

Attention Deficit Disorder: Myths & Misconceptions

ADD's Basic Symptoms

1. Inattention
2. Impulsivity
3. Difficulty Delaying Gratification
4. Emotional Overarousal
5. Hyperactivity
6. Noncompliance
7. Social Problems
8. Disorganization

ADD with hyperactivity
ADD without hyperactivity

Myths & Misconceptions:

General:

1. ADD kids are always hyperactive
2. ADD is due to faulty parenting
3. ADD will be outgrown
4. ADD is caused by brain damage
5. ADD is caused by diet or allergy
6. ADD must be diagnosed by a physician (or neurologist); schools can't diagnose ADD
7. ADD is a fabricated diagnosis; all kids are like that
8. ADD kids respond well to social skills training
9. The most essential part of ADD diagnosis is talking to the child in the office
10. Add will always show up during psychological testing
11. ADD boys outnumber ADD girls by about 8 to 1
12. If you get good grades, you can't have ADD

Medication:

1. Stimulants are dangerous and frequently cause terrible side effects
2. Stimulants are addictive to ADD kids
3. Stimulants stunt growth
4. Stimulant meds have opposite effects on ADD vs normal children
5. Stimulants can't be used after mid-adolescence
6. Ritalin causes brain damage and Tourette's
7. Teachers shouldn't have to learn about different ADD medications and their effects
8. Ritalin is the only game in town

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