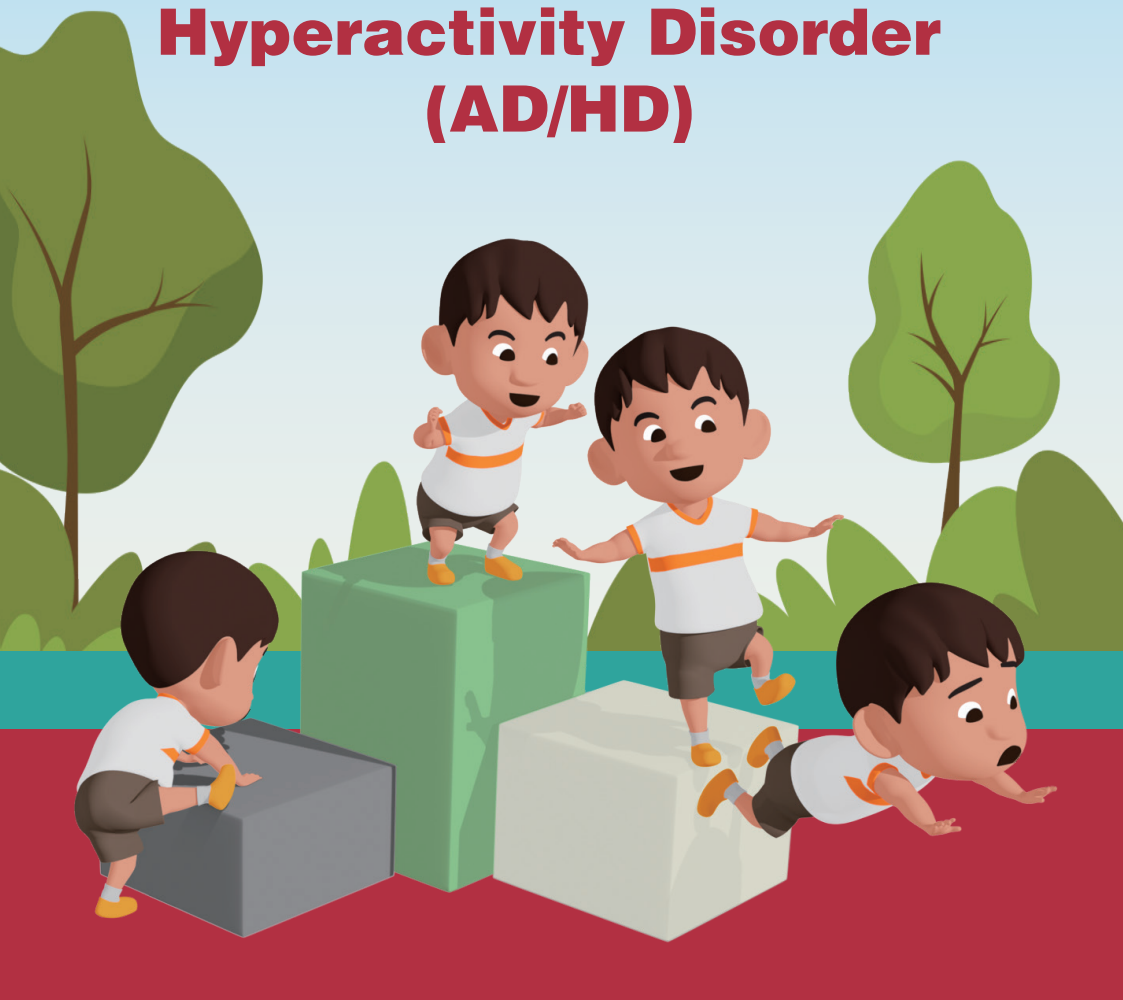


# Developmental Disorders in Children

## **Attention Deficit / Hyperactivity Disorder (AD/HD)**



**Child Assessment Service**

Department of Health

The Government of the Hong Kong Special Administrative Region

[www.dhcas.gov.hk](http://www.dhcas.gov.hk)



## 01 What is **AD/HD**?

The core symptoms of AD/HD are inattentiveness, hyperactivity and impulsivity.



These symptoms cause difficulties in learning and interpersonal relationships which may lead to emotional problems or low self-esteem, resulting in significant functional problems.



## 02 What causes **AD/HD**?



Research has demonstrated that several important areas of the brain are differently activated in children with AD/HD. The exact cause of AD/HD has yet to be elucidated, but research evidences support its hereditary nature.



Besides, smoking and alcohol intake during pregnancy, prematurity, low birth weight, encephalitis, lead poisoning, abnormalities in metabolism, epilepsy and brain injury have been shown to be risk factors for AD/HD.

### 03 How does **AD/HD** affect children?

Children with AD/HD will find it difficult to sustain attention or to remain engaged in an activity as expected of children of similar age. They are easily distracted by the environment. They are inattentive and do not seem to listen. They have difficulty in following through on instructions.

Completing tasks and organizing activities are difficult for them. They are forgetful and often lose or forget to bring their personal belongings.



Children with AD/HD are more active compare with children of the same age. They are often moving about and become fidgety when they are expected to stay still for extended time. It is difficult for them to stay seated when required, and will often leave or squirm in their seats. They talk excessively and have difficulty engaging in activities quietly. They tend to be impatient and impulsive, having difficulty queuing or waiting for their turn. They also tend to interrupt or blurt out answers before the questions are completed or cannot wait for their turn.

### 04 How to help children with **AD/HD**?



The treatment strategies for children with AD/HD vary according to age. As shown from numerous international studies, medical therapy and behavioural therapy are proven to be the most effective strategies.

For preschool children under six years of age, behavioural therapy is recommended as the initial treatment. If the child's condition does not improve with behavioural therapy, medical therapy may be needed.



For school-age children age six years or above and for adolescents with more severe symptoms, medical therapy is the first-line treatment, while behavioural therapy and educational support will improve learning and reduce behavioural problems.



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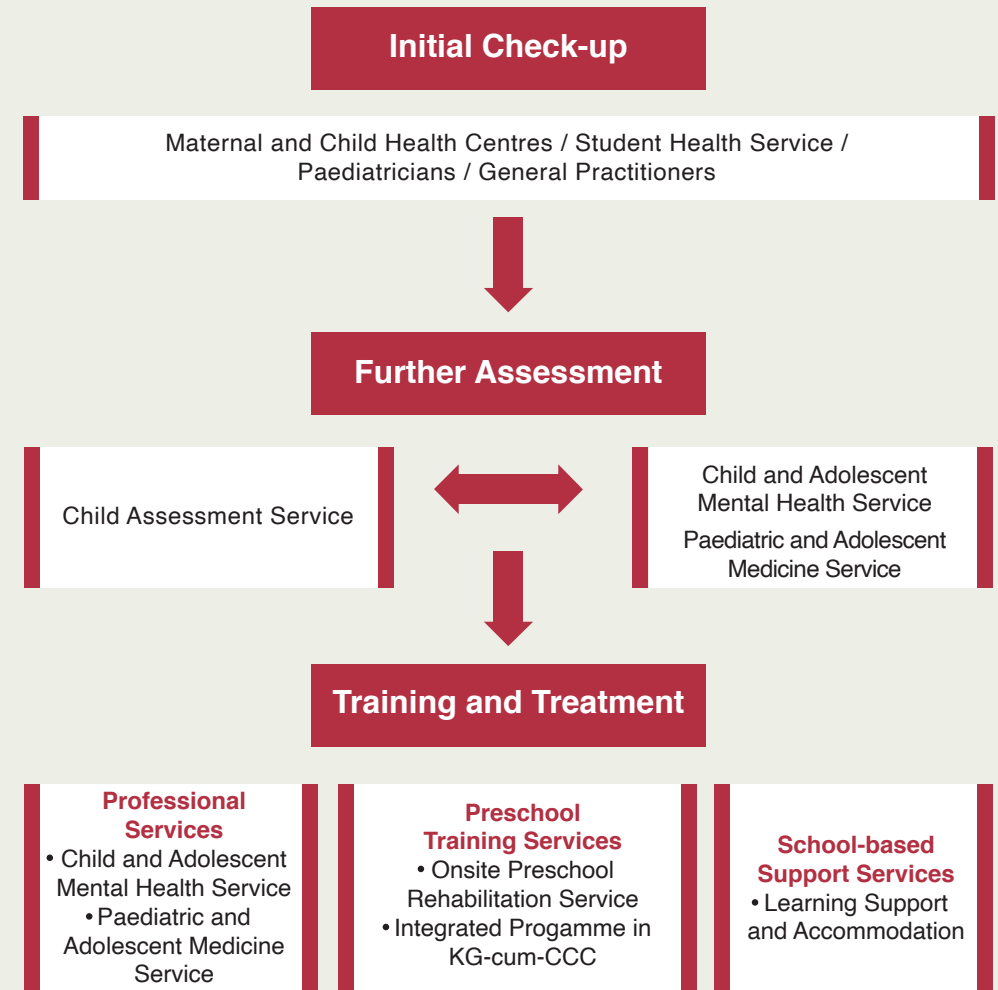
## What is the outlook of children with **AD/HD**?



Research has demonstrated that the symptoms of AD/HD persist to adolescence in 80% of children and to adulthood in 65%. The extent to which an individual can cope in daily life and in choice of occupation depends on many other factors including the severity and type of symptoms exhibited, the severity and number of associated conditions, the individual's intelligence, the family situation and treatment received. Early identification and intervention are very important for children with AD/HD.



## Referral and Management







## Related **Websites**

**Education Bureau: Integrated Education and Special Education Information Online**

<https://sense.edb.gov.hk/en/index.html>

**Enhancement of Learning Behavior Project**

[www.ha.org.hk/kch/adhd](http://www.ha.org.hk/kch/adhd)

**Hong Kong Education City : Inclusion Pavilion**

[www.hkedcity.net/sen](http://www.hkedcity.net/sen)

**Hong Kong Association For AD/HD**

[www.adhd.org.hk](http://www.adhd.org.hk)

**Attention Deficit Disorder Association**

[www.add.org](http://www.add.org)

**C.H.A.D.D. Online (Children and Adults with AD/HD)**

[www.chadd.org](http://www.chadd.org)

**National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

**Focus on Children's Understanding in School**

<https://www.focus.org.hk/>

Some of the websites only have Chinese version



FOR more  
information



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