

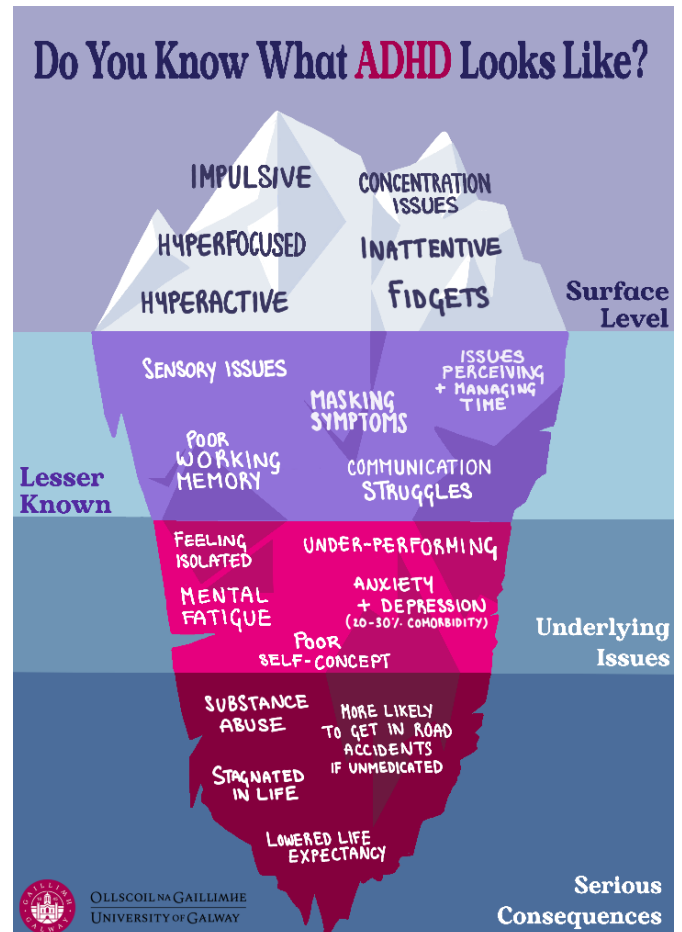
ADHD Resources

Definition:

ADHD Ireland¹ describes ADHD as:

“... a medical/neurobiological condition in which the brain’s neurotransmitter chemicals; noradrenalin and dopamine do not work properly. It is a disorder that, without proper identification, treatment and management, can have serious and long-lasting consequences and/or complications for an individual. It is a genetic and long-term condition which affects learning and behaviour right through the school years and in many cases beyond into adulthood.

ADHD is a disorder that can co-exist to a greater or lesser degree, with any or other disorders such as dyslexia, autism, learning disorder, dyspraxia, conduct disorder, oppositional defiance disorder. It is important to note that ADHD is a very treatable condition. If diagnosed and properly treated, people with ADHD can reach their potential and lead happy and successful lives.”



If you wish to be assessed for ADHD, we recommend visiting a GP first.

If your own GP is not in Galway, you can book an appointment with the University of Galway Student Health Unit GP: https://www.universityofgalway.ie/health_unit/

¹ <https://adhdireland.ie/>

ADHD Resources

ADHD TIPS FOR UNI ✨

Use others to motivate you, ("Body doubling"), if you often find yourself getting up & walking away from your work. Try 'Study With Me' videos if you prefer to be alone.

Use digital planners to avoid the "Out of sight, out of mind" issue.



Notion



Todoist

Use the Pomodoro Technique, having short but frequent breaks can keep your concentration up.



Write down stray thoughts & return to them later.

In Lectures, sit at the front to minimise distraction.

Actively take notes even if you don't use them to revise.



Speak to your lecturer if you're struggling or need extra support.

Spend a few minutes going over lecture material the day before.

Wear headphones to block out sound. Music with no lyrics can help keep your energy up without distraction.



Use various study methods to avoid getting bored. Utilise verbal, audio & visual methods.



ADHD Resources

Online Links

Galway:

University of Galway, ADHD resources for teaching staff:

<https://www.universityofgalway.ie/disability/staff-support/supporting-students/adhd/>

University of Galway Support Wheel:

<https://www.universityofgalway.ie/student-services/supportwheel/>

University of Galway Neurodivergent Society:

<https://socs.universityofgalway.ie/societies/neurodivergentsociety>

Ireland:

ADHD Ireland: <https://adhdireland.ie/>

ADHD Ireland Research Studies: <https://adhdireland.ie/research-results/>

HSE, ADHD in Adults: <https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/adhd/>

Other:

ADDitudemag.com, American quarterly magazine dedicated to ADHD:

<https://www.additudemag.com/>

ADHD-Europe's website

<https://adhdeurope.eu/>

EFNA.net, Information on the EU's ADHD umbrella organisation ADHD-Europe:

<https://www.efna.net/members/adhd-europe/>



ADHD Resources

References

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ADHD Resources

References

Road Accidents & ADHD

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- Vaa, T., (2014). ADHD and relative risk of accidents in road traffic: A meta-analysis. *Accident and Analysis Prevention*, 62, 415 – 425.

ADHD & its Comorbidities

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ADHD Resources

Online Articles and Opinion Pieces

- **“Adult ADHD diagnosis: ‘You’ve got to relook at your entire life’”** by Bianca Nogrady, The Guardian, (Oct 2022):
<https://www.theguardian.com/society/2022/oct/08/adult-adhd-diagnosis-youve-got-to-relook-at-your-entire-life>
- **“Common Signs of Attention Deficit Hyperactivity Disorder (ADHD)”** by Eleesha Lockett, medically reviewed by Bethany Juby, PsyD, Healthline, (Last updated March 2022):
<https://www.healthline.com/health/adhd/signs#treatment>
- **“Has it made me creative, or held me back? Shaparak Khorsandi on being diagnosed with ADHD in her 40s”** by Shaparak Khorsandi, The Guardian, (June 2024):
<https://www.theguardian.com/society/article/2024/jun/06/has-it-made-me-creative-or-held-me-back-shaparak-khorsandi-on-being-diagnosed-with-adhd-in-her-40s>
- **“‘Living with undiagnosed ADHD, you have this sense that you don’t quite fit’ ”** by Sheila Wayman, Irish Times, (Apr 2022):
<https://www.irishtimes.com/life-and-style/health-family/parenting/living-with-undiagnosed-adhd-you-have-this-sense-that-you-don-t-quite-fit-1.4857284>
- **“‘The psychiatrist didn’t believe in ADHD’: People with condition struggle with the health system”** by Brianna Parkins, Irish Times, (June 2024):
<https://www.irishtimes.com/health/2024/06/17/the-psychiatrist-didnt-believe-in-adhd-people-with-condition-struggle-with-the-health-system/>
- **“The truth about ADHD and autism: how many people have it, what causes it, and why are diagnoses soaring?”** by Ian Sample, The Guardian, (June 2024):
<https://www.theguardian.com/society/article/2024/jun/01/the-truth-about-adhd-and-autism-how-many-people-have-it-what-causes-it-and-why-are-diagnoses-soaring>
- **“There is a huge lack of understanding about ADHD in Ireland”** by Ali Bracken, The Irish Independent, (Oct 2022):
<https://www.independent.ie/irish-news/health/there-is-a-huge-lack-of-understanding-about-adhd-in-ireland/42051349.html>

