

ADHD in Adolescents: Development, Assessment, and Treatment

ADHD is a neurodevelopmental disorder that can affect a person's ability to focus, pay attention, and control impulsive behavior. It can also lead to problems with school performance, social relationships, and emotional regulation. While ADHD is typically diagnosed in childhood, it can also continue into adolescence and adulthood.



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Development of ADHD in Adolescents

The symptoms of ADHD can change as a person enters adolescence. In younger children, ADHD may be characterized by hyperactivity, impulsivity, and difficulty paying attention. In adolescents, however, the symptoms may become more internalized. They may have difficulty staying organized, managing their time, and completing tasks. They may also be more withdrawn and have difficulty forming relationships.

Assessment of ADHD in Adolescents

The assessment of ADHD in adolescents involves a comprehensive evaluation of the individual's symptoms, family history, and school performance. The evaluation may include:

- * A clinical interview with the adolescent and their parents
- * A physical exam
- * A psychological evaluation
- * A review of the adolescent's school records

The diagnosis of ADHD is based on the criteria set forth in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). To be diagnosed with ADHD, an individual must meet the following criteria:

- * Six or more symptoms of inattention and/or hyperactivity-impulsivity have been present for at least six months to a degree that is inconsistent with developmental level
- * The symptoms are present in two or more settings (e.g., at home, at school, or with friends)
- * The symptoms cause significant impairment in social, academic, or occupational functioning
- * The symptoms are not better explained by another mental disorder

Treatment of ADHD in Adolescents

The treatment of ADHD in adolescents typically involves a combination of medication and behavioral therapy.

- * Medication can help to improve focus and attention, and reduce hyperactivity and impulsivity.
- * Behavioral therapy can help adolescents to learn how to manage their symptoms and develop coping skills.

Other treatments that may be helpful for adolescents with ADHD include:

* Nutritional counseling * Exercise * Sleep therapy * Family therapy

ADHD is a complex disorder that can have a significant impact on the lives of adolescents. However, with proper assessment and treatment, adolescents with ADHD can learn to manage their symptoms and live full and productive lives.



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