

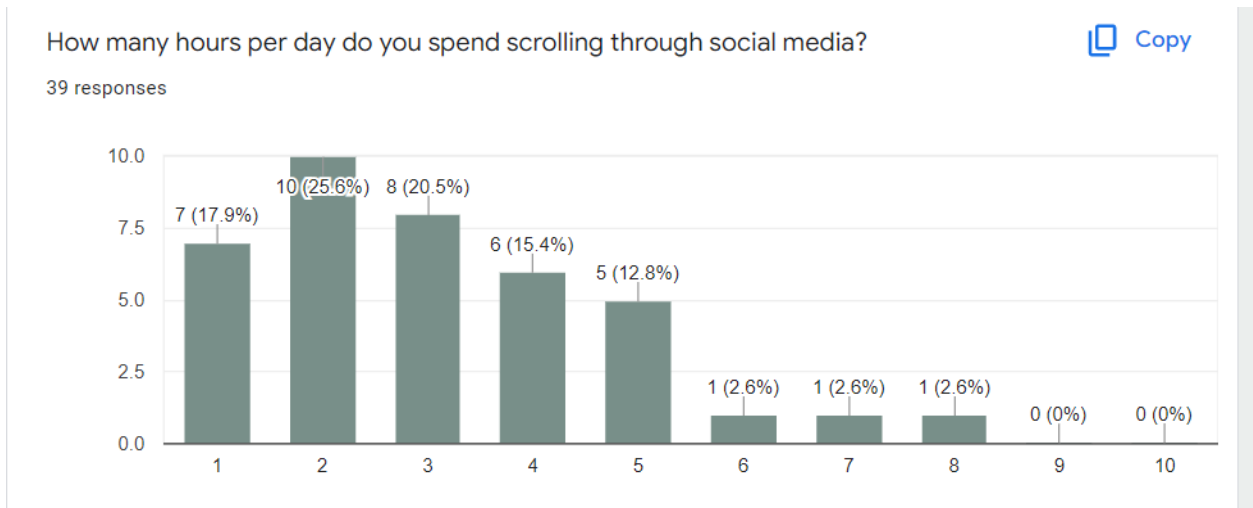
# Group-10

## Data Collection

### Survey:

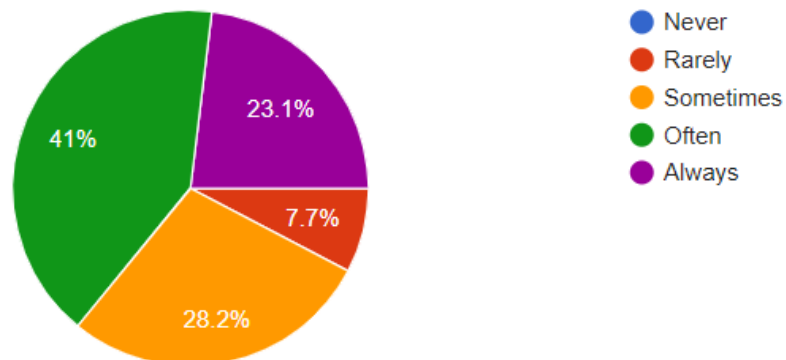
Total Responses collected: 39

Questions and percentage of different options :



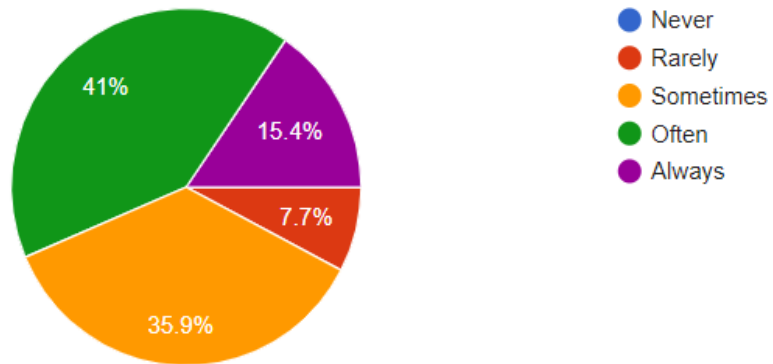
How often do you have difficulty remaining focused during lectures, lengthy reading or conversations?

39 responses



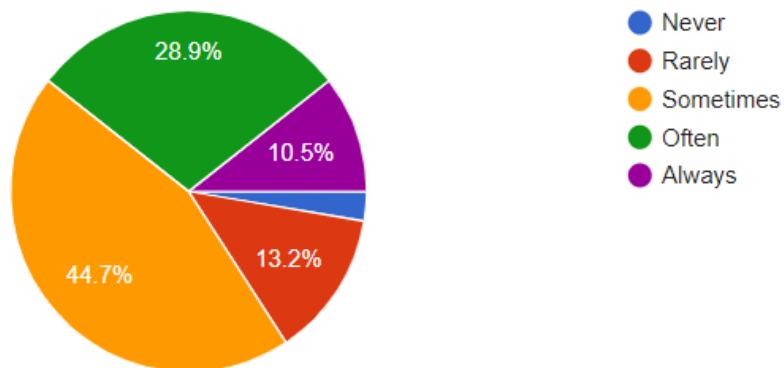
How often are you easily distracted by your surroundings or random unrelated thots?

39 responses



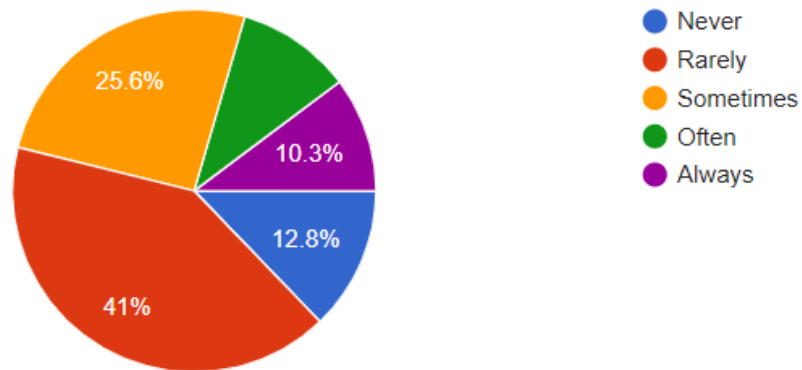
How often are you reluctant to engage in tasks that require sustained mental effort?

38 responses



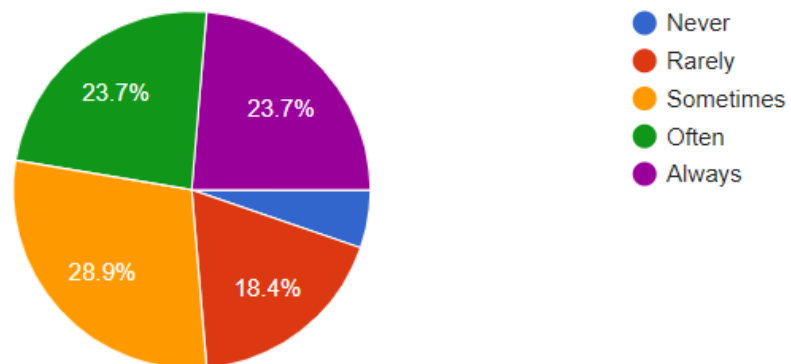
How often do you have trouble continuously listening to someone, even if they are speaking directly to you?

39 responses



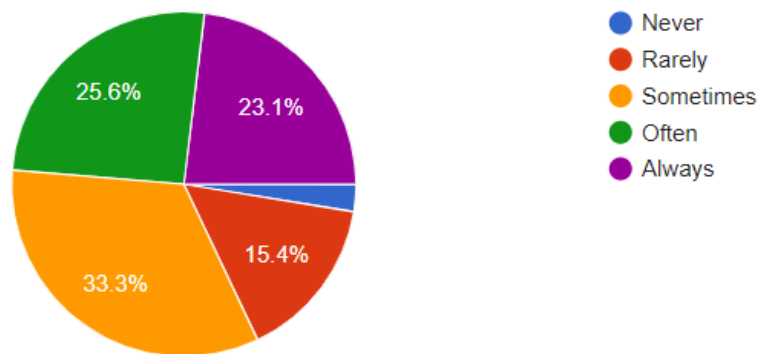
How often do you have difficulty in organizing an activity or have trouble meeting a deadline ?

38 responses



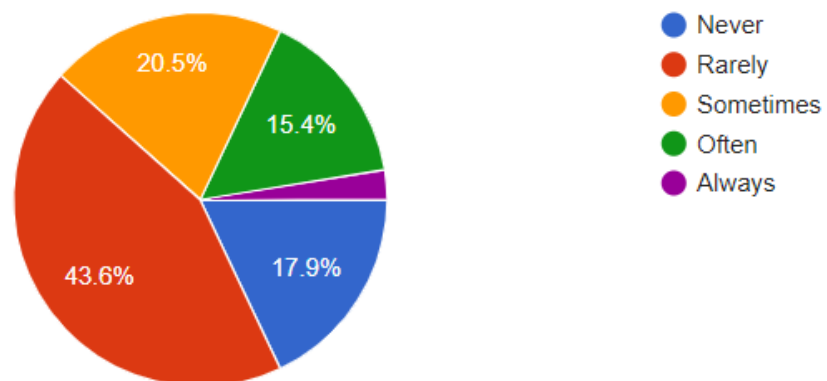
How susceptible are you of making careless mistakes in activities like assignments or exams?

39 responses



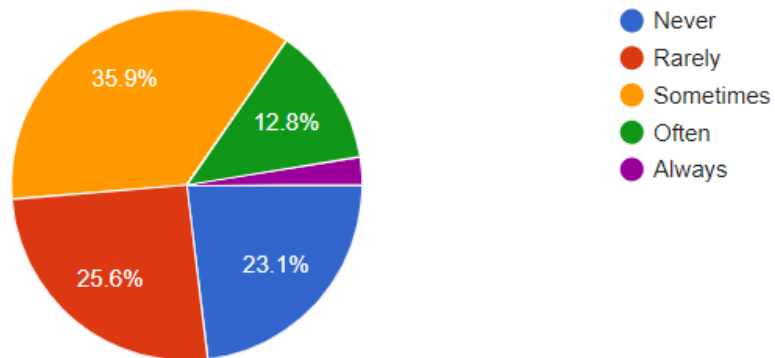
How often do you lose your phone, spectacles, keys or important documents?

39 responses



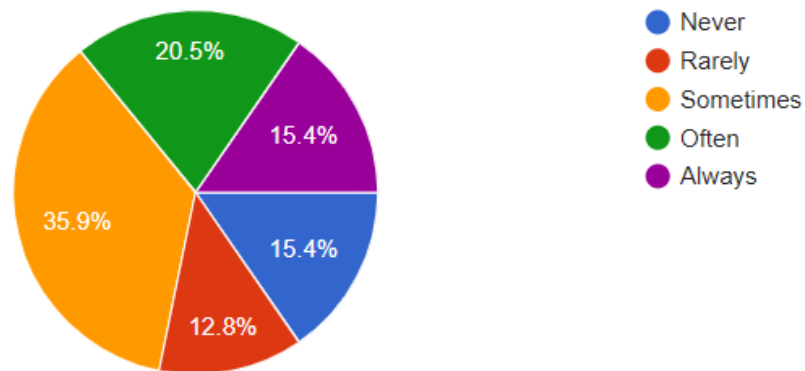
How often do you interrupt a question as you can't wait for it to be completed or feel restless awaiting your turn?

39 responses



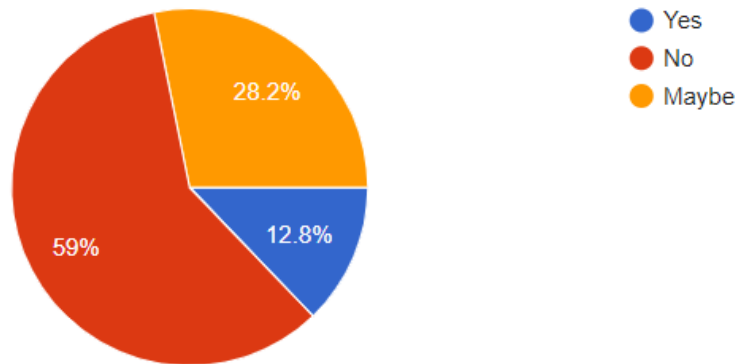
How often do you fidget or squirm in your seat?

39 responses



Were several of your symptoms present before you turned 12?

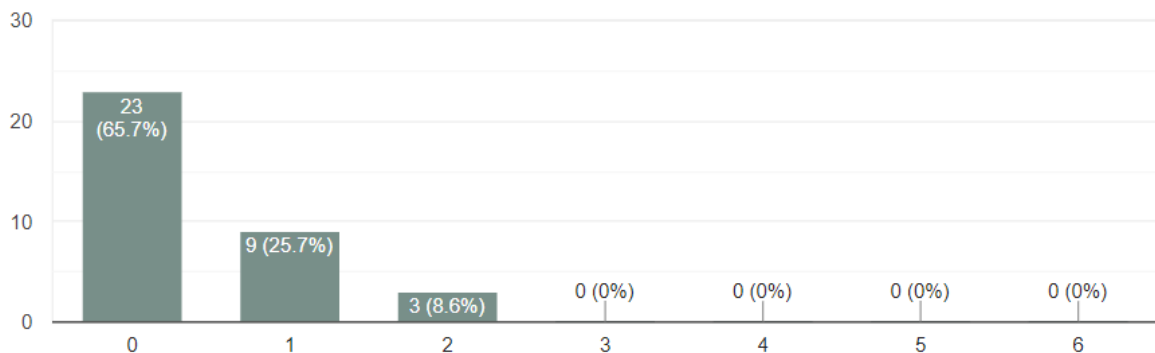
39 responses



Does anyone in your family suffer from above mentioned symptoms? If yes, how many?

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35 responses



## OPEN ENDED QUESTIONS:

**What do you do that helps you focus when you start to feel restless / uneasy?**

Themes:

- Listening to Music
- Thinking about past and remembering the happy and fun moments

- Thinking about consequence and reward
- Meditation and light massages
- Hobbies
- Using social media
- Go for a walk/exercise
- Sleep

**Have you tried taking some consultation or counselling sessions in order to cope with your restlessness / uneasiness? If yes, what?**

Most of the participants expressed that they never considered these symptoms as serious so they never thought of consulting a counselor or some other therapist.

### **Interview:**

**1)**

A: Good morning sir

Q: Good morning, please have your seat.

Q: So, you're Ashish, right?

A: Yes sir.

Q: Great, so yes, let's begin our talk. I have a few questions for you to test on your ADHD diagnosis, try answering them.

A: Sure!

Q: Do you often feel restless? And how was that during childhood?

A: I feel restless when I've a lot of work to do. In general, this happens maybe once a month when I feel my work is overloaded or if I leave any work due. My childhood went pretty smooth in this aspect. All of these inner feelings started to grow up once I reached teenage.

Q: Well, it's the maturity then. There isn't anything wrong in this point as almost 35% of the teenagers in the present world are believed to get into thoughts which leave them depressed or overstressed when it comes to studies. Okay, I'll note this down. I have another question for you. Do you often talk excessively? Tell me how this aspect affected your childhood as well.

A: It depends on the person whom I talk to. If I don't know the person, I try staying as quiet as possible. It takes some time to get close with them and it is generally they who put in efforts to make me talk. Once I get into a comfortable zone, I talk a lot. I open myself up to only those people whom I feel comfortable to hang out with. This wasn't the case in my childhood. I was a quiet kid. I started talking as I grew up.

Q: Noted. You're more of an introvert then, to my knowledge. Staying that way isn't bad either. Next question. Do you often give the answer before questions have been completed? I assume it to be a 'no' seeing your talking skills but yeah, answer it. And how was that during childhood?

A: Umm, yeah, I wasn't the boy who talked a lot in my childhood, but this doesn't deny the fact that I used to be over excited when it's about the study-talks held during classes. I was an active participant during classes but in general, I never got into the hurry of answering them and same is the case with the 'present-me'.

Q: That's completely positive! I'm interested to know more about what the difference is between your current and past mental health?

A: My mental health in my childhood days was the health of an ideal 'completely-optimistic' child. I never used to think much about relationships or anything about the way I spent time after school. I'd many friends then just because I used to stay with everyone, which was only because my mind never got disturbed or possessed by feelings I had on my friends. Nothing remains the same now. I feel isolated because the friends whom I stay with started moving away once they felt the 'old me' wasn't alive anymore. I started growing seriously into relationships during my teenage years. Relationship doesn't mean the one which a boy has with a girl, the one which I'd like to convey is the relationship between me and my friends. I get the possessive feeling when I see my friends being close to someone else. The 'fear-of-missing-out' feeling gets enhanced and I vent it to them once everything is done. I tried a lot to change but everything ended in vain. My mental health isn't as good as it was back in my childhood now.

## **Themes:**

Level-1:

Restlessness

- Overworked

- Bottled up emotions

Comfort Level

- More comfortable with known people

- Take time to open up

- Once known, is comfortable

- Confidence improved with age



#### Answering questions

- Doesn't jump to a conclusion
- Not over excited when answering questions
- Active participation

#### Past Mental State

- Carefree when young
- Didn't overcomplicate things
- Didn't get worked up
- Was happy and content

#### Current Mental State

- Slowly started feeling possessive
- Started feeling left out
- Mental health depreciated

#### Level-2:

##### Restlessness

- Information overload
- Emotional

##### Comfort Level

- Uncomfortable with strangers
- Take time to open up
- Improving with time

##### Answering questions

- Active Participator
- Keeps calm

##### Past Mental State

- Kept things simple
- Was happy and content

##### Current Mental State

- Left out of friend circle
- Mental health degrading

#### Level-3/Main Themes:

- Restlessness
- Emotional
- Over-possessive
- Best with known people
- Mental health degrading
- Happy earlier

**2)**

A: Good morning

Q: Good morning, have your seat.

Q: So please kindly tell your name

A: Yes , my name is haristh reddy

Q: okay Haristh Lets have some questions for your test for ADHD diagnosis , do answer them.

A: okay

Q: Have you ever felt restless and thought I didn't even do work to be that restless.

A: When I have a lot of stuff to accomplish, I get restless. In general, this happens once a month when I feel overworked or if I forget to do any job. In this regard, my upbringing was rather uneventful. Once I entered adolescence, all of these inner sensations began to mature.

Q: How would you describe your current and past mental health?

A: My current mental state isn't exactly good. I'd like to say it's good, but it's not. I'm supposed to go off my antidepressant because it's making my emotions worse. The thing with medication is that weaning off a medication is hard. Really hard.

Q: How long are you able to sit consistently for when doing a task?

A: I used to study for more than 10 hours a day, everyday, for more than a year! This is really not an exaggeration. Now, just so you keep reading, I cleared Engineering Services 2018 with AIR 34 in Electronics and Communication Engineering.

Q: What about now?

A: The study duration has waned over the last 3 years and now I'm unable to sit and concentrate on one thing for more than 15 minutes which is leading to a lot of issues.

Q: Do you have the urge to take constant breaks while working?

A: Every 4 hours of work constitutes one 15 minute break. Every 6 hours constitutes one 15 minute break and one 30 minute lunch. Every 8 hours would be two 15 minute breaks, one 60 minute lunch period. But right now I can't do so. I feel restless if I sit at one place for more than half an hour.

## **Themes:**

Level-1:

Restlessness

Lot of work to be done

Rare but happens

Uneventful upbringing

## Mental Health

- Uneventful childhood
- Teenage feelings
- Not good at the moment
- Relying on anti-depressants
- Hard to leave them

## Study

- Used to study a lot earlier
- Got good ranks
- Took regular breaks for refreshment
- Not the case now

## Level-2:

### Restlessness

- Rare
- Happens when work overload

## Mental Health

- Degraded overtime
- Medicine reliant
- Not the case earlier
- Unable to leave antidepressants

## Study

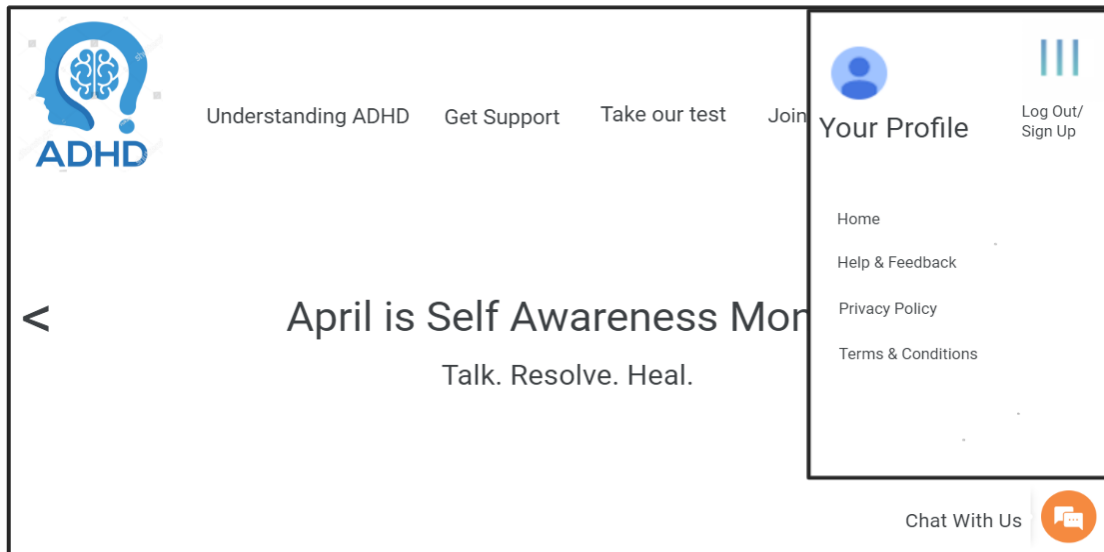
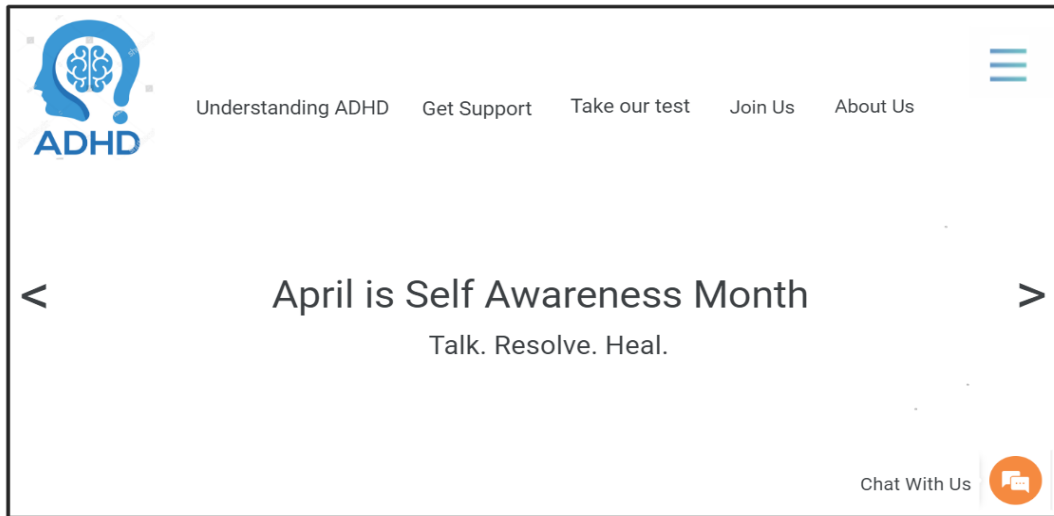
- Was regular
- Got good ranks
- Regular breaks
- Unable to continue now
- Feel restless

## Level-3:

### Restlessness

- Degrading mental health
- Relying on antidepressants
- Clumsy/Squirm on the chair
- Not being able to study well
- Degrading marks

## Prototype:



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## Take Our Test



## Questions

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