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What you need to know about ADHD

What is it like to have ADHD?

Let's watch this quick video
to find out!

<http://youtu.be/M62nMumfxeE>



Why You Need to Know about ADHD

- Affects an estimated 8-12% of children worldwide

(McLeod, Fettes, Jensen, Pescosolido & Martin, 2007, p.626)

- One of the most common childhood neurobehavioral disorders

<http://www.cdc.gov/ncbddd/adhd/data.html>

- Rates of ADHD diagnosis increased, on average 5.5% per year from 2003-2007

<http://www.cdc.gov/ncbddd/adhd/data.html>

Why You Need to Know about ADHD

- 2002 National Stigma Study – Children
 - Public is *not well-informed* about ADHD
 - Only 64% of respondents had even heard of it
 - Only 49% had heard of it and believed it is real
 - *Men, minorities, and older Americans* were particularly uninformed

(McLeod et al., 2007, p.626)

Types of ADHD

- 3 Subtypes
 - Mainly inattentive
 - Mainly hyperactive-impulsive
 - Both combined (inattentive and hyperactive-impulsive)

Causes

- No one cause for ADHD
- It is heritable
- Risk factors
 - Exposure to toxic substances (fetal nicotine/alcohol; lead)
 - Pregnancy/birth complications
 - Prematurity/low birth weight
 - Psychosocial adversity

(Biederman & Faraone, 2005, pp.239-241)

ADHD in the Classroom

- What you might see:
 - Inattention- missing details or not completing tasks, daydreaming, disorganization
 - Hyperactivity- physical or verbal disruptions
 - Impulsivity- answering questions without thinking first, careless mistakes on assignments

http://www.education.com/reference/article/Ref_How_Does_ADHD_Affect/

Long-term Effects on Education

- Twice as likely to be retained
http://findarticles.com/p/articles/mi_hb4345/is_11_35/ai_n29395053/
- Twice as likely to drop out or delay high school degree
http://www.usatoday.com/news/education/2010-07-31-adhd-students_N.htm
- More likely to be suspended or expelled
<http://jpepsy.oxfordjournals.org/content/32/6/643.full#sec-4>

Treatment: Medication

- **Stimulants** (Ritalin, Adderall, Focalin, etc.)
 - First choice for treatment
 - Considered safe & effective (alone or with behavioral therapy)
 - Possible side effects: trouble sleeping, loss of appetite/weight, headaches, abdominal pain, irritability, growth effects, tics, cardiovascular effects
 - “Drug holiday” on weekends/summers

Treatment: Behavior Therapy

- Behavioral therapy
- Cognitive behavioral therapy
- **Behavior modification*** (*teachers can do!)
 - **Using reward/consequence system to teach new behaviors**
- Counseling
- Support groups
- Coaching

- **Most effective when used with medication**
<http://www.pbs.org/wgbh/pages/frontline/shows/medicating/drugs/mta.html>

How You Can Help

- Early intervention
- Collaboration between parents and teachers
 - Consistency for behavior modification between home & school
 - Relaying observations on effects of medication
- Staying informed about IEPs/504 Plans
- BIP if necessary

How You Can Help

- Difficult assignments first
- Break down tasks into smaller chunks
- Change pace/type of assignment to keep things interesting
- Environmental considerations: seating, peers, décor, etc.

Conclusions

- ADHD is increasingly common
- ADHD can significantly affect learning, so treatment/intervention is very important
- Teachers should support treatment and services through:
 - Communication
 - Collaboration
 - Coordination
 - Classroom interventions

Something to Ponder:

- What are **3 things** you could change about **your** classroom or **your** teaching to **better accommodate the needs** of students with ADHD?

To Learn More...

■ Books

- Copeland, E. D., Love, V. L. (1995). *Attention without tension: A teacher's handbook on attention disorders (ADHD and ADD)*. Florida: Specialty Press.
- Pfiffner, L. J. (1996). *All about ADHD: The complete practical guide for classroom teachers*. New York: Scholastic.
- Rief, S. F. (1993). *How to reach and teach ADD/ADHD children: Practical techniques, strategies, and interventions for helping children with attention problems and hyperactivity*. New York: Center for Applied Research in Education.

■ Journal Articles

- Biederman, J., Faraone, S. V. (2005). Attention-deficit hyperactivity disorder. *The Lancet*, 366, pp.237-248.
- Loe, I. M., Feldman, H. M. (2007). Academic and educational outcomes of children with ADHD. *The Journal of Pediatric Psychology*, 32(6), pp. 643-654.
- McLeod, J. D., Fettes, D. L., Jensen, P. S., Pescosolido, B. A., Martin, J. K. (2007). Public knowledge, beliefs, and treatment preferences concerning attention-deficit hyperactivity disorder. *Psychiatric Services*, 58(5), pp.626-631.

To Learn More...

- Websites
 - Education.com: ADHD & School
<http://www.education.com/topic/adhd-school/>
 - PBS Frontline: MTA Study
<http://www.pbs.org/wgbh/pages/frontline/shows/medicating/drugs/mta.html>
 - PBS Frontline: Federal Laws Pertaining to ADHD Diagnosed Children
<http://www.pbs.org/wgbh/pages/frontline/shows/medicating/schools/feds.html>
 - Signs and Symptoms of ADD in Kids
http://helpguide.org/mental/adhd_add_signs_symptoms.htm
 - WebMD: Behavioral Techniques for Children with ADHD
<http://www.webmd.com/add-adhd/guide/adhd-behavioral-techniques>
 - Technology Helps Students Pay Attention
<http://arbiteronline.com/2007/04/19/technology-helps-students-pay-attention/>
 - Wrightslaw: ADD/ADHD
<http://www.wrightslaw.com/info/add.index.htm>

To Learn More...

- National Organizations
 - Attention Deficit Disorder Association (ADDA)
PO Box 7557
Wilmington, DE 19803-9997 Phone/Fax: (800) 939-1019
Email: info@add.org
Website: www.add.org
 - Children & Adults with ADHD (CHADD)
8181 Professional Place - Suite 150
Landover, MD 20785
Tel: 301-306-7070 / Fax: 301-306-7090
Website: www.chadd.org
 - National Dissemination Center for Children with Disabilities (NICHCY)
1825 Connecticut Ave NW, Suite 700
Washington, DC 20009
1.800.695.0285
Email: nichcy@aed.org
Website: www.nichcy.org

Sources

- Biederman, J., Faraone, S. V. (2005). Attention-deficit hyperactivity disorder. *The Lancet*, 366, pp.237-248.
- Centers for Disease Control and Prevention (2010). ADHD data and statistics. Retrieved from <http://www.cdc.gov/ncbddd/adhd/data.html>
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- McNamara, D. (2007). ADHD has lasting effect on school performance. Retrieved from http://findarticles.com/p/articles/mi_hb4345/is_11_35/ai_n29395053/
- PBS Frontline. The multimodal treatment study of children with attention-deficit hyperactivity disorder. Retrieved from <http://www.pbs.org/wgbh/pages/frontline/shows/medicating/drugs/mta.html>
- Preidt, R. (2010). One-third of teens with ADHD delay high school degree or drop out. Retrieved from http://www.usatoday.com/news/education/2010-07-31-adhd-students_N.htm
- U.S. Department of Education. How does ADHD affect school performance? Retrieved from http://www.education.com/reference/article/Ref_How_Does_ADHD_Affect/