What is ADHD?

By: Sophie Kirby

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder.

Kids with ADHD have trouble concentrating, controlling impulsive behaviors and can be overly active. They can find it difficult to control their emotions. That can make it hard to pay attention and get along with others. Any kid can be like this sometimes, but kids with ADHD are like this ALL of the time. ADHD is an ordinary, but misconceived, brain disorder that affects adults and children.

ADHD may be more common than you think. 6.1 million people between ages 2 to 17 in the U.S. have an ADHD diagnosis. In fact, many famous people have ADHD. Some of these people include: HARRY POTTER star Emma Watson, Walt Disney, Michael Phelps, and Justin Timberlake. Scholars and historians think that even Albert Einstein may have had ADHD. Some people think that might just be a myth.

Speaking of myths, there are many myths about ADHD, most of them are untrue. Here are just a few: some people think ADHD is not a "real "condition. In fact, leading government health agencies, recognize the condition and imaging studies show a difference in brain development between people with ADHD and people without ADHD. Another myth is that people with ADHD cannot ever focus. People with ADHD are often easily distracted when they are doing something they find boring; however, they focus pretty well if they're doing something they enjoy. Medicine can be used to help children and adults with ADHD focus. There's also a myth that only boys can have ADHD. That is definitely not true, because, as stated above, Emma Watson has ADHD.  There are even girls at St Cecelia with ADHD.

So are there any good things about ADHD? Surprisingly, yes, there are many good things. People with ADHD are very creative ,resilient and have lots of energy.  Living with ADHD also requires people to approach tasks differently.  This means, they can become great problem solvers. Those with ADHD often think of unusual solutions because of their different perspectives.

To conclude, ADHD is a common brain disorder that affects focus and behavior.  Many people have the disorder, including famous people and people at St Cecelia. There are lots of false myths about ADHD.  The condition has many downsides, but it also has upsides. ADHD is a misunderstood condition.