



## 2. ATTENTION-DEFICIT/HYPERACTIVITY DISORDER IN ADULTS

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**Introduction.** ADHD, or Attention-Deficit/Hyperactivity Disorder, is a neurodevelopmental disorder that affects both children and adults. It is characterized by symptoms such as inattention, hyperactivity, and impulsivity.

**Aim of study.** ADHD (Attention-Deficit/Hyperactivity Disorder) can have a significant impact on daily life, affecting various aspects of an individual's functioning. Relationships personal and professional, Work Performance, the challenges associated with ADHD, such as impulsivity and difficulty with self-regulation, can lead to feelings of frustration, stress, and low self-esteem.

**Methods and materials.** I evaluated articles from the last 5 years published in electronic sources recognized by the international medical society as: PubMed / NCBI, APA, CDC.gov, CHADD, Cognitive Behavior Associates, NIHR, DSM -V.

**Results.** It is estimated that approximately 4-5% of adults worldwide have ADHD. Incidence in adults varies across different age groups. The highest incidence is observed in the age group of 25-44, with a rate of 4.4%. The 18-24 age group follows closely with an incidence rate of 4.2%. The incidence decreases in older age groups, with the 45-64 age group having a rate of 3.9% and the 65+ age group having the lowest p rate of 1.9%. Research has shown that individuals with ADHD are at an increased risk of developing various mental health conditions, including anxiety, depression, and substance abuse disorders.

**Conclusion.** ADHD is not just a childhood disorder, as it can persist into adulthood and have significant impacts on individuals daily functioning and quality of life. The increasing incidence of ADHD in adults highlights the need for more research and resources to support adults with ADHD. It is important to understand the challenges faced by individuals with ADHD in order to develop effective strategies for managing the condition and improving overall well-being.