

Each of us, young or old, may have at some times problems in concentrating or in withholding to act impulsively, or in calming down and sit still. For most of us these problems are shortlived, and transient. They may occur when we are tired or feeling ill or under other special circumstances of stress. However, some people tend to express these behaviors of concentration problems, excessive motor activity and impulsivity as a persistent problem over time and in various contexts, such as at home in family life, at school or at work, and in leisure time. These people may have Attention-Deficit Hyperactivity Disorder (ADHD).

ADHD is a neurodevelopmental disorder that its onset in most cases in early or late childhood. Many people with ADHD have also other so-called comorbid disorders, such as Oppositional Defiant Disorder, Conduct Disorder, Autism Spectrum Disorder, Anxiety and Mood Disorders, and motor problems and learning problems. In adolescence, people with ADHD are at higher risk to use substances and engaged in other impulse control problems and behavioral addiction.