

THE ADD/ADHD ICEBERG

Only 1/8 of an iceberg is visible!!

Most of it is hidden beneath the surface!!

THE TIP OF THE ICEBERG:

The Obvious ADD/ADHD Behaviors

HYPERACTIVITY

Restless Talks a lot

Fidgets Can't sit still

Runs or climbs a lot Always on the go

IMPULSIVITY

Lacks self-control Difficulty awaiting turn

Blurts out Interrupts

Tells untruths Intrudes

Talks back Loses temper

INATTENTION

Disorganized Doesn't follow through

Doesn't pay attention Is forgetful

Doesn't seem to listen Distractible

Makes careless mistakes Loses things

Doesn't do school work

HIDDEN BENEATH THE SURFACE:

The Not So Obvious Behaviors!!

NEUROTRANSMITTER DEFICITS

IMPACT BEHAVIOR

Inefficient levels of neurotransmitters, dopamine, norepinephrine, & serotonin, result in reduced brain activity on thinking tasks.

WEAK EXECUTIVE FUNCTIONING

Working Memory and Recall
Activation, Alertness, and Effort
Internalizing language
Controlling emotions
Complex Problem Solving

IMPAIRED SENSE OF TIME

Doesn't judge passage of time accurately
Loses track of time
Often late

Doesn't have skills to plan ahead
Forgets long-term projects or is late
Difficulty estimating time required for tasks
Difficulty planning for future
Impatient
Hates waiting
Time creeps
Homework takes forever
Avoids doing homework

SLEEP DISTURBANCE (56%)

Doesn't get restful sleep
Can't fall asleep
Can't wake up
Late for school
Sleeps in class
Sleep deprived
Irritable
Morning battles with parents

THREE YEAR DELAY IN BRAIN MATURATION

30% developmental delay
Less mature
Less responsible
18 yr. old acts like 12

NOT LEARNING EASILY FROM REWARDS AND PUNISHMENT

Repeats misbehavior
May be difficult to discipline
Less likely to follow rules
Difficulty managing his own behavior
Doesn't study past behavior
Doesn't learn from past behavior
Acts without sense of hindsight
Must have immediate rewards
Long-term rewards don't work
Doesn't examine his own behavior
Difficulty changing his behavior

COEXISTING CONDITIONS

2/3 have at least one other condition

Anxiety (34%) Depression (29%)
Bipolar (12%) Substance Abuse (5-40%)
Tourette Disorder (11%)

Obsessive Compulsive Disorder (4%)
Oppositional Defiant Disorder (54-67%)
Conduct Disorder (22-43%)

SERIOUS LEARNING PROBLEMS (90%)

Specific Learning Disability (25-50%)
Poor working memory Can't memorize easily
Forgets teacher and parent requests
Slow math calculation (26%)
Spelling Problems (24%)
Poor written expression (65%)
Difficulty writing essays
Slow retrieval of information
Poor listening and reading comprehension
Difficulty describing the world in words
Difficulty rapidly putting words together
Disorganization
Slow cognitive processing speed
Poor fine motor coordination
Poor handwriting
Inattention Impulsive learning style

LOW FRUSTRATION TOLERANCE

Difficulty Controlling Emotions
Short fuse Emotionally reactive
Loses temper easily
May give up more easily
Doesn't stick with things
Speaks or acts before thinking
Concerned with own feelings
Difficulty seeing others' perspective
May be self-centered
May be selfish

ADD/ADHD is often more complex than most people realize!

Like icebergs, many problems related to ADD/ADHD are not visible. ADD/ADHD may be mild, moderate, or severe, is likely to coexist with other conditions, and may be a disability for some students.