

## ATTENTION DEFICIT HYPERACTIVITY DISORDER - ADHD

DSM-IV TR Criteria: 314.00 - Attention Deficit Hyperactivity Disorder  
<http://behavenet.com/capsules/disorders/adhd.htm>

ADD and ADHD are not separate and distinct disorders. ADHD is the accepted DSM-IV TR designation which in turn is broken down into three specific subtypes:

1. 314.00 - Inattentive type - if Criterion A1 is met but Criterion A2 is not met for the past 6 months. (This is the classic "ADD" type).
2. 314.01 - Hyperactive/Impulsive Type - if Criterion A2 is met but Criterion A1 is not met for the past 6 months (This is the classic ADHD type).
3. 314.01 - Combined Type - if both Criteria A1 and A2 are met for the past 6 months

### **Diagnostic criteria for Attention-Deficit/Hyperactivity Disorder**

A. Either (1) or (2):

(1) inattention: six (or more) of the following symptoms of inattention have persisted for at least 6 months to a degree that is maladaptive and inconsistent with developmental level:

- (a) often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities
- (b) often has difficulty sustaining attention in tasks or play activities
- © often does not seem to listen when spoken to directly
- (d) often does not follow through on instructions and fails to finish school work, chores, or duties in the workplace (not due to oppositional behavior or failure to understand instructions)
- (e) often has difficulty organizing tasks and activities
- (f) often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework)
- (g) often loses things necessary for tasks or activities (e.g., toys, school assignments, pencils, books, or tools)
- (h) is often easily distracted by extraneous stimuli
- (l) is often forgetful in daily activities

(2) hyperactivity-impulsivity: six (or more) of the following symptoms of hyperactivity-impulsivity have persisted for at least 6 months to a degree that is maladaptive and inconsistent with developmental level:

### **Hyperactivity**

- (a) often fidgets with hands or feet or squirms in seat
- (b) often leaves seat in classroom or in other situations in which remaining seated is expected
- © often runs about or climbs excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings of restlessness)

- (d) often has difficulty playing or engaging in leisure activities quietly
- (e) is often "on the go" or often acts as if "driven by a motor"
- (f) often talks excessively

### **Impulsivity**

- (g) often blurts out answers before questions have been completed
  - (h) often has difficulty awaiting turn
  - (l) often interrupts or intrudes on others (e.g., butts into conversations or games)
- B. Some hyperactive-impulsive or inattentive symptoms that caused impairment were present before age 7 years.
- C. Some impairment from the symptoms is present in two or more settings (e.g., at school [or work] and at home).
- D. There must be clear evidence of clinically significant impairment in social, academic, or occupational functioning.
- E. The symptoms do not occur exclusively during the course of a Pervasive Developmental Disorder, Schizophrenia, or other Psychotic Disorder and are not better accounted for by another mental disorder (e.g., Mood Disorder, Anxiety Disorder, Dissociative Disorders, or a Personality Disorder).

This disorder is characterized by various executive function deficits, brain based functions located in the front lobes of the brain. The "Executive Functions" have to do with planning, organizing, sequencing, time management and working memory. The frontal lobes are one of four different lobes that make up the cerebral cortex which is the cognitive system/pathway of the brain. Accordingly, ADHD can be characterized as a cognitive disorder.

### **PRINT RESOURCES** - Books, Magazines, Newspaper Articles

Amen, Daniel, M.D. *Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD*. Berkley Publishing Group, NY. 2001.

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision*. Washington, DC. American Psychiatric Association. 2000.

Barkley, Russell, Ph.D., *ADHD and the nature of self-control*. Guilford Press, NY. 1997.

Barkley, Russell, Ph.D. *Taking Charge of ADHD*. Guilford Press, NY. 2000.  
Ground-breaking material on the nature of ADHD and executive functions.

Crist, James J., Ph.D. *ADHD: A Teenager's Guide*. Childsworld/Childsplay, LLC, Plainview, NY. 1997. An informative book geared for use by teens with ADHD. It is in a question & answer format where the author poses the questions and then supplies the response. It covers all sorts of issues from the actual foundations of the disorder to the social/emotional components to medication. Nicely done.

Denckla, Martha Bridge, M.D. Director, Developmental Cognitive Neurology Clinic; Kennedy Krieger Institute; Professor of Neurology, Pediatrics and Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine. Dr. Denckla is a pioneer in the area of Executive Function. She is regularly referenced in many publications on this subject. See, for example, *Behavioral Neurology and Neuropsychology*, 2 ed. by Todd E. Feinberg & Martha J. Farah. McGraw-Hill, NY. 2003.

Dendy, Chris A Zeigler. Ms. Dendy has authored several publications, some with her son, Alex, a recent college graduate with AD/HD. Among them are the following: *Teenagers With ADD, A Parent's Guide*. Woodbine House, Bethesda, MD. 1995 and, with Alex Dendy, *A Bird's-eye View of Life with ADD and AD/HD: Advice from Young Survivors*. Cherish The Children. Cedar Bluff, AL. 2003. Her informative WEB site is: [www.chrisdendy.com](http://www.chrisdendy.com). See articles on her site.

Fowler, Mary. *Maybe You Know My Kid: A Parent's Guide To Identifying, Understanding and Helping Your Child With Attention Deficit/Hyperactivity Disorder*. Birch Lane Press, NY. 1990. Mary raised two sons with AD/HD and was a prime participant in the development of CH.A.D.D., the national advocacy group. Her two books are extensively researched and leave no stone unturned. [www.maryfowler.com](http://www.maryfowler.com). Monmouth County, NJ. 732- 842-9034

Fowler, Mary. *Maybe You Know My Teen: A Parent's Guide to Helping Your Adolescent With Attention Deficit/Hyperactivity Disorder*. Broadway Books. 2001.

Hallowell, Edward M., M.D. and John J. Ratey, M.D. *Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood*. Random House, Pantheon Books or Simon & Schuster, Touchstone Books. 1995. THE book to have and read on ADD, written by two psychiatrists, both afflicted with the disorder. They have also authored, *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* and *Answers to Distraction*. Contrast with Wender's work.

Kutscher, Martin L., M.D., Tony Attwood (Contributor)& Robert R. Wolff (Contributor). *Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, And More!: The One Stop Guide for Parents, Teachers, and Other Professionals*. Jessica Kingsley Publishers, London, UK. 2005.

Silver, Larry, M.D. *Attention-Deficit/Hyperactivity Disorder: A Clinical Guide to Diagnosis and Treatment for Health and Mental Health Professionals*. American Psychiatric Publishing, 3<sup>rd</sup> Ed. Arlington, VA. 2004. An excellent source on Learning Disabilities as corollary conditions.

Wender, Paul H., M.D. *The Hyperactive Child, Adolescent and Adult: Attention Deficit Disorder Through The Lifespan*. Oxford University Press. 1987. While an

obviously dated take on ADD, it nonetheless describes some basic concepts that still hold true. Wender, a pioneer in ADD, posits a medication-only remedy and at other times relies heavily on behavioral management techniques. His approach fails to realize the life-long, chronic nature of the disorder and its pervasive nature in all aspects of one's life. A good contrast to the Hallowell-Ratey books.

## **INTERNET RESOURCES**

ADDitude Magazine: [www.addituemag.com](http://www.addituemag.com). Various articles such as:  
Dodson, William, M.D. *Is it ADHD or Bipolar Disorder? Decoding the Symptoms*.  
Editors. *Common Comorbid Conditions Associated with ADHD*.

AMEN CLINICS - [www.amenclinic.com](http://www.amenclinic.com). Daniel Amen, M.D. [contact@amenclinic.com](mailto:contact@amenclinic.com)  
4019 Westerly Place, Suite 100 Newport Beach, CA 92660  
949-266-3700. FAX: 949-266-3750. SPECT Brain scans for ADD and other  
neurological conditions. See: [amenclinics.com/bp/atlas/](http://amenclinics.com/bp/atlas/) for SPECT material on  
various brain disorders. This site contains a wealth of cutting-edge information  
on this brain based disorder.

Attention Deficit Disorder Association - [www.add.org](http://www.add.org). P.O. Box 543, Pottstown, PA  
19464. 484-945-2101. Fax: 610-970-7520.

CHADD - Children and Adults with Attention Deficit Disorder - [www.chadd.org](http://www.chadd.org).  
301-306-7070. [national@chadd.org](mailto:national@chadd.org)

Chandler, Dr. Jim - Pediatric Psychiatry Pamphlets - [www.klis.com/chandler](http://www.klis.com/chandler). These  
pamphlets describe the diagnosis and treatment of common child and  
adolescent psychiatric disorders including ADHD (Attention Deficit Hyperactivity  
Disorder), Conduct disorder, Oppositional Defiant disorder, Depression, Bipolar  
Disorder, Social Phobia, Panic Disorder, Obsessive-compulsive disorder,  
Tourette's and Tic Disorders and Learning Disabilities.

Earles, Garry L., L.I.C.S.W. Bridging The Chasm - [www.garryearles.com](http://www.garryearles.com)  
Franklin County, MA. 413-863-4128. [gle@efurnace.net](mailto:gle@efurnace.net)

National Center for Biotechnology Information. <http://www.ncbi.nlm.nih.gov>.  
Established in 1988 as a national resource for molecular biology information,  
NCBI creates public databases, conducts research in computational biology,  
develops software tools for analyzing genome data, and disseminates  
biomedical information. Search on various topics. Articles available for  
download in PDF format. Free; registration required.  
See also: [www.pubmed.gov](http://www.pubmed.gov) for additional literature. .

National Institute for Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov).  
*Gene Predicts Better Outcome As Cortex Normalizes in Teens with ADHD*.

Press release of AUG 6, 2007. With graphic.

Also: *Brain Changes Mirror Symptoms In ADHD*. Science Update: July 19, 2006.

National Resource Center on ADHD: [www.help4adhd.org](http://www.help4adhd.org). See articles such as:  
Ellison, Phyllis Anne Teeter, Ed.D. *Myths & Misconceptions About ADHD: Science Over Cynicism*.

Neuroscience For Kids: Explore the Brain and Spinal Cord  
See Section on Neurological and Mental Disorders. Search for specific topic.  
<http://faculty.washington.edu/chudler/neurok.html>

Organizing The Disorganized Learner - [http://snow.utoronto.ca/prof\\_dev/tht/odl](http://snow.utoronto.ca/prof_dev/tht/odl).  
Workshop Content Created By: Diane Vandenbossche, Educational Consultant:  
[vbossche@bserv.com](mailto:vbossche@bserv.com). Workshop designed by Vera Roberts. Workshop  
"modules" for time management.

Psychiatric Services: <http://psychservices.psychiatryonline.org>. See articles such as:  
Busch, Betty, M.D., et. al. *Correlates of ADHD Among Children in Pediatric and Psychiatric Clinics*. V.55 (9), SEPT 2002: 1103-1111 plus charts.

UHS Neurobehavioral Systems, Austin, TX: [www.ragebehavior.com/index.html](http://www.ragebehavior.com/index.html)  
Good discussion of rage behavior and corollary brain systems (i.e. Limbic).  
See Fall 1999 Newsletter: Matthews, Dan, M.D. and Larry Fisher, Ph.D., *Rage Behavior in the ADHD Juvenile: Effective Management Strategies*.

## **JOURNALS**

Carlson, Gabrielle A., M.D. *Mania and ADHD: comorbidity or confusion*. J. of Affective Disorders, 51(2), NOV 1998: 177-187.

Carlson, Gabrielle A., M.D. *Compared to Attention Deficit Hyperactivity Disorder..* Am. J. of Psychiatry, 153(9), SEPT 1996: 1128-1130.

Fewell, Rebecca R, Ph.D. and barbara Deutscher. *Attention Deficit Hyperactivity Disorder in Very Young Children: Early Signs and Interventions*. Infants & Young Children, 14(3), 2002: 24-32.

Gadow, Kenneth D., Ph.D., et. al. *Immediate Release Methylphenidate for ADHD in Children With Comorbid Chronic Multiple Tic Disorder*. J. Am. Acad. Child & Adol. Psychiatry, 46(7), JULY 2007: 840-848.

Harvard Mahoney Neuroscience Institute Letter.  
[www.med.harvard.edu/publications/On\\_The\\_Brain](http://www.med.harvard.edu/publications/On_The_Brain). Previous volumes are available in PDF format for download. See various articles such as:  
*Biederman, Joseph, M.D. and Stephen Faraone, Ph.D. Attention Deficit Hyperactivity Disorder*. V.5(1), Winter 1996.