

## ADHD

Attention-Deficit / Hyperactivity Disorder (ADHD) is a medical term used for inattentive type (formerly ADD), hyperactive/impulsive type, or a combination of the two types.

### Symptoms:

Trouble with concentration, following directions, remembering information, organizing tasks, procrastination, boredom, anxiety, depression, anger, impulsiveness, low self-esteem, mood swings, relationship problems, substance abuse or addiction, motivation, restlessness, or talking too much.

Positive symptoms: energetic, empathetic, innovative, creative, hyperfocus.

### Diagnosis:

Experiencing 6 months or more of the above symptoms. Most often diagnosed at age 6, affects 12.1% of boys and 5.5% of girls. Number of diagnoses has increased in recent years. 7% of adults have symptomatic ADHD.

### Contributing Factors:

Heredity (40-50%), maladapted neurotransmitters, autism, allergies, injury.

Environmental conditions, stress (fear, worry, anxiety), major transitions, developmental disorders (language or learning), trauma.

### Medical Intervention:

Medications: Stimulants (fast) or Nonstimulants (slow). Behavioral therapy. Other tests.

Side Effects: loss of appetite, sleep problems, tics, mood changes, nausea, headaches, pulse rate changes, depression, rebound effects, drug abuse, addiction.

### Cautions:

Difficult to accurately diagnose, confirmation bias, using label as excuse, address other contributing factors.

### Prayer Strategy:

- Who do you think you are?
  - Where did you get that idea?
  - Take every thought captive (2 Cor 10:5), establish authority of the source.
  - Spiritual transactions (forgiveness) to remove legal ground.
- Who does God say you are?
  - Ask, confirm, get agreement.
- What does that mean to you?
  - Redeemed gifts, appreciated uniqueness, conformed to Christ-likeness.
  - Purpose and calling, specifically equipped (Eph 2:10).
- Holding the territory.
  - Physical adjustments (diet, rest, peace), emotional renewal (forgiven, forgiving), spiritual agreement (mind renewal).