



ADHD Information Library

ADHD Medications, ADHD Diet, and Alternative Treatments

ADHD ARTICLES

☉What is ADHD ?

☉ADHD : What Causes ADHD ?

☉ADHD : How Prevalent is ADHD?

☉ADHD Study Estimates 9%

☉ADHD : Is it Real ?

☉ADHD and the Americans with Disabilities Act of 1990

☉ADD or ADHD | What is the Difference ADD or ADHD ?

☉Inattention - Attention in ADHD

View

Track

1. [Home](#)
2. » [What is ADHD ?](#)

Adult ADHD Latest National Survey

Submitted by ADD ADHD Inform... on Wed, 02/15/2012 - 17:00

It is important to remember that many, or most, children with ADHD will never really "out-grow" the problems that ADHD brings. We have discussed this in detail in our reporting on [ADHD and Depression in females](#), and in other articles through the years.

This week another reminder of this was published in a national survey of 1,007 adults with ADHD. The survey looked at how adults with ADHD cope at home, at work, and in relationships with others. The survey was published just in time for the 2008 Chadd Conference, and the 2008 ADHD National Awareness Day.

What the survey found was that, of those adults with ADHD:

- ◉Impulsivity in ADHD
- ◉Hyperactivity in ADHD
- ◉ADHD and IQ are Not Related
- ◉ADHD and Learning | Impact of ADHD in School
- ◉ADHD : Clinical Description of Attention Deficit Hyperactivity Disorder or ADHD
- ◉ADHD Overview
- ◉ADHD in Court for ADA Cases
- ◉Adult ADHD Latest National Survey
- ◉Frontal Lobe Differences in ADHD
- ◉Nature vs. Nurture in ADHD : the Conflict Continues
- ◉Premature Birth and ADHD
- ◉Stanford MRI Study on Brain Function in ADHD
- ◉Working Memory in ADHD : Attention Deficit Disorder
- ◉Executive Function Differences in Adolescents with ADHD vs Oppositional Defiant

- 75% reported that ADHD strongly impacted their ability to stay focused on a task long enough to complete it;
- 70% reported that ADHD strongly impacted their ability to focus on what others were saying;
- 65% reported that ADHD strongly impacted their responsibilities at home;
- 60% reported that ADHD strongly impacted their ability to stay seated through a business meeting, or to organized projects, or follow through with projects until they are completed;
- 57% reported that ADHD strongly impacted their relationships with their families and friends;
- 56% reported that ADHD strongly impacted their ability to advance in their work place or career;
- 47% reported that ADHD caused them to have to work harder than others just to accomplish the same amount of work as those without ADHD;

The survey group was asked about what they would like to accomplish, or treatment goals:

- 50% reported that they would like to get their house organized, and 28% reported that they needed to get their personal finances more organized;
- 38% reported that they needed to get their moodiness under control, and 26% wanted to improve their relationships with others;
- 36% felt that their ADHD symptoms were still not under control, and many report feeling depressed thinking about how hard it is to be an adult with ADHD.

The study was headed up by two big names in the ADHD community: Ed (Ned) Hallowell, M.D., who has written important books such as "Driven to Distraction," and Natalie Knochenhauer, who as a mother of ADHD children has become an important advocate in the Philadelphia area.

The study was funded by McNeill Pediatrics, which, by the way, markets CONCERTA (methylphenidate HCI) for the treatment of ADHD in adults, as well as in children. Hallowell and Knochenhauer are both paid consultants for McNeill Pediatrics. So there is an element of this study that is designed to market CONCERTA to those adults who are not receiving any treatment, feel that their ADHD is not under control, and etc.



But this study should be more than that.

- IF conservatively 5% of the children in the USA have ADHD, and
- IF conservatively 50% of the children in the USA will "out-grow" their ADHD symptoms by the age of 20 or so, and
- IF there are approximately 300 million people in the USA,
- THEN there are conservatively 7,500,000 adults in the USA alone dealing with "adult ADHD." And if 38% of them feel that their ADHD is not under control, or are depressed by their ADHD, and so on, well that's a lot of people suffering from ADHD even into adulthood (38% of 7.5 million adults with ADHD is 2,850,000 adults who feel it is out of control or feel depressed because of their ADHD).

Disorder

⊕ Executive

Functions and
Developmental
Psychopathology

⊕ Inhibitory Control
Deficit in ADHD

⊕ Different Types of
ADHD

⊕ ADHD Medications

⊕ Medication Issues and
Research

⊕ ATTEND : Alternative
ADHD Treatment

⊕ ADHD Diet

⊕ Environmental Toxins,
Chemicals, Metals

⊕ Neurology of ADHD

⊕ Other Articles for
Parents

⊕ Differential Diagnoses

⊕ Diagnosing ADHD

⊕ ADHD Treatment
Options

⊕ ADHD Treatment
Planning

⊕ ADHD Children

⊕ ADHD in School

⊕ Teenagers and
Attention Deficit Disorder

⊕ Research Articles on

If you are an adult with ADHD, and you are feeling that you can't get ahead at work because of it, or you can't get organized, or motivated, or get your moods under control, there is help for you.

Yes, medications like Concerta can help. Stimulant medications can help to increase time on task, focus to boring tasks, and so on. Consider medications as a treatment option and talk to your doctor about it.

We also like people to try the combination of an **ADHD diet** (including high protein, low carbohydrate breakfasts and some caffeine), with **ATTEND**, Exress or Deprex (for mood stabilization) and Memorin for memory improvement. See the [Different Types of ADHD](#) for specific treatment strategies.

With either of the approaches above, counseling or coaching for ADHD as well as for skills and strategies to improve relationships and work performance are essential.

[< ADHD in Court for ADA Cases up Frontal Lobe Differences in ADHD >](#)

Tweet  Like  0

[Printer-friendly version](#)

Attention Deficit
Hyperactivity Disorder

ADHD INFORMATION LIBRARY SEARCH

Search

Translate

Subscribe to our FREE
ADHD eNewsletter

Get ADHD news, tips, and advice
delivered every week to your
phone, iPad, or desktop



NAVIGATION

- ⊙ [ADHD Newsfeeds](#)
- ⊙ [Books](#)
- ⊙ [Feed aggregator](#)
- ⊙ [Terms of Use Legal](#)
- ⊙ [Privacy Policy](#)
- ⊙ [About Us](#)

Advertisement

**Over One Million
Bottles Sold since 1997**
There's nothing else
even close...



**Attend
Express
Memorin
Deprex**



FOLLOW ADHD INFORMATION LIBRARY ON:



**CLICK
HERE**

**Nutrition
2 You**

GET STARTED
**BUY ATTEND, EXPRESS
MEMORIN AND MORE...**

**FREE
GIFT**

**GET YOUR FREE
EBOOK AS OUR
GIFT:
"101 CLASSROOM
INTERVENTIONS"**

[ADHD Information Library Home](#) | [About Attend for ADHD](#) | [ADHD Diet Program](#) | [ADD in School Classroom Interventions](#)

ADD ADHD Information Library Copyright 1996-2012 All rights reserved.

Our products are available on Amazon.com and eBay.com. For more information, visit our website at [www.addadhd.com](#).

Our conditions for you to [REPLY](#) or [USE OUR ADHD INFORMATION](#).

This "ADD ADHD" information is for general information, educational, or entertainment purposes only. These statements contained herein have not been evaluated by the FDA, and the disclaimer is that any recommended products are not intended to diagnose, treat, cure, or prevent any disease. Consult your physician or health professional on matters related to attention deficit hyperactivity disorder and ADHD treatment. The "ADD ADHD Information Library" provides parents with the practical information that they need to help their child or teen with ADHD.