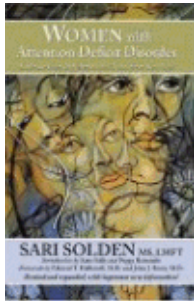


Women with Attention Deficit Disorder

Embracing Disorganization at Home and in the Workplace

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18 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read** text and answer exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

Examination Questions

Author’s Preference: Why a Book About ADD and Women?

1. According to the author, ADD without hyperactivity in girls is:
 - a. the least talked about form of ADD
 - b. the most common form of ADD in girls
 - c. is likely to go undiagnosed the longest
 - d. all of the above

A Pocket Guide to ADD

2. ADD is a neurochemical disorder that affects a person’s attention, activity, and impulsivity levels.
 - a. True
 - b. False

Chapter 1: Coming out of the (Messy) Closet: Introduction to My Personal Story

3. According to the author, ADD individuals in therapy talked about the confusion and frustration of ordinary daily life.
 - a. True
 - b. False

Chapter 2: Girls and ADD: An Equal Opportunity Disorder

4. ADD without hyperactivity is just a mild form of ADHD.
 - a. True
 - b. False
5. One of the most telling signs of the ADD without hyperactivity child is:
 - a. poor grades
 - b. low self-esteem
 - c. disorganization
 - d. depression

6. ADHD girls have ____ learning problems in the early grades in math and reading when compared to ADHD boys.
- greater
 - the same
 - fewer
 - none of the above

7. According to the author, ADD girls might turn to drugs as an attempt to gain control rather than lose control.
- True
 - False

Chapter 3: “Dance with the Lady with the Hole in Her Stocking”: A Portrait of the Inner World of Women with ADD Before Diagnosis

8. ADD is closely correlated with:
- intelligence
 - organization
 - sense of humor
 - creativity

Chapter 4: “Who am I? What’s the Matter with Me?”

9. People with ADD have a very small range between their weaknesses and abilities.
- True
 - False

10. According to Hallowell and Ratey, the ADD brain lacks the internal organization that naturally leads most people to structure their activities.
- True
 - False

Chapter 5: Disorganization: The Disorder of Dis-order

11. People with ADD need ____ levels of stimulation in order to focus.
- low
 - moderate
 - high
 - extreme

12. ADD people lack an effective filtering system with which to block out:
- internal thoughts
 - external stimulation
 - excess information
 - all of the above

13. One of the organizational difficulties of ADD individuals is:
- cognitive reasoning
 - intellectual differentiation
 - a distorted sense of space
 - all of the above

14. According to the author’s observations, ADD people seem to have a need to understand a part of the subject before they can understand the whole of it.
- True
 - False

Chapter 6: The Job from Hell: A Woman's Job Description

15. The role expectations for women collide directly with the specific difficulties that women with ADD face.
- True
 - False
16. ADD impacts women differently than men, because:
- women with children have more responsibilities
 - men often have partners who organize their lives at home
 - men often have secretaries to organize them at work
 - all of the above

Chapter 7: The Emotional Legacy

17. Carla had difficulty asking for extra time on exams because she believed:
- she did not have the proper documentation to qualify for an exception
 - she had confidence in her knowledge of the subject
 - she didn't deserve what she viewed as an unfair advantage
 - none of the above
18. According to the author, women with ADD have often been unconsciously collecting maligning messages since childhood.
- True
 - False

Chapter 8: Secondary Effects: Underachievement and Depressed Mood

19. The secondary effects of ADD impact women primarily in three areas:
- reasoning, spontaneity, sexuality
 - achievement, mood, and relationships
 - productivity, appetite, hygiene
 - all of the above
20. According to the author, the word she hears more often than any other word from women with ADD and disorganization is:
- frustrated
 - anxious
 - overwhelmed
 - depressed
21. Ironically, the more efficiently the ADD woman meets other people's needs, the more the demands increase.
- True
 - False
22. ADD women can become depressed because of:
- assertion difficulties and toxic help
 - negative self-talk
 - reactivity
 - all of the above

Chapter 9: Secondary Effects: Relationships

23. ADD women may shy away from relationships because of:
- shyness and timidity
 - anger and frustration
 - shame and fear
 - none of the above

24. ADD women have difficulty at the ____ stages of forming friendships because of their difficulty in making small talk.
- middle
 - initial
 - later
 - none of the above
25. ADD women have difficulty regulating their speech.
- True
 - False
26. Some women with ADD choose partners who are either physically or emotionally unavailable, and are therefore less likely to place many demands on them.
- True
 - False
27. ADD women often choose to marry:
- chaotic partners
 - caretaking partners
 - controlling partners
 - all of the above

Chapter 10: Diagnostic Dilemmas For Women

28. According to the author, the use of substances allows ADD individuals to achieve, at a “normal” level, thereby masking the true level of difficulty caused by ADD and is referred to as:
- binging
 - recreational use
 - self-medicating
 - fixing
29. The most common disorder that can mask ADD and make it difficult to diagnose the ADD is:
- panic disorders
 - depression
 - schizophrenia
 - personality disorder

Chapter 11: Self-Assessment for Women and Paths to Diagnosis

30. Which of the following is not an area identified in the author’s self-assessment checklist?
- relationships
 - emotions
 - work
 - achievement

Chapter 12: An Overview of Treatment: Getting Started: The Grief Cycle, Medication, Women’s Issues

31. According to the author, as soon as the diagnosis is made, the individual begins to work her way through what is called a:
- panic cycle
 - grief cycle
 - rage cycle
 - restructuring cycle

Chapter 13: Treatment Continued: The Rest of the MESST: Education, Support, Strategies and Therapy

32. Active, interactive, educational, supportive counseling is ____ for ADD women.
- a. appropriate
 - b. inappropriate
 - c. a risk
 - d. ineffective
33. Group therapy with other ADD people is not appropriate for women with ADD.
- a. True
 - b. False

Chapter 14: Embracing Disorganization**Chapter 15:** The 3R's at Work: Restructuring, Renegotiating, Redefining

34. To successfully live with ADD after being diagnosed, the woman must:
- a. restructure her life
 - b. renegotiate relationships
 - c. redefine self-image
 - d. all of the above

Chapter 16: Restructuring: at Home and in Your Personal Life

35. Part of restructuring the environment means rethinking the division of tasks in the home.
- a. True
 - b. False

Chapter 17: Renegotiating Your Relationships**Chapter 18:** Redefining your Self-Image

36. To break the cycle of misinterpretation, the ADD woman can stop:
- a. talking
 - b. showing up
 - c. avoiding people
 - d. all of the above