

## *Driven to Distraction*

*Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood*

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**14 CEHs**



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## Examination Questions

### Chapter 1: What is Attention Deficit Disorder?

1. According to the authors, ADD is a \_\_\_\_ syndrome whose classic defining triad of symptoms include impulsivity, distractibility, and hyperactivity or excess energy.
  - a. physiological
  - b. neurological
  - c. biological
  - d. none of the above
  
2. According to the authors, when making a diagnosis for ADD, one should consider the severity and duration of the symptoms together with the extent to which they interfere with everyday life and not the mere presence of them.
  - a. True
  - b. False
  
3. According to the authors, in a group setting, the person with ADD is often the first to pick up on subtle social cues.
  - a. True
  - b. False
  
4. According to the authors, because the disorder is so complicated, the key to making a successful diagnosis for adults with ADD is through complicated tests.
  - a. True
  - b. False

### Chapter 2: “I Sang in My Chains Like the Sea”: The Child With ADD

5. According to the authors, the diagnosis for ADD in a child rests primarily:
  - a. on physiological testing
  - b. on neurological testing
  - c. on the child’s individual history
  - d. none of the above

6. According to the authors, the two most common errors in the diagnostic process are:
- missing the diagnosis or making the diagnosis too often
  - failing to ask enough questions and failing to ask the correct questions
  - relying on only one source for the child's history and not using a reliable source
  - none of the above
7. According to the authors, in addition to making sure that no other medical condition is causing the symptoms, one must recognize that ADD is \_\_\_\_ diagnosis.
- an absolute
  - a provisional
  - a definitive
  - a comparative
8. According to the authors, the \_\_\_\_ symptoms of ADD are the most difficult to treat.
- primary
  - secondary

### **Chapter 3:** "Sequence Ravelled Out of Sound": Adult ADD

9. According to a study comparing adults with or without ADD by Dr. Alan Zametkin, at the National Institutes of Mental Health, there is a difference at the cellular level, in energy consumption, between the parts of the brain that:
- regulate attention
  - regulate emotion
  - regulate impulse control
  - all of the above
10. According to the authors, which of the following symptoms is the most common reason an adult seeks help for ADD?
- Difficulty getting organized
  - Easy distractibility
  - A sense of underachievement
  - Low tolerance for frustration
11. According to the authors, the main difference between their diagnostic criteria and that of the "Utah Criteria" is:
- the Utah Criteria does not include ADD without hyperactivity as a clinical syndrome
  - the Utah Criteria does not recognize a childhood history of ADD
  - the Utah Criteria does not recognize an adult history of persistent attentional problems
  - none of the above
12. According to the authors, the ADD therapist should refrain from offering concrete suggestions concerning ways of getting organized, staying focused, making plans, keeping schedules, prioritizing tasks to be done, and dealing with the chaos of every day.
- True
  - False
13. According to the authors, which of the following statements is false?
- For most people, ADD continues to pose problems daily.
  - While the treatment for ADD helps with the symptoms, it does not eradicate them.
  - If one has ADD as an adult, one has it for life.
  - none of the above

### **Chapter 4:** Living and Loving with ADD: ADD in Couples

14. According to the authors, in order to interrupt the cycle in couples where one member has ADD, \_\_\_\_ of the non-ADD spouse should also be addressed.
- the physical needs
  - the feelings of anger for the non-ADD spouse
  - the emotional needs
  - all of the above

15. According to the authors, the average duration of treatment for adult ADD is about:
- three to six weeks
  - eight to twelve weeks
  - three to six months
  - eight to twelve months
16. According to the authors, the key to dealing with most problems in couples with an ADD partner is:
- improving communication and resolving the power struggle
  - being honest and creating intimacy
  - avoiding conflict and listening to what the other person has to say
  - none of the above

### **Chapter 5:** The Big Struggle: ADD and the Family

17. According to the authors, when the diagnosis is made and the family is faced with the challenge to change, this challenge is often met with:
- relief
  - great resistance
  - appreciation
  - hesitancy
18. According to the authors, although negotiation is important in managing a family's behavior, it is not always advisable with younger children.
- True
  - False
19. According to the authors, which of the following is not one of the suggestions for management of ADD within families?
- Never worry alone.
  - Have family brainstorming sessions.
  - Keep ADD confidential within the immediate family.
  - Educate the family.

### **Chapter 6:** Parts of the Elephant: Subtypes of ADD

20. According to the authors, girls seem to have ADD without the hyperactivity more often than boys.
- True
  - False
21. According to the authors, in dealing with ADD it is important to know that it \_\_\_\_ other difficulties in learning.
- is often not associated with
  - is often accompanied by
  - is often dominated by
  - none of the above
22. According to the authors, for those addicts who do in fact have ADD, it is \_\_\_\_ that the ADD be treated as well as the addiction.
- essential
  - not essential
23. According to the authors, which of the following is not one of the similarities between ADD and borderline personality?
- Mood instability
  - Impulsivity
  - Underachievement
  - Suicidal tendencies

24. According to the authors, only if the symptoms \_\_\_\_ can one entertain an actual diagnosis for ADD.
- are more intense than is normal
  - last a long while
  - interfere with one's everyday life
  - all of the above

### **Chapter 7: How Do I Know if I Have It?: The Steps Toward Diagnosis**

25. According to the authors, the diagnosis of ADD is based "first and foremost" on:
- neurological testing
  - the individual's history or life story
  - psychological testing
  - biological testing
26. According to the authors, which of the following is not one of the listed conditions that may accompany, resemble, or mask ADD?
- Anxiety disorder
  - Arterial hypertension
  - Learning disabilities
  - Substance abuse
27. According to the authors, when making a diagnosis for ADD, psychological testing is often:
- falsely negative
  - falsely positive

### **Chapter 8: What Can You Do About It?: The Treatment of ADD**

28. According to the authors, once an individual has been diagnosed with ADD, the ability to educate and explain the syndrome to those around them is crucial.
- True
  - False
29. According to the authors, for most people with ADD, a reliable system of external controls and structure is essential.
- True
  - False
30. According to the authors, group therapy for adults with ADD offers several advantages, in that:
- it gives people a chance to meet and interact with other people like themselves
  - the members of the group can teach each other a great deal
  - a group can validate its members' experiences in ways that an individual therapist cannot
  - all of the above

### **Chapter 9: A Local Habitation and a Name: The Biology of ADD**

31. According to the authors, neurobiological data now show that the syndrome of ADD is rooted in the central nervous system.
- True
  - False
32. The work of Joseph Biederman and colleagues, has shown that about \_\_\_\_ of parents of ADD children have ADD themselves.
- 20%
  - 30%
  - 40%
  - 50%

- 33.** In identical-twin studies for ADD and studies for genetically based disorders, the concordance rates are approximately:
- a.** 20%
  - b.** 30%
  - c.** 40%
  - d.** 50%