



10 Assumptions about ADHD Underlying the Brown EF/A Scales™

1

The executive function impairments associated with ADHD are problems everyone has sometimes, but **those with ADHD have much more chronic and impairing difficulty** with them.

2

Many children and adults with ADHD have never had any significant behavior problems and have never been hyperactive.

3

Research shows that **some specific areas of the brain** that are important for self management tend to **mature about 3-5 years later in those with ADHD**, persisting for much of their life.

4

About **70% of those who have ADHD in childhood will continue to have some ADHD impairments** at least into late adolescence and many into adulthood.

5

Regardless of the age at which ADHD becomes apparent, studies have shown that **those with later onset of ADHD can be as fully impaired as those with earlier onset.**

6

ADHD has nothing to do with how intelligent a person is—**some extremely bright and accomplished people suffer from ADHD.** Studies have shown that ADHD is found in people across the full range of intellectual abilities.

7

Conscious and unconscious emotions play a critical role in problems of motivation and self-regulation that are pervasive in ADHD. Also, **many with ADHD have chronic difficulty in recognizing and managing expression of their emotions.**

8

ADHD is not just one or two specific symptoms. It is a complex syndrome—a cluster of impairments that often appear together, though some aspects of the disorder may be more or less prominent in any particular person.

9

There are many differences among various persons with ADHD, even those of similar age. They are not all exactly alike in either their strengths or their difficulties.

10

Incidences of SLDs, anxiety and mood disorders, sleep disorders, OCD, substance use, and autism spectrum disorders are **considerably higher among those with ADHD than in the general population.**

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