

Three Types of ADHD

Predominantly Inattentive Type

This type of ADHD is characterised predominantly by inattention and distractibility, without hyperactivity.

Symptoms include:

- an impaired ability to control where their attention is focused
- becoming bored with a task easily
- finding it difficult to focus
- getting easily distracted
- difficulty maintaining focus on one task or activity
- starting a project or task without reading or listening to directions carefully
- having trouble doing things in proper order or sequence
- daydreaming when they should be concentrating
- having trouble planning ahead
- struggling to engage or persist in what they are not interested in
- difficulty listening to others - often does not seem to listen when spoken to directly (e.g. mind seems elsewhere, even when there are no obvious distractions)

Predominantly Hyperactive-Impulsive Type

This is the least common type of ADHD. It is characterised by impulsive and hyperactive behaviours without inattention and distractibility.

People with this type of ADHD have an energy inside that they feel they need to use.

Symptoms include:

- fidgeting, squirming or moving excessively
- talking excessively
- constantly in motion, sometimes there is no goal except motion
- impatience (from needing to do)
- difficulty remaining in place, such as his/her seat, even when it is expected
- difficulty waiting or stopping activities when they should do so
- interrupting conversations
- poor follow-through on commitment and promises to others
- fidgeting and moving while talking
- losing or forgetting things repeatedly and often
- trouble controlling emotions, feels more intensely than others
- acting before considered thought

Combined Type (Hyperactive-Impulsive Type and Inattentive Type)

This is the most common type of ADHD. The ratio of combination varies widely between people.

Symptoms include:

- impulsive and hyperactive behaviours
- inattentive behaviours and distractibility
- difficulty in task starting, task completion and keeping to time, due to the combination of inattention, impulsivity and hyperactivity

People with combined type ADHD demonstrate six or more symptoms of hyperactivity and impulsivity and six or more symptoms of inattention.



- difficulty attending to details or makes careless mistakes in schoolwork, at work, or during other activities (e.g. misses or overlooks details, turns in inaccurate work)
- forgetfulness from inattention to detail
- poor organisational skills for their age (e.g. struggling to manage sequential tasks, keeping materials and belongings in order, organising work, managing time, and meeting deadlines)
- poor study skills for their age
- often avoiding, disliking or showing reluctance to engage in tasks that require sustained mental effort (e.g. learning activities; for older adolescents and adults this may include completing forms, preparing reports, reviewing lengthy papers)
- often losing things needed for tasks or activities (e.g. pencils, books, wallets, keys, paperwork, glasses, mobile telephones)

- inability to stay on task, shifts from one task to another without completing any
- taking undue risks and/or making decisions too quickly without much thought to consequence
- difficulty engaging in quiet activities
- difficulty with organisation



Disclaimer: We hope you find the information in this blog/resource and on our website useful. As far as possible, the contents of this blog/resource are reflective of current professional research. However, please be aware that every child with ADHD is different and information can quickly become out of date. The information in this resource is not a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. Always consult with your physician or other qualified health-care professional or educational consultant for questions about the health and education of your child.