



Attention-Deficit / Hyperactivity Disorder (ADHD)

What is ADHD?

ADHD is a persistent pattern of inattention and/or hyperactivity that interferes with a person's functioning or development. In other words, it's a neurological condition that creates attention difficulties (controlling or stopping ideas), physical restlessness (moving frequently) and behavioural difficulties (impulsivity).

There are 3 types of ADHD :

- 1- Predominantly Inattentive Presentation
- 2- Predominantly Hyperactive-Impulsive Presentation
- 3- Combined Presentation



References : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson. / Vincent, A. (2021). TDAH : Informations, trucs et astuces. <http://www.attentiondeficit-info.com/trouble-deficitaire-attention.php>

Signs and Symptoms

Inattention

- Fails to pay close attention to details ;
- Has difficulty maintaining attention on a task ;
- Doesn't seem to listen when spoken to ;
- Doesn't follow instructions ;
- Doesn't complete tasks ;
- Has organizational difficulties ;
- Avoids tasks that require a sustained mental effort ;
- Loses belongings and is forgetful ;
- Is easily distracted.

Hyperactivity/Impulsivity

- Has a high level of energy (fidgets with hands or feet, runs around etc.) ;
- Has difficulty playing quietly ;
- Talks excessively ;
- Blurts out an answer before hearing the whole question ;
- Has difficulty waiting for his/her turn ;
- Interrupts or intrudes on others.



Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.





Livres/Books

Bélangier, S. et al. (2008). *Le trouble du déficit de l'attention avec ou sans hyperactivité*. CHU Ste-Justine.

Hammerrenger, B. (2017). *10 questions sur... Le TDAH chez l'enfant et l'adolescent*. Midi Trente Éditions.

Nadeau, K.G. & Dion, E.B. (2006). *Champion de la concentration./Learning To Slow Down And Pay Attention*. Enfants Québec / Magination Press.

Taylor, J. F. (2012). *Guide de survie pour les enfants vivant avec un TDAH. / The Survival Guide For Kids With ADD or ADHD*. Midi Trente Éditions / Free Spirit Publishing.

Vincent, A. (2017). *Mon cerveau a besoin de lunettes / My Brain Needs Glasses*. Homme / Juniper Publishing.



Internet

<https://aqnp.ca/documentation/developmental/tdah/>

<https://www.associationpanda.qc.ca/>

<http://www.attentiondeficit-info.com/>

www.caddac.ca

<https://chadd.org>

<https://www.chusj.org/fr/soins-services/T/Trouble-de-l-attention/Caracteristiques-et-signes>



Ressources / Resources

Institut Universitaire en Santé Mentale Douglas : 514-761-6131, http://www.douglas.qc.ca/pages/view?section_id=141&locale=fr

Parents aptes à négocier le Déficit d'Attention/Parents Able to Negotiate Attention Deficit Disorder (P.A.N.D.A.) : 514-564-5816, <https://www.associationpanda.qc.ca/>

Hôpital de Montréal pour enfants : 514-412-4400, <https://www.thechildren.com/adhd-community-resources>

Centre Hospitalier Universitaire Sainte-Justine : 514-345-4931, <https://www.chusj.org/fr/soins-services/T/Trouble-de-l-attention>

Ligne Parents (24/7) : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>

8-1-1: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

Tel-Jeunes (24/7): 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>

Jeunesse, J'écoute - Kids Help Phone (24/7): 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>

Suicide Action Montréal (24/7): 1-866-277-3553, <https://suicideactionmontreal.org/>

L'Autre Maison Crisis Center (24/7): 514-768-7225, <https://centredecrise.ca/lautre-maison>

West Island Crisis Center (24/7): 514-684-6160, <https://centredecriseoi.com/>

Amis de la santé mentale - Friends for Mental Health: 514-636-6885, <https://info@asmfmh.org>

