



## Only 1/10 Adults with ADHD Get Treatment

Boston, MA, February 02, 2010 --([PR.com](#))-- "Adult ADHD: What You Need to Know," a book released today by Health and Life, reports that only around one out of ten adults with ADHD, or attention deficit hyperactivity disorder, received treatment over the last year.

Up to 50% of adults with ADHD will suffer from mood problems such as major depression, or from anxiety disorders. They are almost twice as likely to get a divorce as adults without, and are more likely to be involved in a car accident or have their license revoked.

New research indicates that ADHD is fairly common in adults. Roughly 11,000,000, or 4-5%, of adults in the USA have ADHD based off World Health Organization and National Institute of Mental Health estimates.

"Adult ADHD: What You Need to Know" argues that inaccurate DSM IV diagnostic criteria have led to a situation where doctors are comfortable diagnosing conditions like depression in adults, but rarely recognize adult ADHD.

And poor rates of diagnosis are made worse since adults typically don't have hyperactivity in the same form that children do.

"The first medication for treating adult ADHD was only approved in 2002," said David Gurevich, the book's author. "And the DSM IV diagnostic criteria mention, loosely, 'climbing inappropriately' as a symptom of ADHD. Adults don't have that problem, so they don't get diagnosed."

The book is based off analysis of dozens of medical articles, prominent works in the adult ADHD field, such as those by Dr. Russell Barkley, Dr. Paul Wender and Dr. Joseph Biederman, and contains an interview with Dr. Ari Tuckman, Vice President of the Attention Deficit Disorder Association.

It can be purchased at [adult add adhd book](#).

About Health and Life

Health and Life is site that has been recognized for its commitment to providing medical articles that are easy to understand. Its articles on ADHD alone have been read by tens of thousands of people.

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