

All of them have one thing in common...





Why so distracted?

*Put yourself in the shoes
of ADHD individuals*

Science workshop developed by

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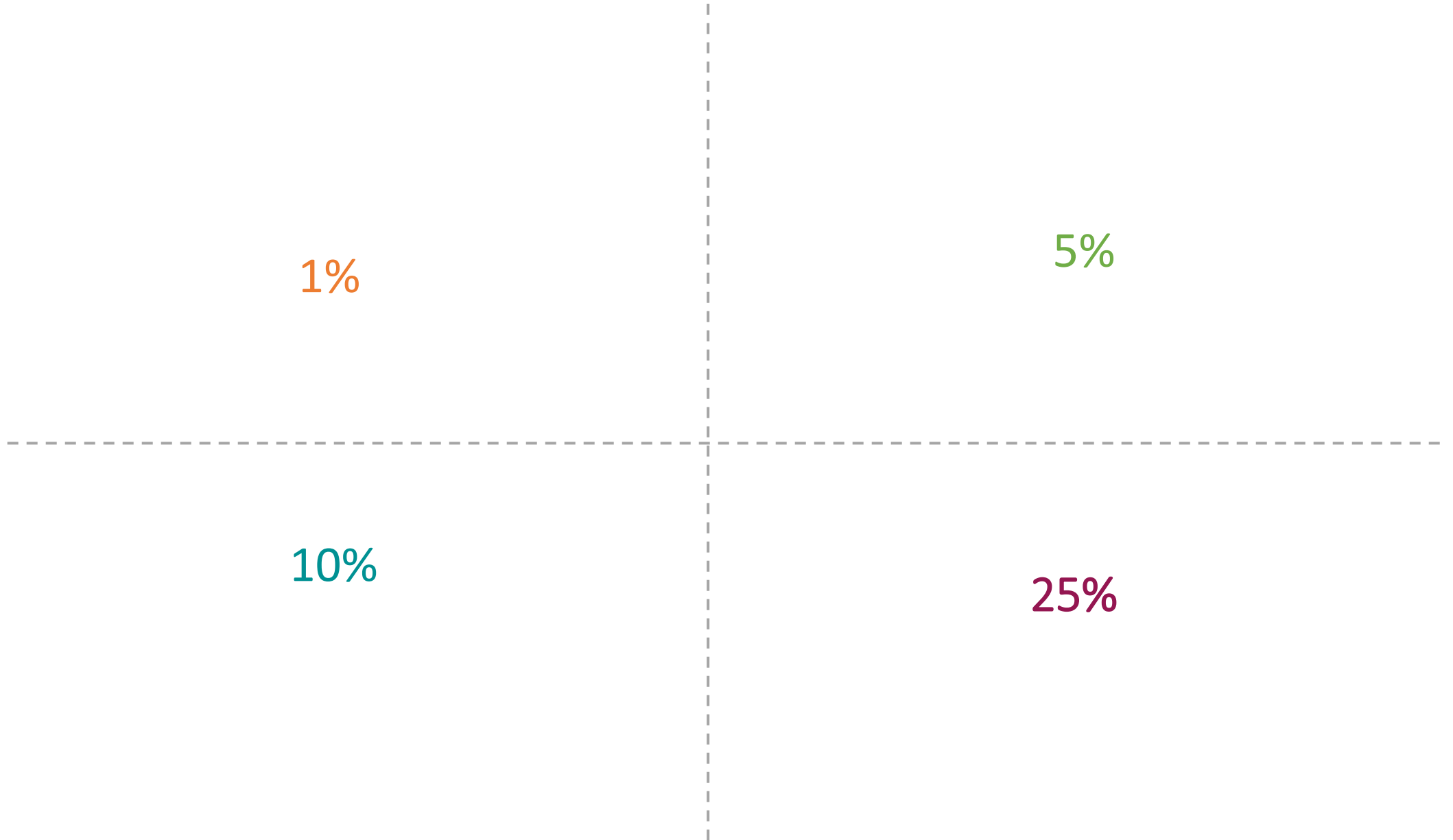


FACULTY OF SCIENCE,
TECHNOLOGY AND
MEDICINE



Luxembourg
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How many people in Luxembourg have been diagnosed with ADHD?



Which of these is NOT a symptom of ADHD?

Difficulties in
finishing tasks

Preference in avoiding
social interactions

Little or no sense
of danger

Easily distracted by
external stimuli



Inattention

(difficulty concentrating and focusing)

Hyperactivity & Impulsivity

(constantly fidgeting, little or no sense of danger, etc.)

Hyperfocus

(an intense fixation on an interest or activity for an extended period of time)

What happens inside an ADHD brain?

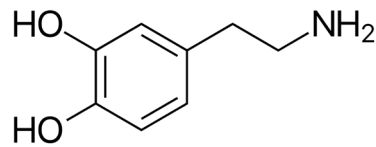
Lack of dopamine and
noradrenaline

Modification of
brain networks

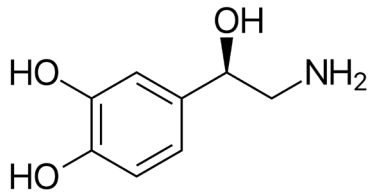
Different size of
some brain structures

Inflammation in the brain

Dopamine & Noradrenaline



DOPAMINE



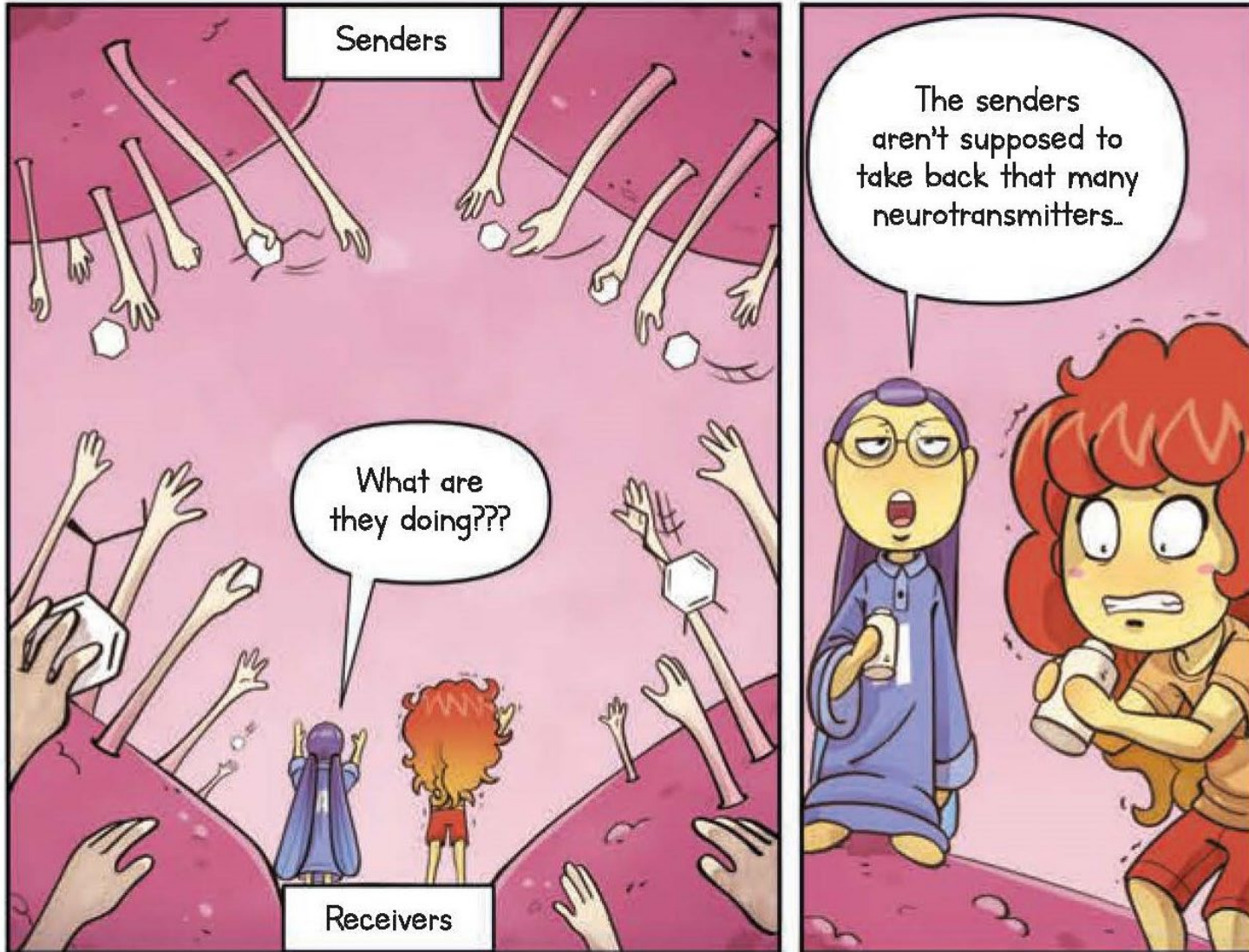
NORADRENALINE

Neurotransmitters
(= chemical messengers)



- **filter** informations
- maintain **attention**
- regulate **emotion**
- regulate **impulsivity**

Dopamine & Noradrenaline in ADHD



low levels of dopamine & noradrenaline

→ hyperactivity, inattention, impulsivity

“Put yourself in their shoes”

Individual test – 3 min

Discussion in groups (4-5 students)

- How was your experience?
- How do you feel?
- What were the challenges?

