

# Quick facts about Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is not racist or sexist and is socially mobile. It often runs in families, and it's not something that disappears over time.

**1 IN EVERY 20** people around the world has ADHD. That's about **280,000** New Zealanders.



**ADHD** /,eɪˌdiːˌeɪtʃˈdiː/ *abbr.* Attention Deficit Hyperactivity Disorder.

**Attention Deficit Hyperactivity Disorder** /əˈtɛnʃ(ə)n/ˈdɛfɪsɪt/ˌhʌɪpəˈrækˈtɪvɪti/dɪsˈɔːdə/ *noun* 1 a neurological disorder that impacts the part of our brain that helps us to plan, control impulses and execute tasks.

ADHD impacts the functioning of the Pre-Frontal Cortex (part of the Frontal Lobe).

So, for people with ADHD, automatically controlling and filtering attention, behaviours, and emotions, which come more naturally to others, is so much harder.

**Neurodevelopmental impairments of Executive Function in the brain of someone with ADHD:**

- executive functioning - which includes our ability to plan/organise
- filtering and controlling attention
- energy or motor control
- emotional regulation
- judgement, and
- behaviour.

**Without a diagnosis of ADHD, these impairments are often interpreted as:**

- emotional outbursts
- wilful laziness, forgetful
- unorganised, often late
- hyperactive, fidgets a lot
- acts before thinking; disruptive, misses social cues, and
- easily distracted, inattentive, day-dreamer.

People with ADHD generally fit into one of three "presentations". The varying degrees of severity of symptoms ensures each person with ADHD is unique. The presentations are:

ADHD predominantly Inattentive



ADHD predominantly Hyperactive and Impulsive



ADHD Combined (both)



Many will have had a range of unhappy experiences during school or at work, but the good news is that there is support available.

## For more information:

### Helpful apps/tools for learners

- [Massey University assignment planning calculator tool](#)
- [Get InFlow tool to help with planning](#)
- [otter.ai speech to text recorder](#)

### For more information:

- [ADHD New Zealand](#)
- [SPELD New Zealand](#)
- [CHADD \(US\)](#)
- [Additude \(US\)](#)



**ADHD**  
New Zealand

Go to [ADHD.org.nz/tertiary-ed](https://ADHD.org.nz/tertiary-ed)

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