

Should I be evaluated for Adult Attention Deficit Hyperactivity Disorder (ADHD)?

Adults with attention-deficit/hyperactivity disorder (ADHD) frequently experience co-occurring, incapacitating conditions that go undiagnosed and untreated. [\(1\)](#) Research studies indicate that ADHD affects 2.5%–5% of adults in the general population. [\(2\)](#) [\(3\)](#) Ignorance of this fact can cause unnecessary problems for those who go undiagnosed as well as their loved ones and friends.

Why Are Adults not Getting Diagnosed?

Untreated ADHD can be harmful to adults on several different levels. Adults might not trust stimulant medications in treating ADHD due to the stigma attached to them. They may believe that ADHD medications will worsen their symptoms, interact with other medicines, or lead to addiction. People with anxiety and mood disorders may be hesitant or simply lack knowledge about treating the condition.

Studies have revealed that when the dosage and prescription are individualized, stimulants may not worsen anxiety. With monitoring, ADHD medication can be used in clients that have chronic comorbid conditions such as diabetes. Except in cases where the dose is excessive, stimulants do substantially not raise blood pressure. [\(4\)](#)

In addition to this, adults may avoid getting diagnosed because they think they have mild symptoms and will not be taken seriously by health professionals. However, ADHD symptoms can range from mild to severe - all of which could benefit from treatment. The concern of not being taken seriously is particularly worsened recently by the stigma around adult ADHD and telehealth companies that have not done their due diligence in prescribing.

Why is ADHD Missed in Women?

A diagnosis of ADHD, whether confirmed in childhood or later in life, is the first and most important step toward successfully treating symptoms. A diagnosis, to put it simply, can alter a life.

However, because ADHD is frequently overlooked or misdiagnosed, many women find it difficult to get the enlightening experience of a proper diagnosis. [\(5\)](#)

This is largely due to the fact that the condition frequently manifests differently in males and females—symptoms differ in presentation, among other things, by biology or societal expectations.

The clinical criteria in use today are not designed to take these variations into consideration. However, this condition is not exclusive to men. [\(6\)](#) AFAB persons may have atypical presentations that should be evaluated carefully and comprehensively.

Even though it may seem unlikely to you, your difficulties could be indicative of ADHD. It is important to speak with a qualified professional to see if you should be evaluated.

Should I be evaluated for ADHD?

Most adults who want an evaluation for ADHD have remarkable concerns in one or more aspects of daily life. These are a few of the most typical issues:

- Inconsistent job or career success; frequent job loss or resignation
- History of underachievement at school and/or the workplace
- Inability to manage daily obligations, such as taking care of domestic duties, performing maintenance, paying bills, or organizing items
- Relationship issues brought on by incomplete chores
- Forgetting essential details or easily becoming agitated over trivial matters
- Chronic anxiety and tension brought on by failing to fulfill obligations and achieve goals
- Chronic and strong frustration, remorse, or blame sentiments

An expert can establish whether these issues are brought on by ADHD, another factor, or a mix of factors. Even though adult ADHD signs are generally visible as early as childhood, some people may not have serious issues until much later in life when coping mechanisms are not present or fail.

For instance, some academically gifted people might mask their ADHD symptoms and not have serious issues until they are in college or are pursuing a job.

In other situations, parents may have provided an extremely safe, orderly, and supportive environment, reducing the effects of ADHD symptoms until the child or young adult has started to live independently.

[Spectrum Mental Health Care](#) makes efforts to help adults and children ages 10+ receive diagnosis and treatment of ADHD. We provide an approach that steps outside of the confines of “what ADHD should look like” and consider the individual.

Contact Us Today to Get Started.

REFERENCES

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