

## Mental Health Prediction Result

### Prediction: Attention-Deficit/Hyperactivity Disorder (ADHD)

Your mental health prediction is **Attention-Deficit/Hyperactivity Disorder (ADHD)**, indicating a potential concern. Please consider seeking professional help or using self-help resources.

Confidence: 99%

### Symptoms

#### Attention-Deficit/Hyperactivity Disorder (ADHD):

1. Difficulty sustaining attention in tasks or play activities.
2. Frequent careless mistakes in schoolwork or other activities.
3. Restlessness, fidgeting, or tapping hands or feet.

### Treatment

#### Attention-Deficit/Hyperactivity Disorder (ADHD):

1. Treatment typically involves a combination of behavioral therapy, medication, and educational support.
2. Behavioral therapy, such as cognitive-behavioral therapy (CBT), helps individuals learn coping strategies and improve self-control.
3. Medications like stimulants (e.g., methylphenidate, amphetamine) or non-stimulants (e.g., atomoxetine) may be prescribed by a healthcare professional.

### Recommendations

1. Establishing a structured daily routine with clear schedules and expectations can help individuals with ADHD.
2. Creating a quiet and organized study or work environment can improve focus and productivity.
3. Adequate sleep, a balanced diet, and managing stress are crucial for managing symptoms.

For immediate assistance, contact a mental health professional.