

Effects of Attention Deficit Hyperactivity Disorder (ADHD) in Children

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ABOUT THE STUDY

ADHD is one of the most common neurodevelopmental disorders in childhood. It is usually recognized only in childhood and often lasts into adulthood. Children with ADHD may have difficulty being alert, controlling impulsive behavior (being able to act without thinking of profits), or being overly active. Boys have it much more often than girls. When a child has a problem with attention, it is often noticed early in school. ADHD cannot be prevented or cured. However, early detection and appropriate treatment and education plans can help children or adults with ADHD manage their symptoms. ADHD can be divided into three types. These types include primarily attention deficit, predominantly impulsive hyperactivity, and a combination of both. Mainly lack of attention: People with this problem do not get proper diagnosis because they are very difficult to concentrate, complete tasks, and execute commands and do not tend to confuse the classroom. There is a possibility. Mainly hyperactive and impulsive types: People with hyperactive and impulsive behavior, such as fidgeting, interruption of conversation, and inability to wait for a turn. Hyperactivity Impulsivity and Inattention. People with both symptoms of hyperactivity. These include inability to pay attention, a tendency to be impulsive, and above average activity and energy. The type of ADHD you or your child has determines how they are treated.

Your treatment may change as your type can change over time. The exact cause of ADHD is unknown. However, studies have shown that lower levels of dopamine A in the brain help signal one nerve to another. It plays a role in evoking emotional reactions, movement is an important factor in causing ADHD,

and some studies have shown that there are structural differences in the brain. People with ADHD may have less gray matter, such as areas of the brain that help with decision making, language, self-control, and muscle control. Treatment of ADHD can be behavioral therapy, drug therapy, or both. The forms of therapy include psychotherapy or talk therapy, while other forms of therapy are behavioral therapies.

Through this therapy, you or your child learns to monitor and control your behavior. The drug is very beneficial for people with ADHD. These drugs are designed to act on brain chemicals in a way that allows for better control of impulses and behavior. There are two types of drugs that can be used to treat ADHD stimulants and non-stimulants. Central Nervous System; Stimulants are the most commonly prescribed medications for ADHD.

These drugs work by increasing the levels of the brain chemicals dopamine and norepinephrine. Drugs like methylphenidate (Ritalin) and amphetamine-based stimulants (Adderall) are stimulants. If stimulants are not functioning properly or are causing side effects, non-stimulant medications may be prescribed. Certain non-stimulants work by increasing the levels of norepinephrine in the brain. Drugs like atomoxetine (Strattera) and some antidepressants like bupropion (Wellbutrin) are not stimulants. ADHD drugs have both benefits and side effects. Instead of drugs, many natural remedies also help improve the symptoms of ADHD. Lifestyle changes such as a nutritious and balanced diet, more than an hour of exercise per day, adequate sleep, limited time to watch phone and TV per day, and careful meditation can also help manage ADHD symptoms.

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