ADHD would fall under the big five traits. portion of personality theories. Under the big five traits they would fall under neuroticism. Most persons with ADHD tend to be tense, moody, and anxious since their mind is racing everywhere at once. For instance, I suffer from ADHD, formally known as Attention Deficit Disorder (ADD). I constantly suffer from minor moments where I can’t concentrate. Throughout the years I’ve learned to help control it through: meditation, listening to music, and playing video games.