

Activities for Module 2 – Diagnosis & Co-Existing Conditions

Please could you complete this while watching the presentation.



ADD Vantage
ADHD Education & Empowerment

1. Why is it hard to diagnose ADHD? From the video what two things make it hard to diagnose ADHD.					
2. Your diagnosis What was your Aha moment? How long did it take to get a diagnosis? Was your diagnosis delayed?					
3. Did you get diagnosed with ADHD because of something else?					
4. Do you think ADHD is being over diagnosed? Why do you think that?					
5. Which co-existing condition do you have? How much does it affect you? Mild, medium, Sever? Have you had the condition diagnosed? Which ones would you like to investigate more?	Co-existing Conditions in ADHD	Mild	Med	Severe	Inv
	Learning Disorders				
	Autism				
	Tic Disorders				
	Sensory Processing				
	Gifted – Twice Exceptional				
	Anxiety				
	Depression				
	PTSD				
	ODD (Oppositional Defiance Disorder)				
	Substance Abuse eg alcohol, drugs				
	Sleep issues				
	Eating issues				
	Migraine				
	Hormones affecting ADHD				
	Emotional Dysregulation (overly sensitive or quick to anger)				
	Rejection sensitivity				
	Addiction				
	Relationship Issues				
	Low self-esteem				
	Stress				
6. Anxiety? Do you have anxiety? Or had anxiety? What does your anxiety look like? Rate them from mild, medium to severe.	Signs of Anxiety	Mild	Med	Severe	Work
	Excessive worry & over thinking				
	Anxious rumination- going over same things				
	Procrastination- avoiding tasks				
	Perfectionism				
	Thinking the worst will happen				

Does your anxiety show in other ways?	Avoiding things that trigger anxiety				
	Restlessness				
	Irritability & emotional outbursts				
	Social Anxiety				
	Trouble sleeping				
	Physical symptoms eg headaches, fatigue				
	Difficulty relaxing				
7. Depression Do you have depression? Or had depression? How did it manifest for you? What helped?					
8. Emotional Dysregulation Do you have depression? Or had depression? When you get dysregulated	How does emotional dysregulation affect you	Mild	Med	Severe	
	Irritability/Anger				
	Mood swings				
	Not recognising emotions				
	Strong emotions – positive & negative				
	Impulsivity				
	Sensitive to criticism				
	Frustration				
	Overly sensitive				
	Anxious				
	Stress				
9. Emotional Dysregulation How does your emotional dysregulation play out? Which short term strategies have worked? Which long term strategies work?					
10. Rejection Sensitivity Do you have rejection sensitivity? How does it play out for you? What strategies do you use to manage it?					
11. Which co-existing condition will you investigate? From your list in qu 5 write down which ones you are going to investigate further.					
12. What's the one thing you have learnt today that you will implement?					

On-line tests in ADDitude magazine

<https://www.additudemag.com/adhd-symptoms-test-adults/>

<https://www.additudemag.com/adhd-symptoms-test-children/>