

MODULE 13 WORKSHEET

Task



Hopefully you took in as much of the information in this module as possible. To find out how well you have done, complete the following worksheet

Timing



We recommend that you allocate 30 minutes to this worksheet.

Marking



At the end of the worksheet is a convenient answers/feedback and advice section to allow you to see how well you have done.

Note



You are **not** required to return this worksheet

ACTIVITY 1



True or False

1. ADHD affects girls more than boys - approximately 68 percent of those with ADHD are female.
2. Scientists and doctors do not classify ADHD as a real disorder.
3. There is no difference in intelligence levels between people with ADHD and those without.
4. There are three different subtypes of ADHD.
5. Using strict discipline will not 'cure' a child of ADHD.
6. ADHD medications are always addictive.
7. Misconceptions about ADHD can be harmful.
8. Having ADHD means you have a bleak future.
9. It's impossible to make adjustments to accommodate ADHD people because there are too many symptoms to consider.
10. ADHD can be managed and is no barrier to success.

Write or Type Your Answers here

ACTIVITY 2



We covered a number of misconceptions about ADHD in this module. Two of them are related to ADHD medications. Describe what those myths are and why they are significant.

Write or Type Your Answer here

ACTIVITY 3



Explain why misconceptions about ADHD can be harmful.

Write or Type Your Answers here

Answer/Feedback Activity 1



1. False
2. False
3. True
4. True
5. True
6. False
7. True
8. False
9. False
10. True

Answer/Feedback Activity 2



1. Medications prescribed for ADHD are addictive and may make the person feel high.

Because the most commonly-used ADHD medications are stimulants, people think they have the same effect as similar drugs used recreationally. This is not the case. The goal of ADHD medication is to target key neurotransmitters such as dopamine and/or noradrenaline, and when properly prescribed they will sharpen a person's focus and help them control their behaviour better. They are not typically addictive – and, in fact, their use has been linked to lower rates of substance and alcohol addiction among people with ADHD.

One of the issues related to this myth is a tendency for some people to be distrustful of the medication and not consider it as a treatment option. This is particularly true of parents, who could understandably be concerned about the impact of the medication on their children's health. The irony of course is that in most cases the medication will have a significantly positive effect on their ADHD symptoms and their long-term health.

2. ADHD medications are not effective after puberty.

In the past, it was thought that ADHD medications were only appropriate for young children, and that idea still lingers in the minds of many. Nowadays, ADHD drugs continue to be prescribed after puberty and into adulthood and are considered extremely effective at all ages. It's important for people to be aware of this, so that if ADHD is discovered later in life, then medication is considered as part of the treatment plan. Medication is believed by most doctors to be an essential element of any ADHD treatment.

Answer/Feedback Activity 3



They can limit life choices: If people think that dealing with an individual with ADHD is difficult and they are just unable to focus or do anything correctly, then clearly, that person's options will be limited.

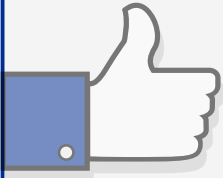
They can lead to social exclusion: If people have the wrong impression of ADHD, it can actually lead to the individual being ostracised from their peer group. People could wrongly believe that a person with ADHD will always be strange or argumentative, but nothing could be further from the truth.

They can affect self-confidence: Low self-esteem is a recurring problem for anybody with ADHD - and the mistakes that people make about the condition run the risk of amplifying a person's existing difficulties. It is essential to work with those individuals who have the condition and to continually remind them of their strengths.

They can contribute to a feeling of hopelessness: It is common for children or adolescents with ADHD to be used as a scapegoat for the bad behaviour of other children - and this has a bigger impact on their psyche than many people realise. If this happens time and time again - and it can even occur in adulthood - it is known to lead to a situation where those with ADHD believe that there is just no point in them fighting against it. In other words, continually combating misconceptions is known to sometimes cause those with the condition to give up.

They can lead to people with ADHD being considered problematic: If you believe that any individual with ADHD is incapable of acting in the normal fashion, then you will restrict contact with them, or simply not trust their actions or ability to do anything that is asked of them. In other words, they will be viewed as being the problem.

SUMMARY



WELL DONE!

You have now completed the worksheet.
It is time to move on to the next module.