



AFTA
SAUDI ADHD
SOCIETY

ADHD Medication

What it **can** ... and **can't** do



- Making the decision to try ADHD medication can be difficult
- The decision can be complicated by inaccurate expectations for the benefits of medication
- Medication for ADHD may be beneficial, but it is not the only method of treatment



Decrease hyperactivity

- Stay seated longer
- Less fidgeting



Teach good behavior

- Unlearn previous bad habits
- Teach introspective thinking



Increase ability to maintain focus

- Better attention to detail
- More able to pay attention
- Better at listening when spoken to
- Less distractibility
- Improve learning ability
- Less susceptible to boredom



Study skills

- Catch up on missed schoolwork
- Improved social skills
- How to prioritize what to focus on
- What things are really important



Decrease impulsivity

- Ability to follow instructions
- Stopping to think before acting



Motivation to get things done

- Skill acquisition
- Change habits of avoiding certain tasks



Emotional control

- Lessen oppositional behavior
- Less moodiness



Dealing with emotions

- Anger management
- Dealing with depression
- Feeling happy



For more information, visit our website www.adhd.org.sa

or give us a call on: 0530034981