

# Symptoms of ADD/ADHD in Childhood

**T**he core symptoms of AD/HD are inattention, impulsivity, and hyperactivity. According to the current DSM-IV, these symptoms manifest themselves in different ways, including:

- failing to give close attention to details or making careless mistakes
- difficulty sustaining attention
- appearing not to listen when spoken to directly
- not following through on instructions and failing to complete tasks
- organizational difficulties
- avoiding, or not liking, tasks that require sustained mental effort
- losing things necessary for tasks
- being easily distracted
- forgetfulness
- fidgeting
- leaving your seat in situations where remaining in seat is expected
- feelings of restlessness or excessive activity
- difficulty engaging in leisure activities quietly
- feeling as if "driven by a motor"
- talking excessively
- blurting out answers before questions have been completed
- impatience - or difficulty waiting
- interrupting others in activities or conversation



# Symptoms of ADD/ADHD in Adulthood

By adulthood, other signs may also be present in addition to the above symptom list. These include:

- poor organization
- rapidly shifting moods
- hot temper
- over-sensitivity
- low frustration tolerance
- physical hyperarousal
- over-reactivity
- emotional hyperarousal
- forgetfulness
- low ability to plan ahead
- depression
- low self-esteem
- relationship difficulties
- feelings of inadequacy
- poor financial management
- poor time management
- career uncertainty
- impulse buying
- accident proneness
- academic underachievement
- numerous job changes
- difficulty paying bills
- alcohol or drug abuse
- difficulty sleeping
- feelings of disappointment or guilt

