



INATTENTIVE ADHD

INATTENTIVE ADHD, ALSO KNOWN AS ADHD-PI (PREDOMINANTLY INATTENTIVE SUBTYPE), IS CHARACTERIZED PRIMARILY BY DIFFICULTIES WITH ATTENTION AND CONCENTRATION, RATHER THAN HYPERACTIVITY OR IMPULSIVITY. THE BEHAVIOR TRAITS ASSOCIATED WITH INATTENTIVE ADHD INCLUDE:

- **Difficulty sustaining attention:** Individuals with inattentive ADHD may struggle to maintain focus on tasks or activities, especially those that are repetitive or require sustained mental effort.
- **Easily distracted:** They may be easily diverted from tasks by irrelevant stimuli or internal thoughts, finding it challenging to filter out distractions and stay on task.
- **Difficulty organizing tasks and activities:** People with inattentive ADHD may have trouble organizing their thoughts, belongings, and activities, leading to difficulties in planning and completing tasks efficiently.



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- **Forgetfulness:** They may frequently forget to complete tasks, lose items necessary for tasks, or overlook important details in instructions or conversations.
- **Avoidance of tasks requiring sustained mental effort:** Individuals with inattentive ADHD may avoid or procrastinate on tasks that require prolonged mental focus or effort, such as studying for exams or completing paperwork.
- **Careless mistakes:** They may make frequent errors in schoolwork, work tasks, or other activities due to overlooking details or rushing through tasks without thorough attention.
- **Difficulty following instructions:** People with inattentive ADHD may have trouble following through on instructions, especially when they involve multiple steps or are presented verbally without visual aids.



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- **Difficulty with time management:** They may struggle to estimate time accurately and may have difficulty managing their time effectively, leading to lateness or missed deadlines.
- **Poor organizational skills:** Inattentive ADHD can manifest as disorganization in physical spaces, such as messy desks or living areas, as well as difficulties in organizing thoughts or ideas.
- **It's important to note that while these behavior traits are commonly associated with inattentive ADHD, not every individual will exhibit all of them, and the severity of symptoms can vary greatly from person to person. Additionally, other factors such as anxiety or depression can sometimes coexist with ADHD and may influence behavior. A comprehensive evaluation by a qualified healthcare professional is essential for accurate diagnosis and appropriate treatment planning.**