

Can I Tell You About ADHD

Attention deficit hyperactivity disorder

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Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder characterised by symptoms of inattention, hyperactivity, impulsivity, and emotional dysregulation that are excessive and pervasive, impairing in multiple contexts, and developmentally inappropriate. ADHD symptoms arise from executive dysfunction.

Impairments resulting from deficits in self-regulation such as time management, inhibition, task initiation, and sustained attention can include poor professional performance, relationship difficulties, and numerous health risks, collectively predisposing to a diminished quality of life and a reduction in life expectancy. As a consequence, the disorder costs society hundreds of billions of US dollars each year, worldwide. It is associated with other mental disorders as well as non-psychiatric disorders, which can cause additional impairment.

While ADHD involves a lack of sustained attention to tasks, inhibitory deficits also can lead to difficulty interrupting an already ongoing response pattern, manifesting in the perseveration of actions despite a change in context whereby the individual intends the termination of those actions. This symptom is known colloquially as hyperfocus and is related to risks such as addiction and types of offending behaviour. ADHD can be difficult to tell apart from other conditions. ADHD represents the extreme lower end of the continuous dimensional trait (bell curve) of executive functioning and self-regulation, which is supported by twin, brain imaging and molecular genetic studies.

The precise causes of ADHD are unknown in most individual cases. Meta-analyses have shown that the disorder is primarily genetic with a heritability rate of 70–80%, where risk factors are highly accumulative. The environmental risks are not related to social or familial factors; they exert their effects very early in life, in the prenatal or early postnatal period. However, in rare cases, ADHD can be caused by a single event including traumatic brain injury, exposure to biohazards during pregnancy, or a major genetic mutation. As it is a neurodevelopmental disorder, there is no biologically distinct adult-onset ADHD except for when ADHD occurs after traumatic brain injury.

Attention deficit hyperactivity disorder controversies

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Despite the scientifically well-established nature of attention deficit hyperactivity disorder (ADHD), its diagnosis, and its treatment, each of these has been controversial since the 1970s. The controversies involve clinicians, teachers, policymakers, parents, and the media. Positions range from the view that ADHD is within the normal range of behavior to the hypothesis that ADHD is a genetic condition. Other areas of controversy include the use of stimulant medications in children, the method of diagnosis, and the possibility of overdiagnosis. In 2009, the National Institute for Health and Care Excellence, while acknowledging the controversy, stated that the current treatments and methods of diagnosis are based on the dominant view of the academic literature.

With differing rates of diagnosis across countries, states within countries, races, and ethnicities, some suspect factors other than the presence of the symptoms of ADHD are playing a role in diagnosis, although the

prevalence of ADHD is consistent internationally. Some sociologists consider ADHD to be an example of the medicalization of deviant behavior, that is, turning the previously non-medical issue of school performance into a medical one. Most healthcare providers accept ADHD as a genuine disorder, at least in the small number of people with severe symptoms. Among healthcare providers the debate mainly centers on diagnosis and treatment in the much greater number of people with mild symptoms.

Georgia Harrison

Borough of Redbridge, London. She grew up and struggled with undiagnosed ADHD, which got her expelled from school as a teenager. Prior to appearing on

Georgia Louise Harrison (born 12 December 1994) is an English television personality and campaigner.

After making her debut as a cast member on the ITVBe reality series *The Only Way Is Essex* in 2014, Harrison appeared on the third series of *Love Island* in 2017, and has since appeared on various other television shows including *The Challenge: War of the Worlds* and *The Challenge: War of the Worlds 2* (2019), *Celebrity Ex on the Beach* (2020), and returned for the first series of *Love Island: All Stars* (2024).

Harrison has fronted the documentaries *Revenge Porn: Georgia vs Bear* (2023) and the two-part series *Georgia Harrison: Porn, Power, Profit* (2025), both highlighting issues around revenge porn. In 2025, she was appointed Member of the Order of the British Empire (MBE) for services to the prevention of violence against women and girls, and for her campaigning on online privacy and cyber crime.

Joyner Lucas

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Gary Maurice "Joyner" Lucas Jr. (born August 17, 1988) is an American rapper, singer & songwriter. Lucas first gained exposure online for his 2015 single "Ross Capicchioni". After three self-released projects, he signed with Atlantic Records to release his fourth mixtape and major label debut, *508-507-2209* (2017). That same year, he released his political single "I'm Not Racist", which quickly went viral, received gold certification by the Recording Industry Association of America (RIAA), and was nominated Best Music Video at the 61st Grammy Awards. His remixes of then-popular SoundCloud rap songs, such as Lil Pump's "Gucci Gang", also gained recognition.

His 2018 single, "Stranger Things" (with Chris Brown), marked his first entry on the Billboard Hot 100, and that same year, his appearance on Eminem's single "Lucky You", peaked within the chart's top ten. He parted ways with Atlantic to self-release his debut studio album, *ADHD* (2020), which peaked at number ten on the Billboard 200; his second album, *Not Now, I'm Busy* (2023) peaked at number 42.

Outside of music, Lucas co-founded the music technology platform Tully in 2015, with manager Dhruv Joshi.

Gummo

door-to-door; a brief conversation with a tennis player who is treating his ADHD; a long scene of Solomon eating dinner while taking a bath in dirty water;

Gummo is a 1997 American experimental drama film written and directed by Harmony Korine (in his directorial debut), and starring Linda Manz, Max Perlich, Jacob Sewell, Jacob Reynolds, Chloë Sevigny, and Nick Sutton. It is set in Xenia, Ohio, a Midwestern American town that had been previously struck by a devastating tornado. The loose narrative follows several main characters who find odd and destructive ways to pass time, interrupted by vignettes depicting other inhabitants of the town.

Gummo was shot in Nashville, Tennessee, on an estimated budget of \$1.3 million. It was not given a large theatrical release and failed to generate large box office revenues. It received generally negative reviews from critics, and generated substantial press for its graphic content and stylized, loosely woven narrative. The film has become a cult film, and entered the Criterion Collection in 2024.

Cat Burns

her experience with coming out to her family in her song "Free"; Burns has ADHD and noted in an interview that she had often found this helpful in her creative

Catrina Burns-Temison (born 6 June 2000), is a British singer-songwriter who gained prominence with her 2020 single "Go". The song's popularity increased in 2022 through TikTok, eventually reaching number two on the UK singles chart. Described by Sony Music as a blend of gospel and pop influences with guitar-led indie music, Burns has garnered attention for her music.

Notably, she has been nominated three times for the Brit Awards. Starting with her debut single "Fallen Out of Love" in 2017, Burns has continued to release music and attract a following in the music community. She released her debut album, *Early Twenties*, in July 2024.

Matt Shultz

Shultz on June 14, 2025. Shultz has spoken about his three-year struggle with psychosis, triggered by ADHD medication. He described it as a "nightmarish";

Matthew Ray Shultz (born October 23, 1983) is an American singer, songwriter and musician, best known as the lead singer and primary songwriter for the rock band Cage the Elephant.

Shaun Ryder

know about ADHD, there were just four sets, one being the brightest and four being crowd control";... so "for the first 40-something years of my life I didn't

Shaun William George Ryder (born 23 August 1962) is an English singer, songwriter and poet. As lead singer of Happy Mondays, he was a leading figure in the Manchester cultural scene during the late 1980s and early 1990s. In 1993, he formed Black Grape with former Happy Mondays dancer Bez. He was the runner-up on the tenth series of *I'm a Celebrity...Get Me Out of Here!*. Ryder collaborated with Gorillaz on "Dare", which peaked at number one on the UK Singles Chart in September 2005, becoming the band's only UK number one single. Ryder is known for his distinctive sprechgesang and lyricism.

Emily Deschanel

other French ancestry. In elementary school, Deschanel was diagnosed with ADHD and dyslexia. Deschanel attended Harvard-Westlake School and Crossroads School

Emily Erin Deschanel (; born October 11, 1976) is an American actress. She played Dr. Temperance "Bones" Brennan in the Fox crime procedural series *Bones* (2005–2017).

Mask (Dream song)

dismissive of medication for his ADHD. He stated "I don't know enough about them to comment on whether that was smart of me to do. I don't wanna encourage anybody

"Mask" is the second single by American YouTuber Dream. It was released on May 21, 2021, through Dream Music. "Mask" is more rock-influenced than Dream's previous song, "Roadtrip", and lyrically details his past and present struggles with attention deficit hyperactivity disorder (ADHD).

"Mask" performed well commercially, receiving one million streams in its first week and becoming Dream's first top-40 single on the UK Singles Chart, where it reached number 38. The song's accompanying animated music video, released in June 2021, was negatively received by viewers for its quality and messages, and became an internet meme.

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