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Attention Deficit Hyperactivity Disorder: Recognition, Reality and Resolution

G.D. Kewley

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ADHD is a common, complex and yet often misunderstood condition, affecting children, adolescents and adults. It causes a wide range of difficulties with concentration, impulse control, hyperactivity, motivation and time awareness. This can often lead to school failure, expulsion, and emotional, behavioral and social problems.

An estimated two per cent of the population suffers from ADHD. To ensure their effective treatment, three critical areas need to be addressed. Parents, teachers and professionals must become aware of the possibility of ADHD (symptoms can mimic other medical and environmentally related conditions, which can make accurate recognition difficult). Second, the reality of coping with ADHD in its many forms, both for individuals with the condition and those around them, must be acknowledged and understood. Finally, there is a need for a holistic approach to the assessment and management of ADHD to ensure the most effective resolution for individuals.

The author gives an overview of the condition based on the broad internationally recognized approach to ADHD, which takes account of its biological as well as environmental elements. He discusses appropriate management guidelines, which include consideration of medication as well as psychosocial and educational strategies.

The book aims to be a comprehensive and authoritative text on ADHD, its causes and management currently available in the UK. It provides a practical guide to the process of dealing more effectively with ADHD, from initial recognition to effective management strategies via assessment and diagnosis. It is intended for parents, teachers and other professionals to facilitate appropriate understanding and support for this distressing condition.

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