

Table 1: DSM 5 criteria for adult ADHD

DSM 5 criteria - Adult ADHD

- Criteria A Five or more symptoms of inattention or hyperactivity/impulsivity
- Criteria B Several symptoms present by the age 12
- Criteria C Several symptoms present in two or more settings
- Criteria D Several interfere with or reduce quality of social, economical or occupational functioning
- Criteria E Symptoms are not better explained by another condition, such as mood disorder

DSM 5 ADHD symptoms - Inattention

- **INATTENTION (nine symptoms)**
 - a) Lack of attention to detail, make careless mistakes
 - b) Difficulty sustaining attention
 - c) Does not listen when spoken to directly
 - d) Trouble completing or finishing jobs or tasks
 - e) Problems organizing tasks and activities
 - f) Avoids or dislikes sustained mental effort
 - g) Loses and misplaces things
 - h) Easily distracted
 - i) Forgetful in daily activities

DSM 5 ADHD symptoms - hyperactivity/impulsivity

- **HYPERACTIVITY (six symptoms)**
 - a) Fidgetiness (hands or feet) or squirming in seat
 - b) Leaves seat when not supposed to
 - c) Restless or overactive
 - d) Difficulty engaging in leisure activities quietly
 - e) Always 'on the go'
 - f) Talks excessively
- **INATTENTION (nine symptoms)**
 - g) Blurts out answers before questions have been completed
 - h) Difficulty waiting in line or taking turns
 - i) Interrupts or intrudes on others when they are working or busy

This table shows the criteria for an adult ADHD diagnosis as per DSM-5 guidelines

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Table of Contents Dsm V Study Guide Brifis

1. Understanding the eBook Dsm V Study Guide Brifis
 - The Rise of Digital Reading Dsm V Study Guide Brifis
 - Advantages of eBooks Over Traditional Books
2. Identifying Dsm V Study Guide Brifis
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Dsm V Study Guide Brifis
 - User-Friendly Interface
4. Exploring eBook Recommendations from Dsm V Study Guide Brifis
 - Personalized Recommendations
 - Dsm V Study Guide Brifis User Reviews and Ratings
 - Dsm V Study Guide Brifis and Bestseller Lists

5. Accessing Dsm V Study Guide Brifis Free and Paid eBooks
 - Dsm V Study Guide Brifis Public Domain eBooks
 - Dsm V Study Guide Brifis eBook Subscription Services
 - Dsm V Study Guide Brifis Budget-Friendly Options
6. Navigating Dsm V Study Guide Brifis eBook Formats
 - ePub, PDF, MOBI, and More
 - Dsm V Study Guide Brifis Compatibility with Devices
 - Dsm V Study Guide Brifis Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Dsm V Study Guide Brifis
 - Highlighting and Note-Taking Dsm V Study Guide Brifis
 - Interactive Elements Dsm V Study Guide Brifis
8. Staying Engaged with Dsm V Study Guide Brifis
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Dsm V Study Guide Brifis
9. Balancing eBooks and Physical Books Dsm V Study Guide Brifis
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Dsm V Study Guide Brifis
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Dsm V Study Guide Brifis
 - Setting Reading Goals Dsm V Study Guide Brifis
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Dsm V Study Guide Brifis
 - Fact-Checking eBook Content of Dsm V Study Guide Brifis
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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