養和精神健康門診
HKSH Mental Health Clinic

Attention Deficit Hyperactivity Disorder (ADHD)

Children (especially boys) are active in nature. Sometimes teachers or parents may think that a child is too active to sit still, and gets distracted easily. If children have difficulty staying focused on the activities they are interested in, and this affects their academic performance, they may have Attention Deficit Hyperactivity Disorder (ADHD).

Common Symptoms

ADHD is more common in children, particularly in boys. Children with ADHD often cannot stay seated, like climbing and jumping, and may often get injured as a result. In class, they may involuntarily leave their seats, disturb classmates, or interfere with lessons. They tend to be impulsive, have significant learning difficulties, and struggle to concentrate in class, read, or complete tasks. Also they often forget to do their homework or bring necessary items.

While these children may become less hyperactive when they grow older, they may still be prone to high-risk activities. They may feel frustrated, depressed or distressed with what persistent attention deficits cause to their careers.

Causes

Abnormal development of the nervous system or genetic factors.

Treatment

Non-medication treatments include psychological counselling and reward to positive behaviour. Adults can choose occupations that fit their strengths and interests. Medication is effective in helping improve concentration and behaviour.

Happy Valley
Hong Kong Sanatorium & Hospital
3/F, Central Block
2 Village Road, Happy Valley, Hong Kong
Tel: (852) 2835 8497
Fax: (852) 2892 7451
Email: mhc@hksh-hospital.com
www.hksh-hospital.com

Central
HKSH Healthcare
1/F, 33 Des Voeux Road Central
Central, Hong Kong
Tel: (852) 2523 7887
Fax: (852) 2523 7873
Email: mhccn@hksh-healthcare.com
www.hksh-healthcare.com

North Point
HKSH Healthcare
3/F, The Tanner Hill
8 Tanner Road, North Point, Hong Kong
Tel: (852) 2219 9012
Fax: (852) 2892 7572
Email: mhcth@hksh-healthcare.com
www.hksh-healthcare.com

Patient feedback is incorporated

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