



## Quiz on Attention-Deficit/Hyperactivity Disorder (AD/HD)

Please answer true or false in the space to the left of the statements. Your responses will not be graded or evaluated in any way. 😊

1. AD/HD is not real, because there is no evidence that it is associated with or is the result of a clear-cut disease or brain damage.
2. If ADHD were real, there would be a lab test to detect it.
3. AD/HD must be an American fabrication, since it is diagnosed only in the U.S.
4. Because the rate of diagnosis of AD/HD and the prescription of stimulants (e.g, Ritalin) to treat it have risen markedly in the last decade or two, AD/HD is now widely overdiagnosed.
5. AD/HD is a disease and can be cured with medication.
6. AD/HD is caused by poor parenting, family problems, poor teachers, inadequate schooling or too much T.V.

7. AD/HD is caused by excess sugar, food additives/preservatives, or food allergies.
  
  
  
  
  
  
  
  
  
  
8. Medication should be stopped when the child reaches adolescence because children usually outgrow AD/HD.
  
  
  
  
  
  
  
  
  
  
9. Because my child or student is just emotionally immature, s/he probably does not have AD/HD.
  
  
  
  
  
  
  
  
  
  
10. My child or student can focus on video games, sports, and other things s/he likes, so s/he probably does not have AD/HD.
  
  
  
  
  
  
  
  
  
  
11. Because a child is hyperactive and has trouble focusing and holding his/her attention s/he must have AD/HD.
  
  
  
  
  
  
  
  
  
  
12. Responding well to a stimulant drug is a sign that a person has AD/HD.

13. Stimulants just cover up the “real problem” and do not deal directly with the root cause of the child’s AD/HD.

14. Taking stimulant medicine does not result in lasting benefits to a child’s academic achievement.

15. Stimulant medications stunt children’s growth.

16. Stimulant medications are addictive to children and adolescents.

17. Stimulants usually do not really help children with AD/HD.

18. Having AD/HD leads to drug abuse.

## How to know if your child or student needs an evaluation for AD/HD

Consider seeking an evaluation when ANY of the following conditions exist:

1. For at least 6 months the child has displayed activity, inattentiveness, and impulsiveness far greater than in other children of the same age (the symptoms I talked about are much worse than other children the same age); OR
2. For at least a few months other parents have been telling you that your child has much poorer self-control or is far more active, impulsive, and inattentive when with other children than is normal; OR
3. Far more of your time and energy is required to manage and keep the child safe than other parents invest; OR
4. Other children do not like to play with your child and avoid the child because of excessively active, emotional, or aggressive behavior; OR
5. A day-care staff member or schoolteacher has informed you that your child has been having significant behavioral problems for several months: OR
6. You frequently lose your temper with this child; you feel as if you are on the verge of excessive physical discipline or might even harm the child; or you are greatly fatigued, exhausted, or even depressed as a consequence of managing or raising this child.

From: Barkley (2000). Taking charge of ADHD: The complete, authoritative guide for parents.  
New York: NY, Guilford Press.

### **Other references from presentation:**

Brown, T. E. (2002). Complicated attention deficit disorders: Advanced assessment and treatment. A continuing education workshop at the 110<sup>th</sup> annual American Psychological Association Convention. Chicago, Illinois, August 25, 2002.

New York University Child Study Center (2002). Website: [aboutourkids.org](http://aboutourkids.org)

National Institute of Mental Health (NIMH). (1994). Attention Deficit Hyperactivity Disorder. Washington, DC: U.S. Government Printing Office.

**More references can be found on Dr. Weinstein's website:**

[www.doctordanw.com](http://www.doctordanw.com).

Notes