

ADHD: UNVEILING THE HIDDEN STRUGGLES

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Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting approximately one in fourteen young people under the age of 18, with half of these cases persisting into adulthood. While the more visible symptoms of inattention, hyperactivity, and impulsivity are often recognized, a lesser-known challenge faced by individuals with ADHD is a significant impairment in memory function.

ADHD is not merely a behavioral issue but a brain-based condition. Individuals with ADHD have distinct differences in brain structure and function, especially in areas critical for working memory, short-term memory, and long-term memory. Imagine a bustling playground in the mind, even during quiet tasks, where focus is a constant struggle. This internal «noise» makes memorization, a crucial aspect of learning, incredibly challenging for children and teens with ADHD.

The difficulty with memory affects learning, leading to feelings of anxiety and depression, further exacerbating the core symptoms of ADHD. Research by Lobato-Camacho highlights the impact of memory deficits on academic performance. Deficits in recognition memory, an essential component of many curriculums, put individuals with ADHD at a distinct disadvantage in both learning and assessments.

A study published in the *Journal of Psychiatric Research* delves into the complex relationship between ADHD and narcissistic personality traits. The study found that a significant proportion of adults with ADHD, particularly those with hyperactive and impulsive symptoms, exhibit narcissistic traits. These traits are linked to adverse psychosocial outcomes, including increased anxiety, depression, impulsiveness, and a diminished quality of life.

Specifically, narcissistic vulnerability, a subtype characterized by emotional dysregulation and a heightened risk of self-harm, is particularly concerning. Individuals with this subtype are more likely to experience hospitalization, suicide attempts, and self-injury. Notably, these associations remain even after accounting for the presence of borderline personality disorder, suggesting that narcissistic vulnerability has a distinct impact on the severity of ADHD.

The research reveals a complex and multifaceted picture of ADHD. While addressing the core symptoms of inattention, hyperactivity, and impulsivity is essential, it is crucial to recognize the profound impact of

memory deficits on learning and the association with narcissistic traits. Understanding these multifaceted aspects of ADHD is critical for developing comprehensive treatment strategies. This approach can empower individuals with ADHD to navigate their unique neurodevelopmental challenges and strive for a fulfilling life.

SOURCES:

New scientist journal third february edition

Podcast from Andrew Huberman about ADHD&Improving focus

ADHD chatter podcast

Forrest Hanson : the truth about ADHD with Dr. John Ratey

TED x Talks: Failing at normal : An ADHD Success story by Jessica McCabe

Emotional Intelligence by Daniel Goleman