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Fall 10-12-2023

ADHD and the struggles

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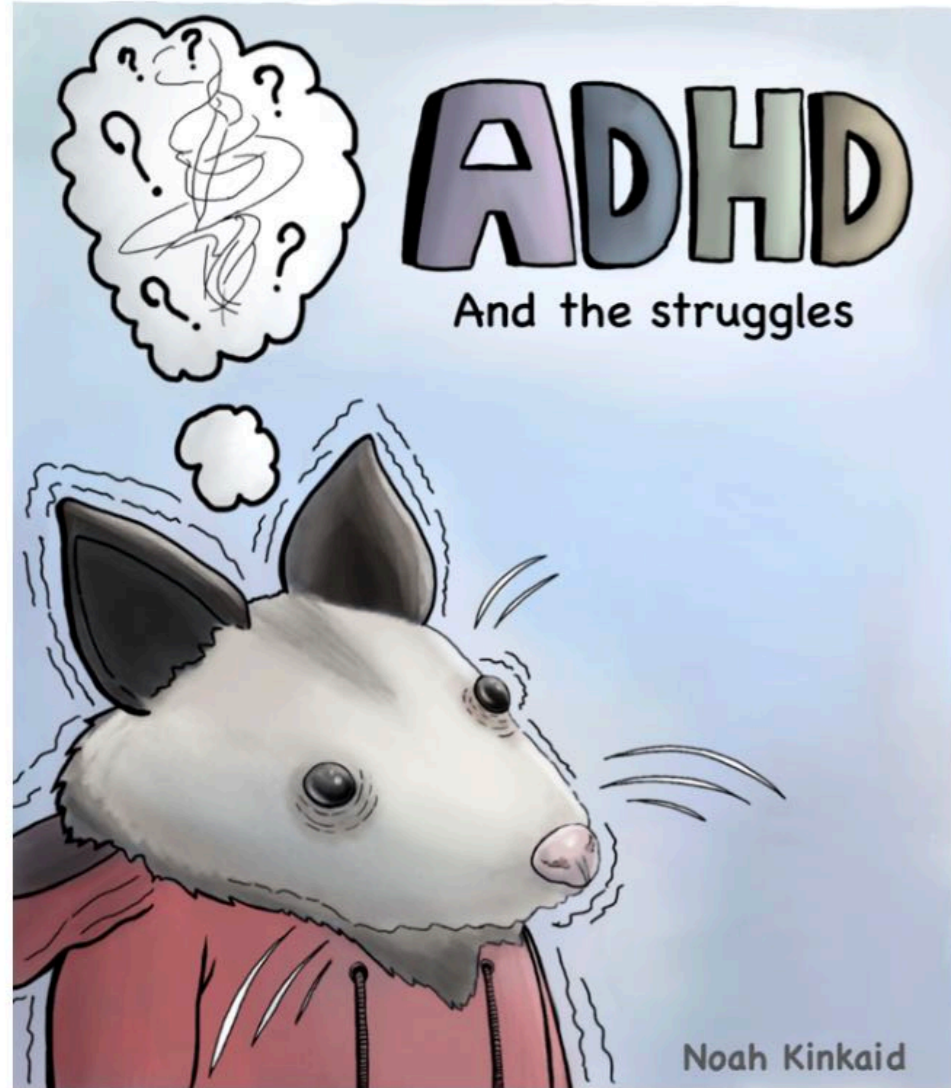
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Kinkaid, Noah, "ADHD and the struggles" (2023). *Illustration Student Work*. 19.

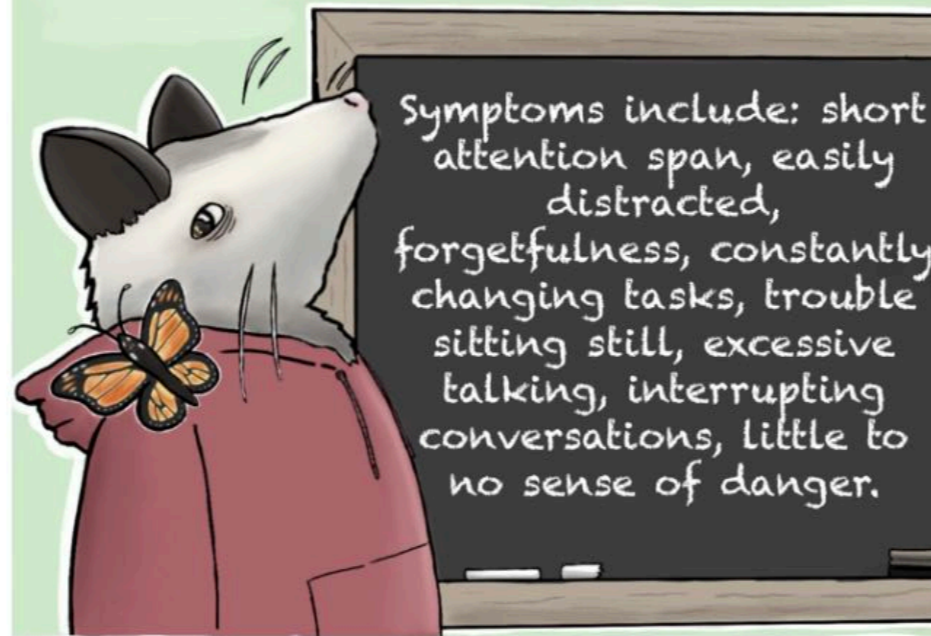
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Attention-deficit/hyperactivity disorder

ADHD is a mental disorder that is caused by an dopamine imbalance. This dopamine imbalance can lead to attention problems, hyperactivity, and impulsiveness.



Struggles



- Individuals with ADHD struggle in many aspects because of attention problems, hyperactivity, and impulsiveness

- Being easily distracted, and having a short attention causes people with ADHD to underachievers at school or at work. This can lead their peers to have lower confidence in them.
- Frustration cause from struggling from ADHD can cause people with ADHD to have lower impulse control. This lower impulse control can lead to them getting into fights and them throwing tantrums, which could lead misunderstood and alienated by family, friends, and peers.

Depression and Anxiety



- ADHD lead to an increased odds of developing depression and anxiety.
- Anxieties that can develop are social, generalized, and panic anxiety.
- One third of adults with ADHD have depression or anxiety.

Treatment



- Treatment for ADHD are medication, therapy, and education support.
- ADHD is most often treated with drugs like Concerta and Adderall. These drugs help with dealing with the symptoms of hyperactivity, impulsivity, and inattention.

- Also helps mitigate some of the problems with anxiety and depression caused by ADHD

About me

ADHD has affected me all throughout my time being in school. It led to me developing depression from me feeling like I was underperforming compared to my classmates and friends in academics. That led to me having a lower self esteem that slowly led to me developing social anxiety in middle school. ADHD medication and education support helped me greatly throughout middle school and high school. Currently in college, I've gained a little bit of my confidence in myself back and I'm slowly working on my social anxiety and depression.

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