



Understanding the Surge in ADHD Diagnoses: Explained!

Description

It was believed that about 5-6% of children have ADHD, but now it's more common. The American CDC says 11.4% of kids have it in 2022.

In Sweden, more boys (10.5%) than girls (6%) got an ADHD diagnosis in 2022, 50% more than in 2019.

Why are the rates going up? Here are some reasons:

1. Multiple diagnoses:

Doctors now make more than one diagnosis to better understand a person's challenges.

2. Increased knowledge:

New professionals are better at spotting ADHD in different groups like girls and adults.

3. Reduced stigma:

ADHD is less stigmatised now, so more people are getting diagnosed without feeling judged.

4. Modern society:

Life nowadays demands strong cognitive skills, which some people struggle with.

5. Higher expectations:

We expect more from ourselves and others, leading to concerns about performance.

6. Changes in schools:

New ways of teaching put more pressure on students, making it harder for those with ADHD traits.

7. Policymakers:

Authorities make it easier to get diagnosed, but this doesn't focus on helping without a diagnosis.

8. Access to support:



Having a diagnosis is often the only way to get help, so people seek it out.

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Vocabulary List:

1. **Diagnoses** /daɪəg'nɒsɪz/ (noun): The identification of the nature of an illness or other problem by examination of the symptoms.
2. **Stigma** /'stɪgmə/ (noun): A mark of disgrace associated with a particular circumstance quality or person.
3. **Cognitive** /'kɒgnɪtɪv/ (adjective): Relating to the mental action or process of acquiring knowledge and understanding through thought experience and the senses.
4. **Diagnosis** /daɪəg'nɒsɪs/ (noun): The identification of the nature of an illness or other problem through examination and analysis.
5. **Performance** /pər'fɔːrməns/ (noun): The act of performing a task or function; execution.
6. **Authorities** /ə'θɔːrɪtiz/ (noun): A group of people with the power to enforce laws or make decisions.

Comprehension Questions

Multiple Choice

1. What percentage of children were believed to have ADHD in the past?
Option: 5-6%
Option: 10-12%
Option: 15-17%
Option: 20-22%
2. According to the American CDC in 2022, what percentage of kids have ADHD?
Option: 9.8%
Option: 11.4%
Option: 13.2%
Option: 15.7%
3. In Sweden in 2022, who received a higher percentage of ADHD diagnosis?



- Option: Girls
- Option: Boys
- Option: Both equally
- Option: Not mentioned

4. What is one of the reasons mentioned for the increase in ADHD diagnoses?

- Option: Decreased knowledge
- Option: Reduced stigma
- Option: Less accessible support
- Option: Lower expectations

5. What aspect of modern society is linked to the rise in ADHD diagnoses?

- Option: Decrease in cognitive demand
- Option: Growth in physical activities
- Option: Increased cognitive demands
- Option: Stronger social connections

6. According to the passage, why is it easier to get diagnosed with ADHD nowadays?

- Option: Decreased access to healthcare
- Option: Increased stigma
- Option: Improved policymaker focus
- Option: Reduced stigma

True-False

- 7. ADHD is more stigmatized now than in the past.
- 8. New professionals are worse at spotting ADHD in different groups.
- 9. The rise in ADHD diagnoses is not related to changes in schools.
- 10. Authorities have made it harder to get diagnosed with ADHD in recent years.
- 11. Having a diagnosis is often the only way to access support for ADHD.
- 12. The percentage of girls diagnosed with ADHD has consistently been higher than boys.



Gap-Fill

14. The rise in ADHD diagnoses is linked to increased _____ demands in modern society.
15. New professionals are better at spotting ADHD in different groups like girls and _____.
16. Changing ways of teaching have put more pressure on students, making it _____ for those with ADHD traits.
18. The passage mentions that reduced _____ towards ADHD leads to more people seeking diagnosis.

Answer

Multiple Choice: 1. 5-6% 2. 11.4% 3. Boys 4. Reduced stigma 5. Increased cognitive demands

True-False: 7. False 8. False 9. False 10. False 11. True 12. False

Gap-Fill: 14. cognitive 15. adults 16. harder 18. stigma

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What type of medication is used to relieve nasal congestion?
- Option: Antibiotic
 - Option: Analgesic
 - Option: Decongestant
 - Option: Antihistamine
2. Which term describes the chemical processes within living organisms?
- Option: Cognition
 - Option: Metabolism
 - Option: Autophagy
 - Option: Stigma



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3. What is physical activity done to maintain or improve health called?
- Option: Rest
 - Option: Exercise
 - Option: Fasting
 - Option: Diagnosis
4. Which substance is commonly found in nasal decongestant medications?
- Option: Phenylephrine
 - Option: Cortisol
 - Option: Autophagy
 - Option: Nutrients
5. What term relates to the mental processes of perception memory and reasoning?
- Option: Sensitivity
 - Option: Cognitive
 - Option: Support
 - Option: Diagnoses
6. What is the natural regulated mechanism of the cell that removes unnecessary or dysfunctional components?
- Option: Chronic
 - Option: Performance
 - Option: Extinction
 - Option: Autophagy
7. What is the mark of disgrace associated with a particular circumstance quality or person?
- Option: Fasting
 - Option: Moderation
 - Option: Diagnosis
 - Option: Stigma
8. What term describes a disease or condition that persists over a long period?
- Option: Push-ups
 - Option: Chronic
 - Option: Authorities
 - Option: Intermittent
9. What form of exercise strengthens the upper body muscles?
- Option: Push-ups
 - Option: Version
 - Option: Suggested
 - Option: Research



10. Who has the power to make decisions and enforce rules?

- Option: Exercise
- Option: Cortisol
- Option: Authorities
- Option: Health

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Doctors use various tests to make _____ when identifying illnesses.
12. Intermittent _____ has been shown to have benefits for metabolism and autophagy.
13. Having a good social _____ system is essential for mental health.
14. Eating a balanced diet ensures your body gets essential _____ for proper function.
15. Enjoying treats in _____ is key to maintaining a healthy diet.
16. Always use the latest _____ of software to benefit from bug fixes and new features.
17. Scientists conduct _____ to gather data and draw conclusions about various phenomena.
18. Athletes work hard to enhance their _____ and achieve their personal best.
19. Philosophers ponder questions about the meaning and purpose of human _____.
20. The disappearance of a species from the planet is known as _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. fasting is an eating pattern that cycles between periods of eating and fasting.
22. The to taste varies among individuals influencing food preferences.
23. Regular exercise is essential for maintaining good and overall well-being.
24. Professional athletes focus on improving their physical and mental to excel in their respective sports.



25. Including activities like in your workout routine can enhance upper body strength.
26. Critical thinking skills help individuals solve complex effectively.
27. A medical involves identifying the cause of a patient's symptoms.
28. Friends and family provide emotional during challenging times.
29. Discoveries made through scientific contribute to advancements in various fields.
30. Regular routines improve cardiovascular health and muscle tone.

Answer

Multiple Choice: 1. Decongestant 2. Metabolism 3. Exercise 4. Phenylephrine 5. Cognitive 6. Autophagy 7. Stigma 8. Chronic 9. Push-ups 10. Authorities

Gap-Fill: 11. diagnoses 12. fasting 13. support 14. nutrients 15. moderation 16. version 17. research 18. performance 19. existence 20. extinction

Matching sentence: 1. Intermittent 2. Sensitivity 3. Health 4. Performance 5. Push-ups 6. Problems 7. Diagnosis 8. Support 9. Research 10. Exercise

CATEGORY

1. Health - LEVEL2

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