

What Happens When Hyperactivity Turns Inward; ADHD Presentation in Females

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Introduction:

ADHD is a neuro-developmental disorder most often characterized by hyperactivity, inattentiveness, and impulsive behavior. Societal gender norms, misunderstandings of ADHD presentation in females, and a lack of inclusion in research and education leads to underdiagnosis of ADHD in females and results in problems in academic success, mental health, and social relationships.



Effects of Underdiagnosis:

- Academic struggles
- Overcompensation and perfectionism
- Burnout
- Anxiety and depression
- Difficulty making friends

Signs and Symptoms in Females:

- Heightened emotions
 - Get upset or cry easily
 - Hyper-talkative
- Inattention
 - Day dreaming
 - Easily Distracted
- Disorganization
 - Messy
 - Forgetful
 - Poor time management

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