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ADHD Resource Center

Resources and support for living well with attention deficit hyperactivity disorder.

[ADHD In Children](#)[ADHD In Teens](#)[ADHD In Adults](#)[Types Of ADHD](#)[ADHD Treatment](#)[1 OF 7 / OVERVIEW](#)[View All](#)

Adult ADHD: Symptoms, Causes, Treatments

Find out what causes attention deficit hyperactivity disorder (ADHD), what the symptoms are, and how it's treated.

ADHD in Older Adults

Some older adults -- those who are already retired or close to it -- are likely deal with ADHD as well.

Can Adult ADHD Go Into Remission?

It was once believed that about 50% of people with childhood ADHD go into remission as adults.

ADHD in Women

Little research explores ADHD in adult women. Most women get an accurate diagnosis in their late 30s or early 40s.

2 OF 7 / SYMPTOMS[View All](#)**Do You Have ADHD?**

Has anyone ever asked you if you have ADHD? Maybe you've even wondered yourself.

Why Can't I Focus?

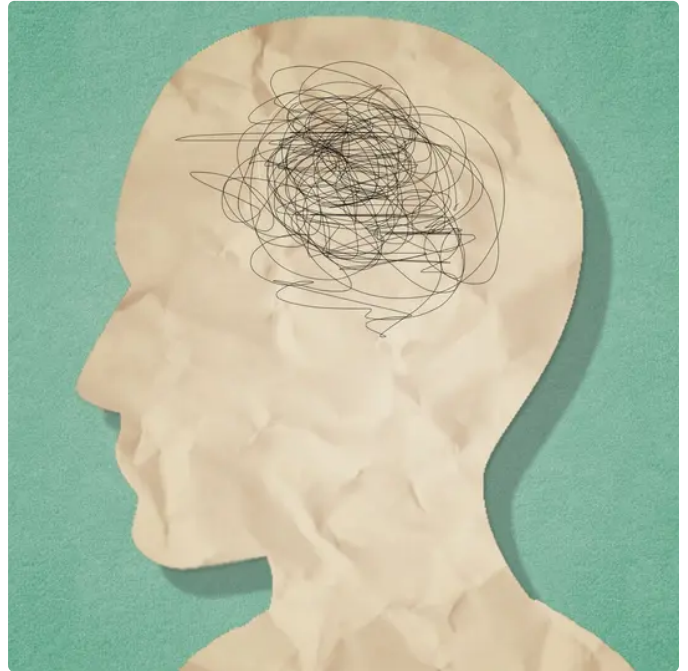
Lots of things, like everyday habits, can affect your ability to concentrate. In some cases, a health issue may be the cause.

Why Do I Waste So Much Time?

Putting off something that needs to be done is called procrastination. We all do it sometimes.

Hyperfocus

Doctors often see hyperfocus in people who have attention deficit hyperactivity disorder, but it's not an official symptom.

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Causes of ADHD

No one knows exactly what causes ADHD, but certain things are known to play a role.

Adult ADHD: Statistics and Facts

It's estimated that adult ADHD affects more than 8 million adults (or up to 5% of Americans).

Adult ADHD and Childhood Trauma

There's an association between having childhood trauma and developing ADHD in adulthood. Here's a look at that connection.

Adult ADHD and PTSD

Some studies found that when you have ADHD, you're four times more likely to also have PTSD.

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Diagnosing ADHD in Adults

There isn't one specific thing that can tell you that you have ADHD.

Executive Function Tests

Because executive functions are a wide set of skills, there's more than one tool to test how well yours work.

Can EEG Diagnose ADHD?

The FDA approved the use of electroencephalogram (EEG) to diagnose ADHD in 2013.

Newly Diagnosed With Adult ADHD?

If you're an adult who's been recently diagnosed with ADHD, you may feel surprise or disbelief. You might be in denial.





Treating Adult ADHD

Symptoms of adult ADHD are generally treated with medicine. But there's more to effective treatment than just taking a pill.

The Costs of Adult ADHD

If you are one of the estimated 8.7 million American adults with ADHD, you know that it can be expensive to treat.

ADHD: Latest Research

Attention deficit hyperactivity disorder (ADHD) was first described in 1902, and research on it continues to this day.

Caffeine and ADHD

The most common treatment for ADHD is stimulant drugs. They can improve your focus, attention span, and impulsive behavior.

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Living Well With Adult ADHD

Adult ADHD can affect your whole life. But along with medication, you can take steps to make your day-to-day a little easier.

Simple Tips to Thrive With Adult ADHD

When you have ADHD, everyday tasks can be tough. But along with treatment, a few basics can help you keep symptoms in check.

How ADHD Coaching Can Help

An ADHD coach is a trained professional who helps you come up with ways to handle activities made harder by your ADHD.

Habits That Help and Hurt Your ADHD

Some everyday habits can help you stay focused and motivated with ADHD, while others can send you right back to square one.

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Can ADHD Get Worse?

Age itself doesn't necessarily make ADHD worse. The way your symptoms show up depends on several factors.

Adult ADHD: What Are Functional Impairments?

ADHD symptoms can snowball into problems or challenges that impact your daily life. These are called functional impairments.

Adult ADHD and Sleep Problems

On top of the normal things that can keep anyone from getting a good night's rest, there can be extra challenges with ADHD.

Adult ADHD and Burnout

Trying to keep up with work, school, and other responsibilities can cause burnout – especially if your ADHD isn't treated.

NEWS

Taking ADHD Medication Linked to Reduced Risk of Early Death

People who take medication to treat attention deficit hyperactivity disorder may have lower odds of early death than people with ADHD who don't take drugs to help manage symptoms such as distraction, restlessness, and disorganization.

ADHD Meds Misused by as Many as 1 in 4 Teens: Study

Middle and high school students are more likely to misuse stimulants if they attend a school where a lot of students have been prescribed the drugs, which are commonly used to treat ADHD, a new study shows.

No End in Sight for National ADHD Drug Shortage

Nearly 18 months after the FDA first acknowledged a national shortage of Adderall, there is now a widespread scarcity of multiple ADHD medications — with no end in sight.

ADHD Drug Prescriptions Went Up During Pandemic: Study

The number of prescriptions written for attention deficit hyperactivity disorder medications rose during the pandemic, with notable increases among young adults, a study from the CDC shows.

SUGGESTED READS ABOUT ADD-ADHD

Natural Remedies for ADHD

There's a lot of talk about natural remedies for ADHD. Find out which ones have science behind them.

What to Know About Executive Function Problems

If you're always late, can't keep your tasks on track, and have a really messy desk, you're not hopeless. You may have executive function problems -- a brain condition that's similar to ADHD. Check out the common signs.

Foods That Help You Focus

This WebMD slideshow reviews brain foods that can really help you concentrate, or boost memory? Increase your chances of maintaining a healthy brain by adding these "smart" foods and beverages to your diet.

ADHD in Women and Girls

Women and girls have ADHD, but the signs may be more subtle. WebMD tells you how it may present itself in females.

TOP SEARCH TERMS FOR ADD AND ADHD

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