

ADHD: Myth or Fact?

1. **Fact.** Diagnosis is made by a qualified medical clinician whose assessment includes detailed information from parents and other professionals including teachers.
2. **Myth.** ADHD may have existed in some form or another since at least as far back as the nineteenth century.
3. **Fact.** In approximately 70 per cent of cases the disorder is inherited from a parent or other relative.
4. **Myth.** This lacks supportive evidence. It is believed that ADHD is caused primarily by neurological dysfunction.
5. **Fact.** Between 1 and 5 percent of school-aged children may have ADHD.
6. **Fact.** Estimates for the boy:girl gender ratio vary between 9:1 and 4:1.
7. **Myth.** Approximately 60 to 70 per cent of children with ADHD have comorbid or coexisting conditions of various types.
8. **Myth.** Around 70 to 80 per cent of children continue to exhibit significant deficits in attention and impulsivity compared to their adolescent peers. Between 30 and 70 per cent of people carry some or all of the ADHD traits into adulthood.
9. **Myth.** Although there cannot be an adult onset of ADHD, quite commonly the diagnosis is not made until adulthood. Adults with ADHD often have a history of under-achievement, low self-esteem and relationship problems.
10. **Fact.** When used as part of a multi-modal, multi-professional approach, medication is highly effective in reducing the core symptoms of ADHD in 80–95 per cent of cases.



Figure 1.2 ADHD: Myth or Fact? (Sheet 2)
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