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Specific Impairment of High School and College Students with Attention-Deficit/Hyperactivity Disorder

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ADHD in Young Adulthood

Kayla Boaz

What is ADHD?

- Developmentally inappropriate levels of hyperactive-impulsive and/or inattentive symptoms (Faraone et al., 2021)
 - Inattention: forgets daily activities, easily sidetracked by unimportant stimuli, makes thoughtless mistakes, poor listening skills
 - Hyperactivity/Impulsivity: struggle to play quietly, overly talkative, unable to sit still, difficulty waiting turn, frequently interrupts or blurts out answers (American Psychological Association, 2013)
- Occurs in multiple settings
- Symptoms cause impairment
- 6 symptoms in childhood, 5 symptoms in adulthood (Lefler et al., 2021)

Who Does ADHD Impact?

- Boys in elementary school (Chronis-Tuscano, 2022)
- People with high IQ (Faraone et al., 2021)
- Women and girls (Quinn, 2005)
- People from all ethnic backgrounds in every country (Slobodin & Masalha, 2020)
- College students (Green & Rabiner, 2012)
- Adults (Wymbs et al., 2020)

ADHD in Young Adulthood- Symptoms and Impairment

- Though symptoms decrease, overall impairment increases in high school (Howard et al., 2016)
- Increased responsibility and freedom contributes to increased impairment
 - Increased use of e-cigarettes and alcohol, associated with lack of control (Dvorsky & Langberg, 2019; Green & Rabiner, 2012)
 - Struggle to complete daily tasks, such as household chores and keeping track of appointments (Canu et al., 2021)
- For women, hyperactive-impulsive symptoms may change in intensity with the menstrual cycle (Roberts et al., 2018)

Social and Academic Performance Deficits

- Inattentive symptoms are usually responsible for impairment in academic performance. (Dvorsky et al., 2018)
 - ADHD associated with lower GPA and decreased academic confidence in college (Green, 2012)
 - First year college students with ADHD show deficits in study skills, writing papers, and managing assignments (Canu et al., 2021)
- High schoolers with ADHD often struggle to fit in and rarely maintain stable friendships (Wiener & Daniels, 2016)
 - Students with ADHD struggle to provide emotional support or manage interpersonal conflicts (McKee, 2017)
 - Girls with ADHD are especially prone to social rejection due to the social norms of young girls (Chronis-Tuscano, 2021)
 - People with ADHD, and their partners, report lower satisfaction rates in romantic relationships (Wymbs, 2020)

Executive Dysfunction and Emotional Dysregulation

- Executive Dysfunction - skills needed to reach a goal, such as planning, organization, and inhibition of behavior (Gordon & Hinshaw, 2020).
 - Women who had ADHD in childhood continue to have executive functioning deficits in their 20's, regardless of current symptoms
- Emotional Dysregulation may be a primary symptom of adult ADHD (Hirsch et al., 2018; Faraone et al., 2019)
 - Lack of emotional self-awareness and control is associated with impaired social functioning (Cleminshaw et al., 2020)
 - ADHD + Emotional Dysregulation = low self-esteem and increased procrastination (Bodalski et al., 2022)

Behavioral Treatments- Academic, Social, Emotional

- Stimulant medication (Fairman et al., 2021)
- Group therapy may be especially useful since people with ADHD get along best with each other (McKee, 2017)
 - CBT can improve organization, time management, and planning skills required for keeping track of/completing assignments (Hartung et al., 2022).
 - Treatment combining monitoring and organizational skills can prevent academic decline in high school students (Dupaul et al., 2021)
 - Interpersonal group therapy may improve self-esteem and emotional maturity (Shaikh, 2018)
 - DBT can improve emotional dysregulation/executive dysfunction and decrease inattentive symptoms (Fleming et al., 2015)

Barriers to Treatment?

- Misdiagnosis of Women: hyperactive/impulsive=bipolar; inattentive=depression (Nussbaum, 2012)
- ADHD behavior in minorities is falsely attributed to low IQ or criminal intent by clinicians (Slobodin & Masalha, 2020)
- Many people have strong stigma surrounding mental health treatment
- Malingering for IEP's and stimulant access (Fairman et al., 2021; Leftler et al., 2021)
 - Adderall commonly used by college students without ADHD to “stay up late, party longer, or get more homework/studying done.”
- Assessment is very expensive and time consuming
 - Approximately 4-8 hours and 500-1000 dollars in Ohio (Rivera)

ADHD Assessment Resource

Think you might have ADHD?

Resources for High School and College Students seeking ADHD assessment in Northwest Ohio.



Misconceptions Corrected:

- ADHD can continue to impact your life as an adult.
- ADHD occurs in both boys and girls.

Benefits of Diagnosis:

Access to resources such as:

- Medication
- IEP: Individualized Education Program
- Therapy focused on improving ADHD-related impairment

Strategies to manage ADHD:

- Use external reminders for daily tasks.
- Create a list of daily goals and track them consistently.
- Prioritize sleeping 7-9 hours per night.

Nearby Providers:

Ohio Northern University (Ada):

Anthony Rivera
 ONU Counseling Center
 419-772-2190
a-rivera@onu.edu
 *Only 10 assessments per semester
 ** Only for Ohio Northern Students

Toledo:

Dr. Jerome Zake
 3454 Oak Alley Court, Suite 305
 Toledo, Ohio 43606
 (419) 534 - 2468

Dr. Dielman & Dr. Audry Ellenwood
 5600 Monroe Street, Suite 103B
 Toledo, OH 43560
 (419) 885-5952

University of Toledo Psychology Clinic
 2801 W Bancroft Street
 Toledo, OH 43606
 (419) 580-1561

Oasis Mental Health
 3454 Oak Alley Court, Suite 306
 Toledo, OH 43606
 (419) 482-8585

Process of Assessment:

- Assessment consists of IQ and achievement testing, executive function measures, various questionnaires, and a clinical interview.
- **Time:** 4 hours on campus, approximately 4-8 hours off campus.
- **Cost:** \$200 on campus, approximately \$500-800 off campus**

** Call your insurance company to ask if they cover "psychological testing. If not, contact OOD to try to obtain financial assistance in funding assessment."

Opportunities for Ohioans with Disabilities- Services:

- Develop an individualized Plan for Employment (IPE) with a Vocational Counselor.
- Obtain assistance with searching for employment and maintaining employment.
- Obtain academic funding.

Additional Resources:

Opportunities for Ohioans with Disabilities - Lima:

2190 Allentown Rd Lima, Ohio 45805
 Phone:(419) 228-1421
ood.ohio.gov

Online Support Groups for People with ADHD:

<https://add.org/adda-virtual-programs/>

Providers in Big Cities:

Columbus:

Focused Mind ADHD Counseling
 90 Northwoods BLVD, Suite B
 Columbus, OH 43235
 (380) 207-1469

Cincinnati:

Family Success Consortium
 2650 Madison Rd
 Cincinnati, OH 45208
 (513) 655-2642

Cleveland:

Cleveland Psychological Testing
 16600 Sprague Road, #260
 Middleburg Heights, OH 44130
 (440) 613-4946

Contact Us

ONU Disability Center

223 McIntosh Center
 525 South Main
 Ada, Ohio 45810

Student Disability Coordinator
 419-772-1055
disabilityservices@onu.edu

ONU Counseling Center

Klondike's Den
 525 South Main Street
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Questions?

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