

Covid and ADHD

A year of living dangerously



ADDISS is the National Attention Deficit Disorder Information & Support Service.

We provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder (ADHD) to anyone who needs assistance - parents, sufferers, teachers or health professionals. All our activities are supported by our Professional Board of expert advisers.

MEMBERSHIP OF ADDISS

You will receive this newsletter four times a year, notification of talks across the UK and abroad, notification of new publications as well as special offers including discounted entrance to conferences and training events.

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DESIGN & LAYOUT

Rohan Nosworthy

ADDISS

Hyde House
The Hyde, Colindale,
London NW9 6LH

Phone: 020 8952 1515

web: www.addiss.co.uk

email: info@addiss.co.uk

Twitter: @UK_ADHD

Facebook.com /addiss

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MESSAGE FROM THE Editor

Welcome
to the first
issue of
ADHD News since
Covid struck in

March 2020. I am delighted to be the guest editor for this edition, and hope that this copy finds you all well and staying safe as we continue to publish from the third lockdown.

As one might expect in these times, we have chosen the impact on ADHDers of Covid, gleaned from the work of Dr Samuel Cortese as our main cover story because the results are so interesting. Like the impact on other communities such as the BAME and those in Care homes, we hope such findings in the future will encourage government to see those of us who have ADHD as a discrete group.

We are also delighted to share with you the results of two other surveys that ADDISS members have been closely involved with - namely the results of the Eat2BeNice initial findings and the Sleep survey. While more research needs to be done, it is an exciting time to be looking into non-medicinal treatments for ADHD, something our members always take a close interest in.

Finally, as the support groups around the country continue to flourish in these straitened times online, the testimony of Beverley Noller on the Isle of Sheppey show that power of connection is still alive and well in our community. We hope you, too, have managed to find some support as we begin to see light at the end of the tunnel with the vaccine, and want to take this opportunity to remind you that ADDISS's information and support services continue to be there for you - wherever you are in the world.

Emma Mahony

Meet the Team



VILJO WILDING

I first got involved with ADDISS completely by accident; I was on my way home from college back in January 2018 and Andrea asked

in a local group chat if anyone was able to help her move office. Whilst we moved boxes and checked old computers, we talked about ADHD and what ADDISS did; I had been diagnosed almost a year before and knew very little about the condition, other than taking my medication helped me to concentrate at school. Andrea opened my eyes to the ADHD world, and helped me understand myself.

That summer, I offered to do two weeks' work experience with Andrea and created an older version of the ADHD in Barnet project website. The atmosphere was so welcoming, and I could see how busy Andrea was and how many people depended on the work that her team did. In August 2019, I applied to work at ADDISS part-time as Tech Lead; a simple brief of modernising and maintaining websites was sure to be easy, right...?

I knew ADDISS kept Andrea and her team busy, and after fifteen months

working here and still with no new website, I can see why (that new website is coming, I promise)! Since working here, I've been to several conferences in the UK and one in Poland, had my voice broadcast on Channel 4 for ADHD Awareness Month, started supporting young people in a local school, worked with scientists from across the continent on international research projects, and have been appointed Advisor to the Board of ADHD Europe. One of my proudest moments is saving our 2019 conference in Kent with ADHD Sheppey by rewriting and manning a sound desk for the event after a 6:30am drive across the QE2 bridge in gale force wind! I have had the privilege to do all of this by the age of 20!

ADDISS has given me so many opportunities that most people my age could not dream of and as someone with ADHD and autism, it's great to work with people who understand me and my needs. I'm proud to work for a charity that believes that young people's voices matter, and really excited to announce that Andrea has put me in charge of a new project we're running for young people with ADHD. Our new Youth Advisory Board will aim to bring young people's voices into the work we do in the UK and in European research projects, and there will be plenty of opportunities to get involved. If you're a young person with ADHD, or know someone who would like to get involved, please send me an email at viljo@addiss.co.uk



COVER STORY

response measures and individual coping strategies. The Sample size of individuals with ADHD was 56, and around 58.2% were boys.

WHAT DID THE SURVEY SHOW?

Perhaps unsurprisingly, there was a psychological impact on stress, loneliness, and anger while altruistic behaviour e.g., helping others mostly remained unchanged. Specifically, girls had higher proportion of worsening in stress (girls 47.4% vs. boys 13.3%) and anger (girls 36.8% vs. 13.3%).

SATISFACTION WITH THE GOVERNMENT

27.6% of the respondents were very satisfied with the government policy during the pandemic. Boys were more likely to be very satisfied compared to boys (girls 11.1% vs. 35.0%).

MEDIA AND COPING USE

72.2% of respondents reported an increase in spending hours with the media. This proportion was similar between sexes. The most common coping strategies in at least half of the respondents overall were direct personal contact or interactions, internet use, and social media use. The coping strategies among boys and girls were similar. 📺

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Samuele Cortese, MD, Professor of Child and Adolescent Psychiatry at the University of Southampton, is also a member of the European ADHD Guidelines Group. In 2020, Prof. Cortese was ranked #2 worldwide in terms of expertise on Attention-Deficit/Hyperactivity Disorder (ADHD) according to Expertscape. Here he outlines some of the early findings from a new survey, on the impact of COVID 19 on participants with ADHD, and urges others to participate.

THE Collaborative Outcomes study on Health and Functioning during Infection Times (COH-FIT) is a large international survey project for the entire population of countries affected by COVID-19.

The project involves more than 200 investigators in more than 40 countries, but is open to anyone from around the world, and has been endorsed by multiple national and international professional organizations. COH-FIT aims to identify non-modifiable

and modifiable risk and protective factors that will inform prevention and intervention programs for the entire population and vulnerable subgroups during COVID-19, should other pandemics emerge. The questionnaire targets information on demographic and socioeconomic status, physical and mental health, well-being, functioning, emotional/psychological, behavioural and environmental factors, health access, treatment adherence, telehealth, personal opinions about pandemic



Samuele Cortese

Since 2020, he has been the coordinator for the UK of the world's largest survey on the mental and physical correlates of the Covid-19 pandemic,

Collaborative Outcomes study on Health and Functioning during Infection Times (COH-FIT).

Academic contact: Centre for Innovation in Mental Health (CIMH), School of Psychology, University of Southampton, Highfield Campus, Building 44, Room 4059, University Rd, Southampton, SO171PS

Clinical contact: Horizon Centre, CAMHS West, William Macleod Way, Southampton, SO16 4XE

Academic Twitter: @CorteseSamuele

Profile: <http://www.southampton.ac.uk/psychology/about/staff/sc6r14.page?>

CAN YOU HELP?

As the sample size in children and adolescents in COH-FIT is still limited (for instance in UK only 13 children and 8 adolescents took part in the survey), we urge everyone to prompt children/adolescents to take part in the survey.

WHAT ARE THE OBJECTIVES?

If you are 18 years or older and live in a country affected by the COVID-19 pandemic, we invite you to participate in a survey to help us understand the impact of the pandemic and social isolation on your physical and mental well-being.

HOW LONG DOES IT TAKE?

It will take approximately 30-35 minutes (adults and adolescents version), and 15-20 minutes (child version). Please try to answer all questions; do not skip questions or sections, and be as honest as possible.

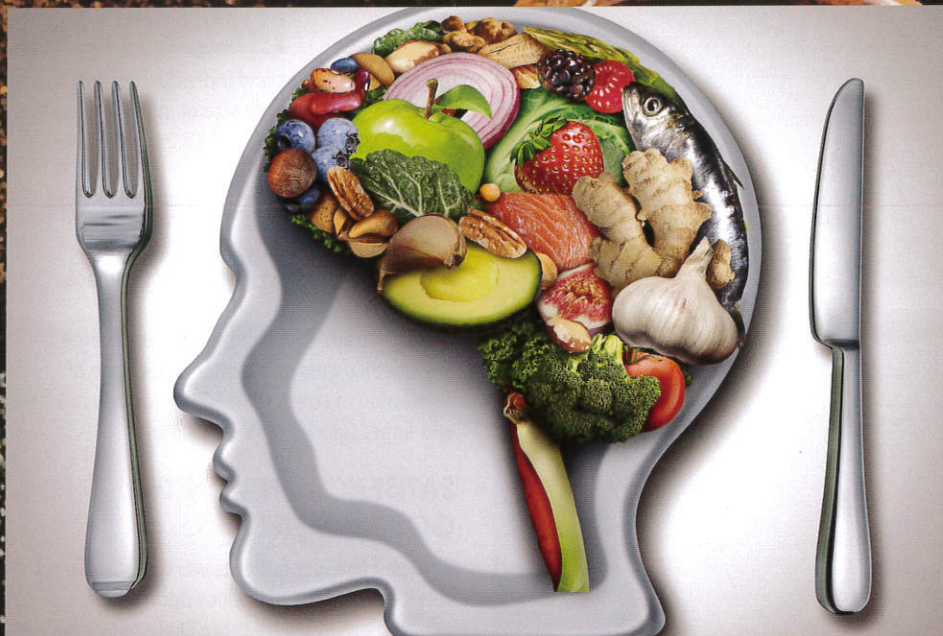
HOW DOES IT WORK?

All answers are optional, except for your age, country, how many minors you live with, and how you found out about the survey. The survey can be interrupted at any time. Once you have answered, information from your submitted survey cannot be withdrawn.

We will ask you about how you have been feeling within the last two weeks, and how you felt within the last two weeks of your "regular" life before the COVID-19 pandemic.

A lot of answers will require a response ranging from 0 to 100. To respond, you will be asked to click on the bar and drag it with your mouse or finger to indicate your response.

Find the survey at: www.coh-fit.com



Food, Glorious Food

Dr Jeanette C. Mostert from Radboud University Medical Center in The Netherlands has been digging around in our dirt to understand better how food affects the ADHD mind.

RESearchers of the Eat2beNICE project are collecting hundreds of poo samples from individuals with ADHD. From this, they hope to learn more about the microbes that live in the gut and how these may be linked to brain functioning and mental health.

For a long time, research in psychiatry and psychology was solely focussed on the brain. This makes sense, as our thoughts, emotions, feelings and behaviours all originate from this organ. However, the brain does not work in isolation; it's part of a body, and this body interacts with the world. So, it's only natural that if we want to understand the workings of our mind, we need to accept that humans are more than just "a brain on a stick".

One of the organs that is receiving more and more attention from researchers is the gut. This organ is responsible for protecting your body from pathogens, digesting food, taking up substances that we need for survival, and excreting waste substances. Moreover, the gut works closely together with the brain. You probably know the feeling

of butterflies in your stomach when you're excited or in love, or this tense knot in your intestines when you're stressed. The communication routes between the gut and the brain are called the "gut-brain axis".

One of the key players in the gut-brain axis is the gut microbiota also sometimes called gut flora. This is a collection of trillions of microorganisms (bacteria, viruses and micro-fungi) that live in your intestines and that help your body to digest food. For instance, fibres can only be digested thanks to certain bacterial species. These bacteria convert fibres into short-chain fatty acids, which are an important energy source for the cells that form the intestinal wall. Importantly, these fatty acids are also thought to benefit the brain, for instance by reducing inflammation. Other gut bacteria produce substances such as tryptophan, phenylalanine and tyrosine, which are needed to create serotonin, dopamine and noradrenaline. These are important signalling molecules in the brain, and shortages of these molecules are linked to mental health conditions such as depression and ADHD.

So, researchers think, if we can influence the gut microbiota to help "good" bacteria thrive and "bad" bacteria perish, then we might be able to improve brain functioning and mental health. In reality however, this is not that simple. The complex society of many different microorganism species that live in the gut is very different between individuals. This society is highly dependent on your diet (i.e. vegetarians have different bacterial species in their gut compared to meat lovers), but it also depends on your genes, medication use, whether you live with pets, and many other factors. Because everyone's gut microbiota are so different, it is very difficult to determine what is needed to improve an individual's microbiota composition.

Despite this, there is some first evidence indicating that individuals with ADHD may, on average, have a slightly different gut microbiota composition. For instance, one study found that children with ADHD had less bacteria that are part of the *Faecalibacterium* species group^(r1). These bacteria are known to have anti-inflammatory effects through the production of short-chain fatty acids. Another study found that bacteria classed as *Bifidobacterium* were more prevalent in children with ADHD^(r2). These bacteria are, among other roles, important in the production of phenylalanine, which is then converted to dopamine in the brain. It should be stressed however that we need to do much more research on large groups of individuals with ADHD before we can make any conclusive claims of gut microbiota differences related to ADHD.

There is also some evidence that particular diets or dietary supplements can help to reduce ADHD symptoms. Most famous is the restriction elimination diet, where first all potential food allergens are removed from someone's diet, followed by a period in which one-by-one food groups are re-introduced. For some individuals, this helps to identify certain foods that trigger ADHD.

"Individuals with a slightly different"

symptoms. However, there is still a lot of discussion about whether this diet is truly effective, and why it works for some individuals but not all. In the **Eat2beNICE** consortium, we have conducted a very extensive study that compares the effects of the elimination diet to that of a healthy diet. We have also collected a lot of data about the participants, including poo samples to study the gut microbiome. At the moment these data are being analysed, so we have to wait a bit longer before we can share the results.

Next to this, we're also studying the effects of probiotics and of vitamin-mineral supplements. Probiotics are live organisms that are intended to have health benefits when you consume them in a sufficient amount. They are often found in fermented foods such as yoghurt, kombucha and sauerkraut, and they are thought to improve or restore the gut microbiota. In **Eat2beNICE**, we are investigating the effects of probiotics on impulsive and compulsive symptoms in adults with ADHD or Bipolar Disorder. In addition, we are studying the effects of vitamin-mineral supplements on impulsivity and irritability symptoms. Here too we will collect poo samples to study the effects of these supplements on the gut microbiota, and link those effects to changes in symptoms and behaviour.

So, while this research is going on, what can we already advise individuals with ADHD?

First, it is important to stress that all these so-called "dietary interventions" are not intended to fully replace usual treatment and medication.

Second, before you try any diet or supplement, always consult a dietician and your doctor.

Third, eating a healthy, varied diet and doing regular exercise is good for (almost) everyone. 🍌

On our website:

www.newbrainnutrition.com you can find some cooking videos, recipes and much more information about our research.

Fun Facts on FOOD and ADHD

1 Many "good" bacteria in the gut live on fibres. This means that if you eat a lot of vegetables and whole-grain products, you help these bacteria to thrive. In return, they will produce many essential substances that your body needs.

So next time you need to choose between an apple and a cookie, think about your gut bacteria!

2 The most famous experiments on the gut-brain axis come from mouse studies.

Mice that are raised in completely sterile environments have no gut microbiota. Such mice show very different behaviour from normal mice, indicating that gut microbes are essential for development. Even more striking is that when these mice are given a poo-transplant from, for instance, very anxious mice, they start to behave more anxiously themselves.

RESEARCH ARTICLES

(r1) **Hai-Yin Jiang et al.** (2018). Gut microbiota profiles in treatment-naïve children with attention deficit hyperactivity disorder. *Behavioural Brain Research* (347) 408 - 413 adhdnews.uk/44r1

(r2) **Esther Aarts et al.** (2017). Gut microbiome in ADHD and its relation to neural reward anticipation. *PLOS ONE*. adhdnews.uk/44r2

LINKS TO THE NEWBRAINNUTRITION.COM DICTIONARY PAGES

- **Anti-inflammatory Foods** bit.ly/3cWFLiq
- **Compulsivity** bit.ly/3vis061
- **Depression** bit.ly/3qLtOAS
- **Impulsivity** bit.ly/3eCRXHi
- **Mental Health** bit.ly/3b1lkpY
- **Microbiota** bit.ly/3ta7LFE
- **Micronutrients** bit.ly/3lcVaPh
- **Probiotics** bit.ly/3lqWYo1
- **Restriction Elimination Diet** bit.ly/3lqWNZT

Dr Jeanette C. Mostert

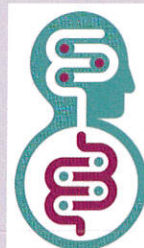


specializes in Cognitive Neuroscience and Biological Psychiatry and is the Dissemination Manager for several Horizon2020

projects, including CoCA, PRIME and Eat2BeNice/New Brain Nutrition.

The project **New Brain Nutrition** (also known under the acronym Eat2BeNice) focusses on how lifestyle, nutrition, genetics and gut microbes contribute to mental health. We are specifically

interested in the association between diet and aggression and impulsivity, and are studying how the microbes in the gut mediate this association. Also, we are investigating several dietary interventions to see how this influences both mental health and the system in the gut. You can read more about this project here: newbrainnutrition.com.



**Eat2be
NICE**

ADHD may have
t gut microbiota
composition."

The Eat2beNICE project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 728018.

This article reflects only the view of the authors, and the European Commission is not responsible for any use that may be made of the information it contains.

Sleep?

We can't get enough of it

Dr Cathy Hill Associate Professor of Sleep Medicine at the University of Southampton carried out a comprehensive sleep survey with help from 168 ADDISS members. The aim was to develop better help for those with ADHD and the data was picked over by researchers from universities in Southampton, Nottingham, Newcastle and King's College London. The results confirmed what many of us with ADHD have known all along. That ADHD does have a significant impact on children's and adults sleeping habits.

WE KNOW THAT UP TO 73% OF CHILDREN WITH ADHD HAVE SLEEP PROBLEMS.

In this survey, 85% (142) of children had a sleep problem that had lasted for at least 3 months and another 4% (7) had a sleep problem in the past that had got better. Ten were under 5 years, most, 95, were aged 5-10 years and 63 were teenagers. This does not mean that more children have problems than we think – it probably means that the parents and carers who chose to fill in the survey did so because their child had a problem.

WHAT ASPECT OF SLEEP WAS A PROBLEM?

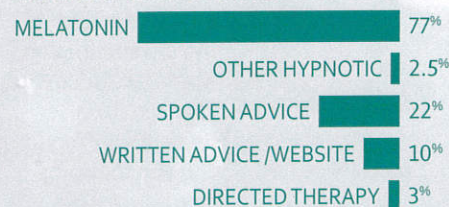
Parents and carers told us that most children (87%) had difficulty settling to sleep; 38% had difficulty staying asleep and 32% had early morning waking. So, the most common problem was falling asleep at the beginning of the night.

Next, we were interested in whether parents and carers had discussed the sleep problem at their child's ADHD clinic. Most (89%) had reported the sleep problem to the service looking after their child.

WHAT WERE ADHD CLINICS DOING ABOUT THE PROBLEM?

Only 2/3 of children were then offered any help at their child's ADHD clinic. Where help was offered, for most children (77%) this was melatonin (see below).

Number of children offered each treatment



In 9/10 children, melatonin was prescribed without any supporting advice, such as how to limit screen time, healthy bedtime routines and how to deal with challenging behaviour at bedtime. Nonetheless, melatonin was helpful to 2/3 of those who took it.

Only a few children were offered any directed sleep therapy even though we know from studies in other countries that behavioural sleep interventions can be



Linda Fox
THE ADULT ADHD COACH

12 SIMPLE SLE

Sleep deprivation can certainly make ADHD symptoms worse (medication or not), so it's worth investing some effort into building good sleep habits.

Here are my top tips which I use with my clients...

► successful in children with ADHD. Overall, of the 142 children with sleep problems only 45 or 31% were helped by treatment. This does suggest that there is a need for more available treatments for sleep problems in ADHD.

WHAT DOES THE FUTURE LOOK LIKE?

We will now be seeking research funding to study this further and are interested to develop a digital intervention to guide parents to help their child with ADHD sleep better. We will need parent and carer advice as we develop our plans. 🧐

If you would like to register your interest in this project please contact Dr Cathy Hill on cmh2@soton.ac.uk

Dr Catherine M Hill is an Associate Professor of Child Health within Medicine at the University of Southampton. Her primary research interest is the effects of sleep related hypoxia in children. Her work has embraced several vulnerable populations including children with developmental disorders and those living at high altitude.

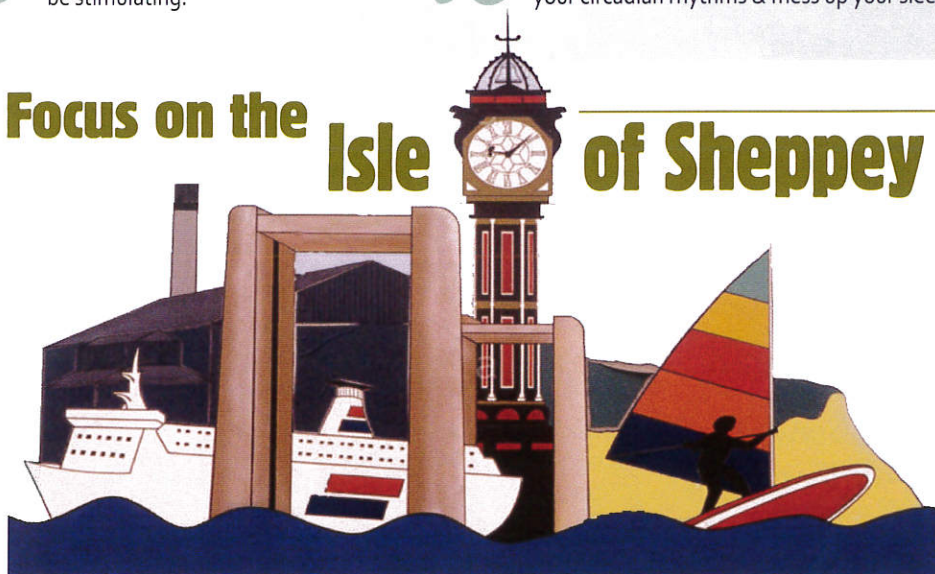


SLEEP HYGIENE TIPS TO DRAMATICALLY IMPROVE YOUR SLEEP

- 1 ZONE** your house. Each room/area has a purpose. The bedroom should be only for sleep/sex.
- 2 ENSURE** the room is dark: blackout curtains, turn digital clocks to face away, remove electronic devices—no TV in the bedroom.
- 3 COOL** room, warm bedding—weighted blankets seem to work well for some people.
- 4 TIDY** bedroom. It's not very relaxing being in a room that is cluttered & messy.
- 5 EXERCISE** can improve sleep, but avoid it too close to bedtime as it can be stimulating.
- 6 NO** napping in the daytime! Avoid caffeine later in the day.
- 7 SMARTWATCHES** & apps are great for tracking your sleep cycle/quality. My clients' favourite apps for mindfulness/meditation are Calm or Headspace. Both have relaxing music/sounds & sleep stories
- 8 PROGRAM** yourself to have reasonably consistent sleep/wake times.
- 9 FOR** the hour before bedtime, have a winding down routine.
- 10 UNPLUG** from technology, particularly laptops, at least an hour before bed. Research shows that light from these devices can affect your circadian rhythms & mess up your sleep cycle.
- 11 HAVING** something for the brain to focus on can reduce internal chatter (podcasts & music). Paper books are best.
- 12 SCENTS** can help with sleep - pillow sprays (often with lavender essential oil) or Lush Sleepy Lotion.

Linda Fox is an Adult ADHD & Job Coach with 21 years' experience. She helps her clients reduce overwhelm, get organised & turn procrastination into productivity and can be found at theadultadhdcoach.com

Focus on the Isle of Sheppey



Beverley Nolker reflects on the past year of the pandemic, and the success of her growing ADHD support group in Kent.

A **LITTLE** over nine years ago I started a small support group on the Isle of Sheppey in Kent, which has now grown into the Swale/Medway area. Initially, it was my own curiosity and need for knowledge that inspired me to start the group. My son had been recently diagnosed with ADHD, and I was desperate to hear the views of other parent/carers and how they were managing. I was one of those parents that, initially, did not believe my son had it, and fought against the diagnosis. Looking back, I think I was fighting against the stigma that surrounded it.

Little did I know that nine years later I would be a self-professed ADHD Warrior, supporting adults, families and children who were going through the same process I had experienced. In fact, ADHD has brought so much joy into my life, I can't imagine not being involved in one way or another. Receiving my own ADHD diagnosis at the age of 48 was an epiphany! My life experiences made a lot of sense and I am more aware of how to manage my symptoms and, I hope, help others learn from the lessons I have learned.

With the support of Andrea and ADDISS, I have been able to organise four conferences on the Isle of Sheppey for our community, bringing speakers from Australia, America, Croatia and the UK. Being able to provide such useful information with speakers of such a high calibre in our small part of Kent, including Dr Loretta Giorcelli, Professor

COMMUNITY

Philip Asherson, Kevin Roberts, Jerry Mills and Marko Ferek has been one of the highlights of my ADHD journey. None of it could have happened without the support of Andrea Bilbow and ADDISS.

A few years ago I devised a programme, ADHD Awesome, which helps families understand ADHD, its causes, the myths and facts surrounding it as well as strategies to help with mindfulness, organisation and much more. Over the Covid 19 pandemic, this one-to-one training has taken place over Zoom, which has meant I have been able to reach many more families than, originally, possible.

In October 2020, to coincide with ADHD Awareness month, the book I wrote, 'I Have Some Friends with ADHD' (see page 8 for review) was published by ADDISS. I wrote it in rhyming format because I know, from my own children, that they enjoy this method of writing and are able to retain the information more easily. It was also published in a



specific typeface which aids reading, particularly if dyslexia is present. As all of my family are dyslexic, they were the perfect test readers!

Beverley Nolker

ADHD ACTION JOINS FORCES WITH ADDISS

ADHD ACTION

We are excited to announce that we will be joining forces with ADHD Action, a charity raising awareness of ADHD, which will become the campaigning arm of ADDISS. ADHD Action was started three years ago as a campaigning charity to bust stigma, further understanding and lobby for better support and recognition for both children and adults with ADHD across the UK.

ADDISS has worked with Michelle Beckett and ADHD Action since its inception, including on the formation of the All-Party Parliamentary Group for ADHD, and we are really excited to bring ADHD Action into the ADDISS family. This new direction will utilise the experience of the ADDISS team to relaunch a patient-led campaign for better understanding and support for people with ADHD in the UK.

Look out for more on ADHD Action and our plans in the next issue of ADHD News!

Due to the way it describes ADHD in a fun, simple way you don't notice that it covers some of the factual information about the condition. Moreover, children can identify with the character in the book and the rhyming aspect makes it appeal to younger children, while the cartoon-style pictures means it is also mature enough for teenagers.

I think reading the book together with your child provides a good opportunity to discuss ADHD and the way it affects people. It is also useful for explaining to other children why ADHD's sometimes behave in different ways. Overall the book presents ADHD children as just the same as everyone else, and I feel that after reading it, everyone will want an ADHD friend as they can be so much fun.

This is a perfect book to have in schools and clinics because it is an ideal tool for explaining about ADHD to newly-diagnosed families. Those who are worried or scared at the thought of life with an ADHD child will be reassured and will start to understand the condition better.

The book shows young people with ADHD that they are AWESOME!

by Jill Turner.

"I have some friends with ADHD" by Beverley Nolker, illustrated by Richard Jefferies, £6.99 in ADDISS bookshop adhdnews.uk/friends

I was first drawn to this book as it looked eye catching with bright colours, and the added extras at the end of the book provide a hands-on aspect. On flicking through, I could immediately see that it was going to be child friendly because it wasn't pages of heavy text and lengthy explanations. When we read the book with the children - it was an instant hit.

"Better Late than Never: Understand, Survive and Thrive a Midlife Diagnosis of ADHD" by Emma Mahony, £11.99, ADDISS bookshop - adhdnews.uk/never

When a great friend writes a book, I get anxious. Worried I won't like it. Worried I won't finish it. Worried I'll lose it and then have to tear up the flat to find it. Thankfully, the fear faded, the minute I began to read. 'Because of the way my brain is wired, I can't help but get things wrong.' Right from the start, vulnerability and authority combine with professional and personal insights, such as: 'Most adults with ADHD are undiagnosed, so attempt to behave like everyone else. (And beat themselves up when they can't.)'

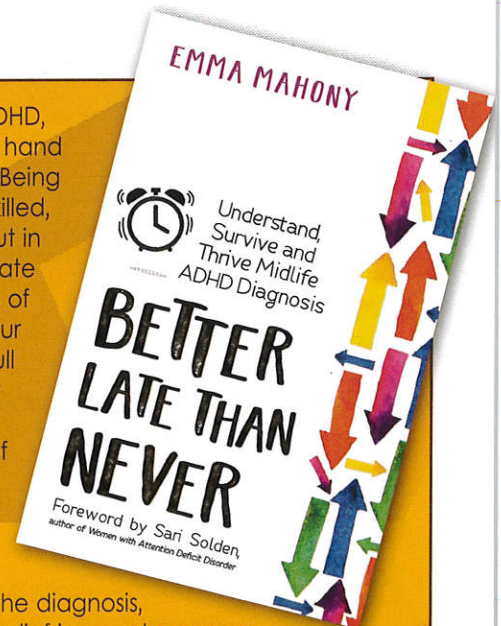
Whether you're reeling from a recent diagnosis, want to support someone else, or, like me, 'thought you might have ADHD,' and fought through a forest of health bureaucracy to get at the truth, this book's a 'must,' for your survival kit.

Emma and I co-podcast, 'The ADHD Lockdown Diaries' on Spotify, so, yes, I am biased. But, I've read a stack of ADHD 'stuff,' over the 10 years since I got my ADHD confirmed, and this book stands out, because its scientific research is recent, thorough, and clear. It's human and funny too. Emma is an experienced and talented journalist.

Like many of us, with ADHD, she has had to turn her hand to a range of job roles. Being adaptable and multi-skilled, should be a strength, but in a straight-laced corporate office, it can be the kiss of career death. Telling your boss, that her dreary, dull newsletter, would never be read, was, as Emma puts it, 'the beginning of the end.'

Although the book's brutally honest; Emma describes her shock at the diagnosis, mixed in with grief and relief in equal measure; it's also celebratory and affirming. No-one's 'defined' by their 'ism, pathology or for having that 'differently wired brain.' It's worth buying for the last para alone. 'In the modern world, without that impulsive, restless, distractible need for adventure, there would be few companies set up, products launched, music and art created, and new solutions to old problems mooted.'

by Clare Catford.



Both books are available for purchase - along with many other ADHD books and merchandise - from the ADDISS online store www.addiss-shop.com