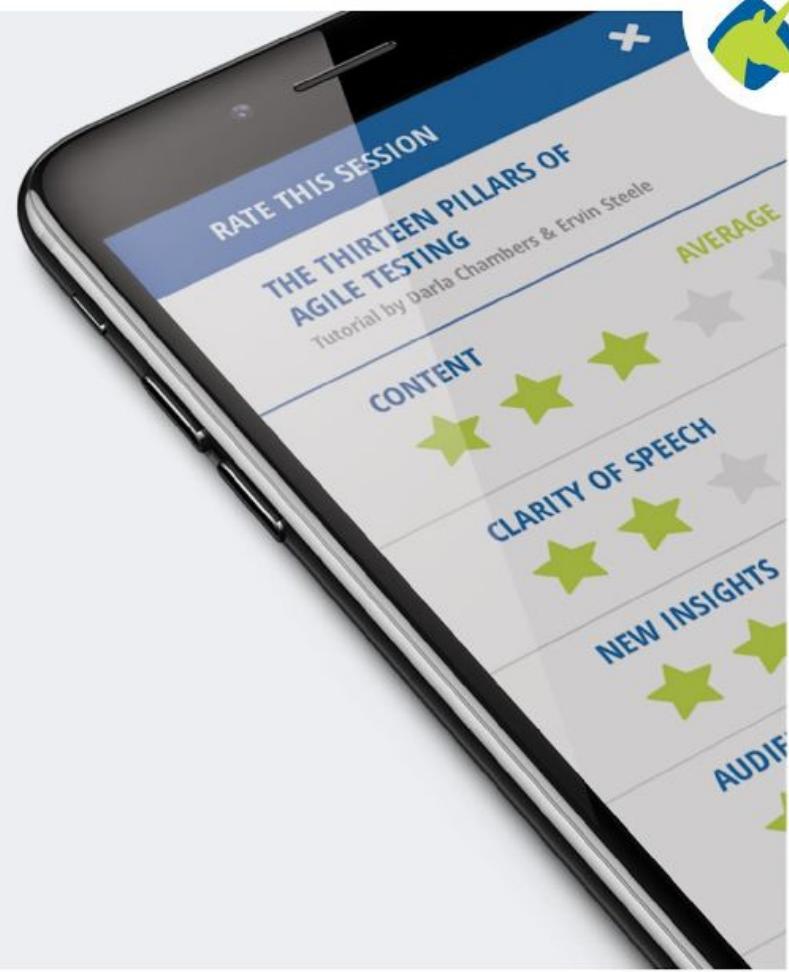
"ADHD & Me"



Thanks for your attention!

Feedback welcome!

Go to agiletestingdays.com/session-ratings
and give your rating!



What's next for **ME**?



Check out
<https://OSMIhelp.org>
Open Sourcing Mental Health