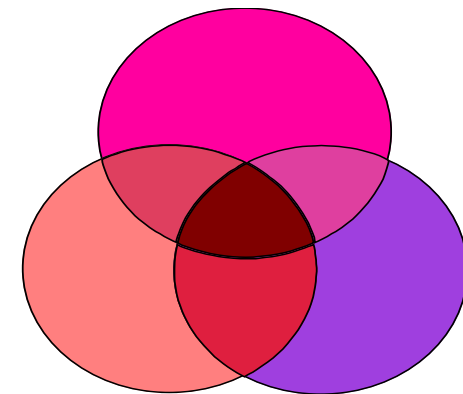


ADHD and the wandering mind

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MRC Social Genetic and
Developmental Psychiatry



South London and Maudsley **NHS**
NHS Foundation Trust



❑ What is ADHD?

❑ Mind Wandering in people
with ADHD

❑ Brain Function

What is ADHD?

A persistent pattern of inattention or hyperactivity-impulsivity that interferes with or reduces the quality of functioning in daily life



Problems related to ADHD

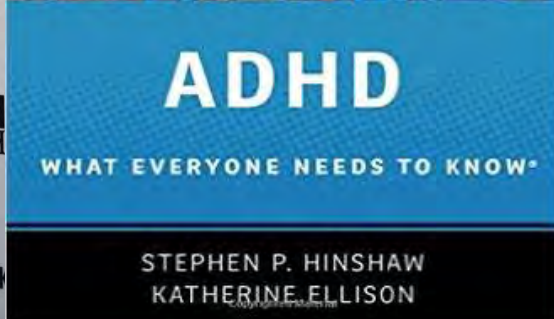
1. **Work and education**
2. **Social relationships**
3. **Coping with daily activities**
4. **Driving accidents**
5. **Risk taking and antisocial behaviour**
6. **Distress from the symptoms**
7. **Low self-esteem**
8. **Emotional instability**
9. **Sleep problems**



Psychosocial



Mental health



Mind Wandering in ADHD





“People with ADHD often struggle with filtering out”

Words used to describe mind wandering by adults with ADHD

My mind is:

Constantly daydreaming

In a fog

A whirlwind of thoughts

Hamster on a wheel

Jack in the box

Waves in a storm

Flitting and jumping



Problems linked to excessive mind wandering in ADHD

- Distracted from current tasks by internal thoughts
 - Difficulty following conversations
 - Holding thoughts in mind
 - Reading difficulties
 - Momentary lapses of attention
- Disrupted sleep patterns
- Feeling fatigued by constant mental activity







Performing
tasks



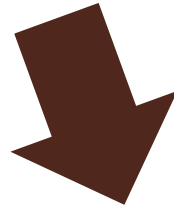
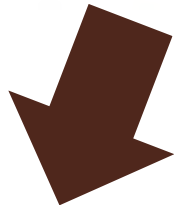
Performing
tasks



Inattentive
behaviour

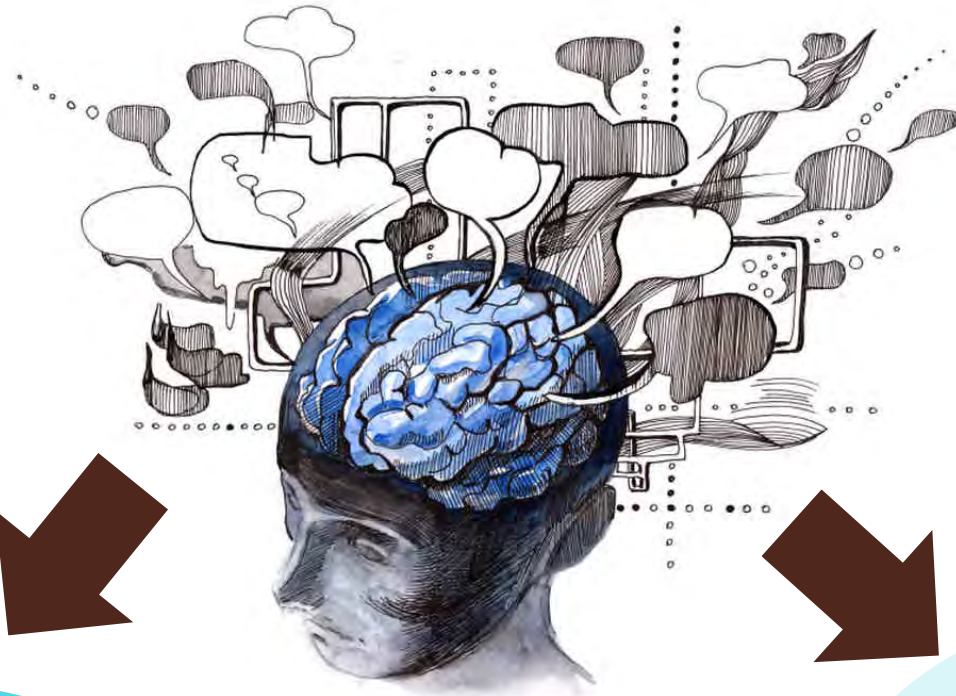


Performing tasks



Inattentive behaviour

Sleep problems



Performing tasks

Self-awareness and control of behaviour

Inattentive behaviour

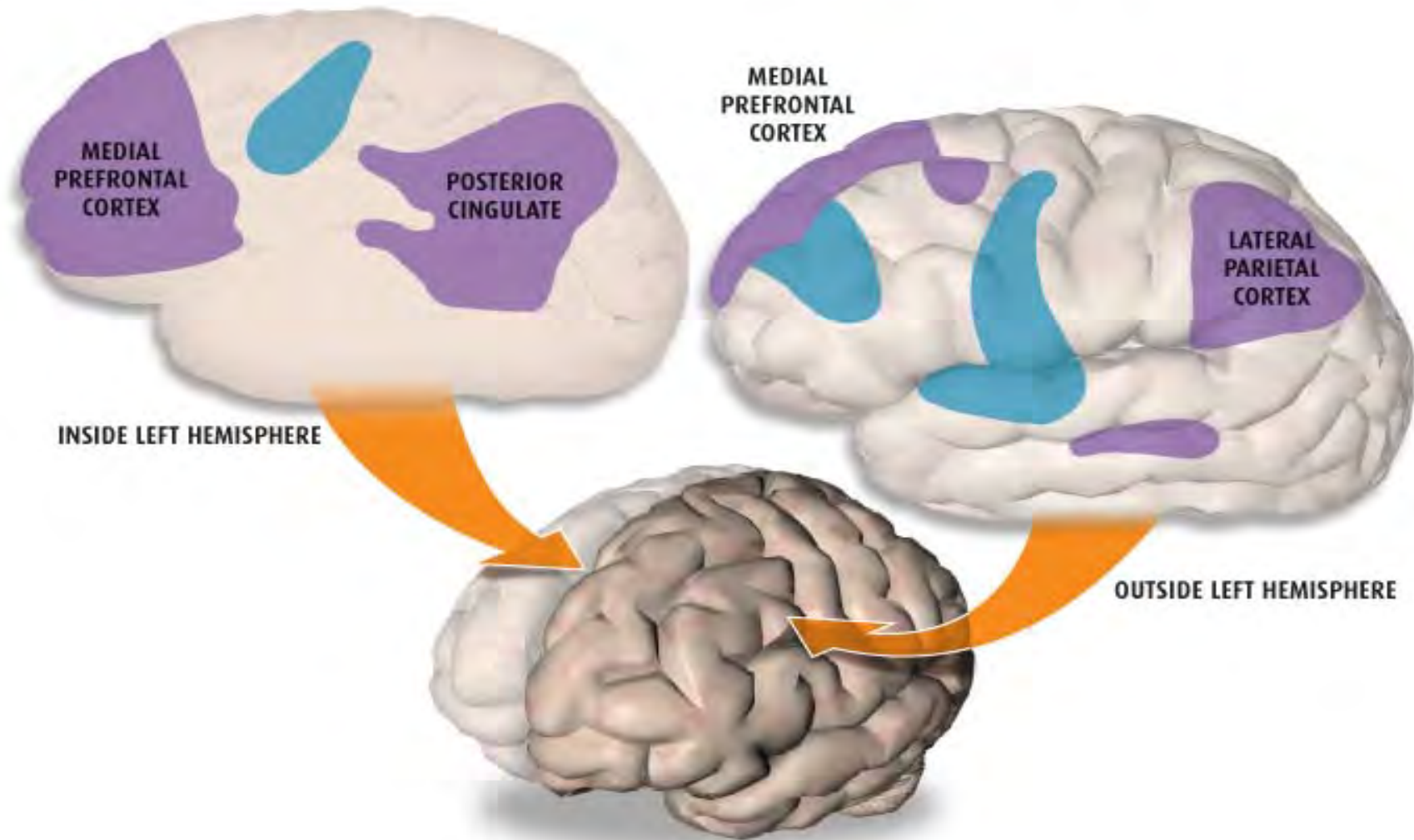
Sleep problems

Default Mode Network

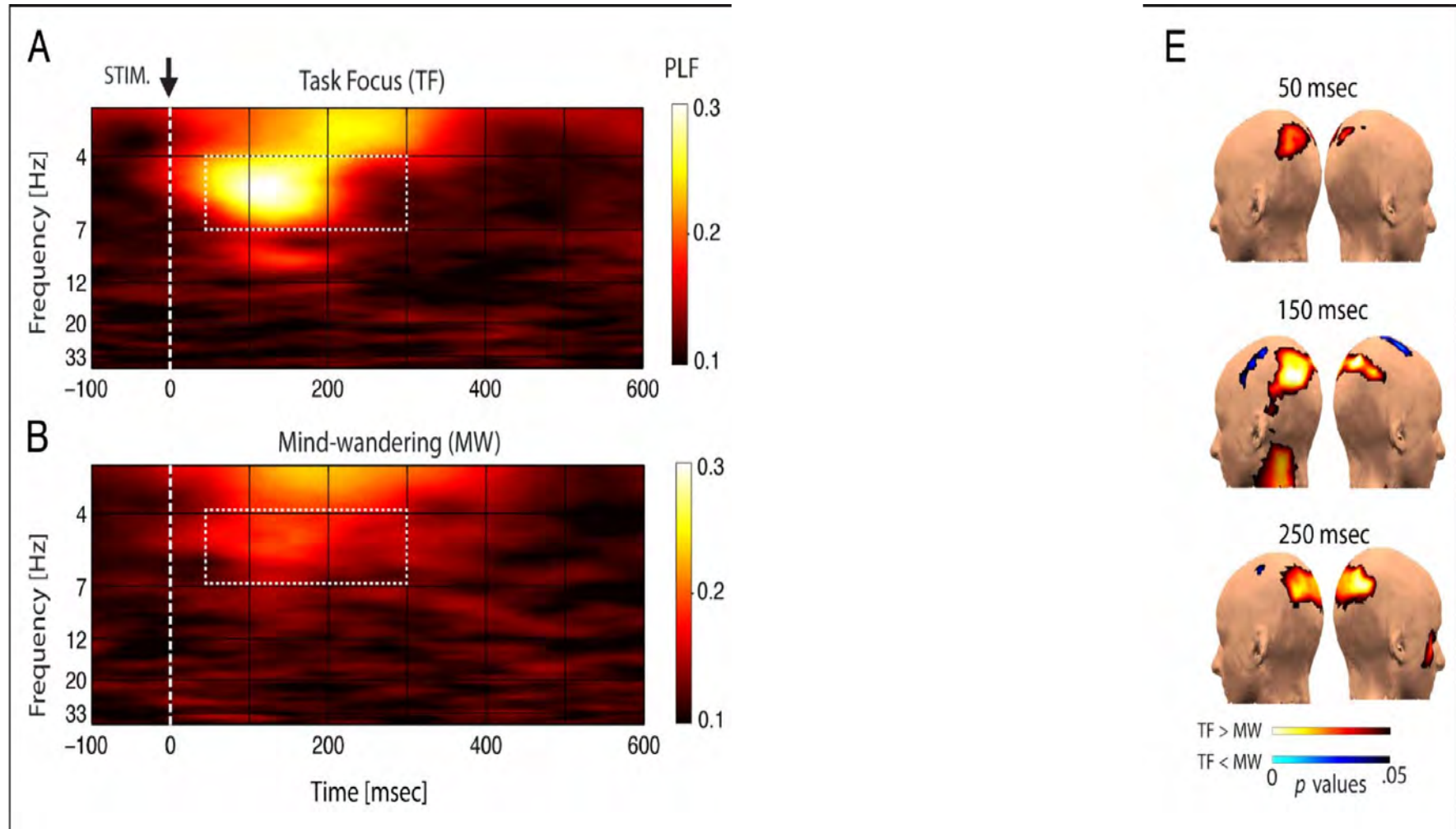
THE BRAIN IN NEUTRAL

When you switch off, a distinctive network of brain areas not involved in focused attention bursts into action

● Default network ● Areas involved in focused visual attention



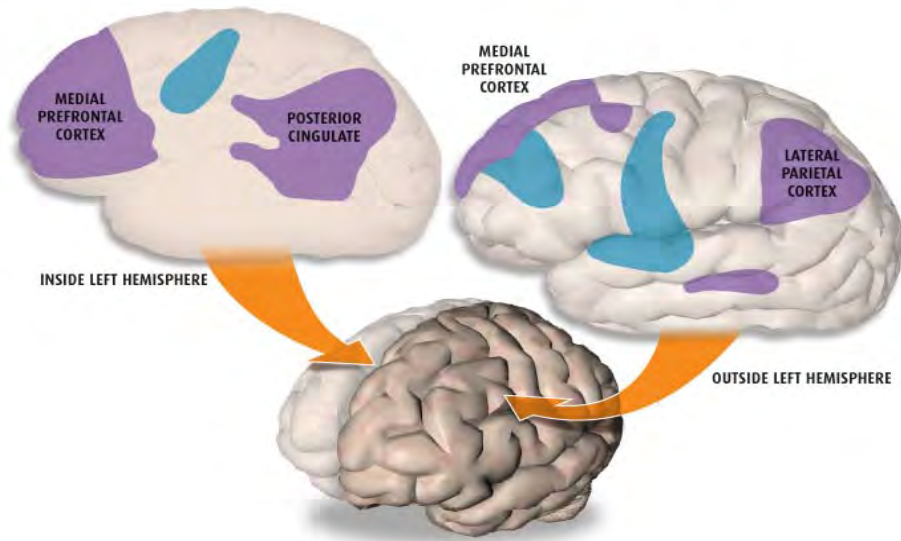
The decoupled brain: The brain does not detect sensory visual and other stimuli during periods of mind wandering



THE BRAIN IN NEUTRAL

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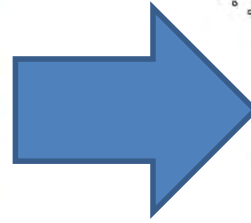
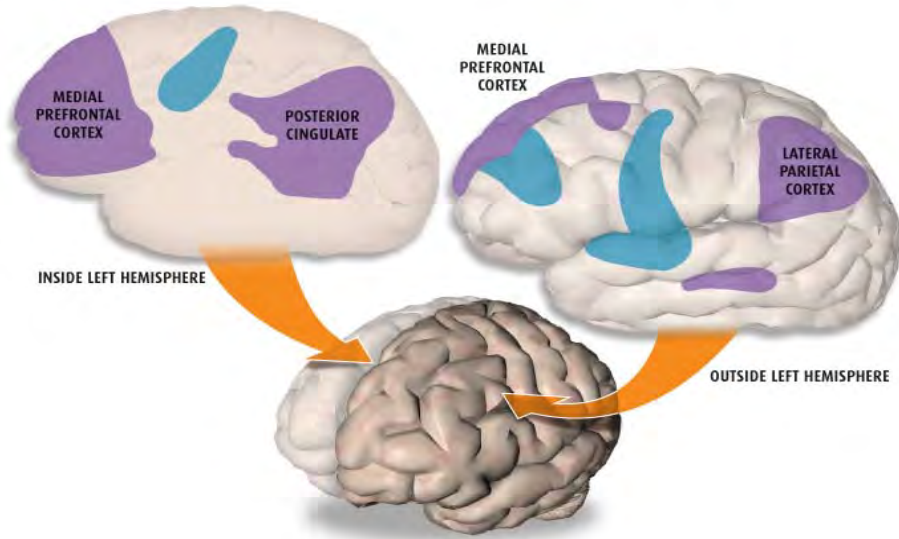
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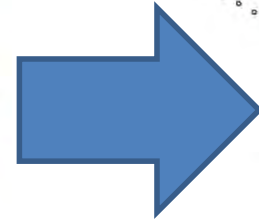
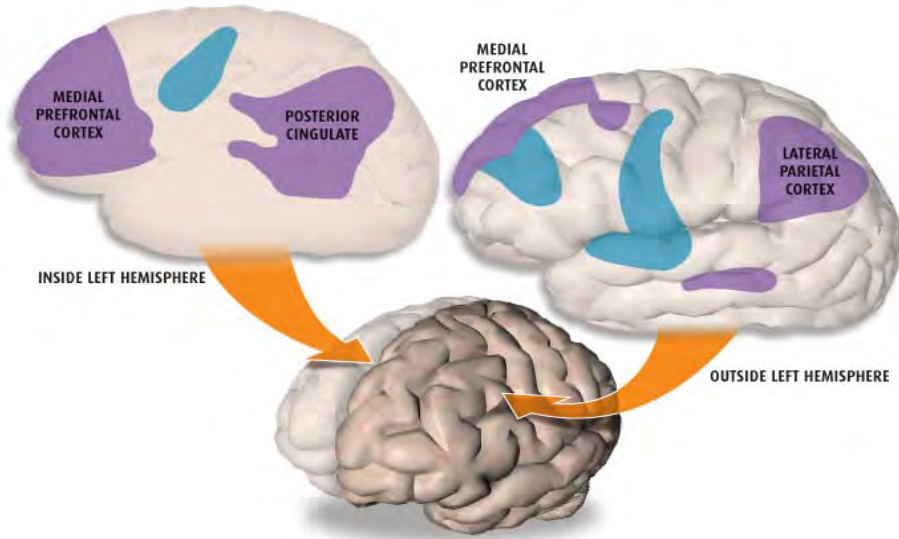
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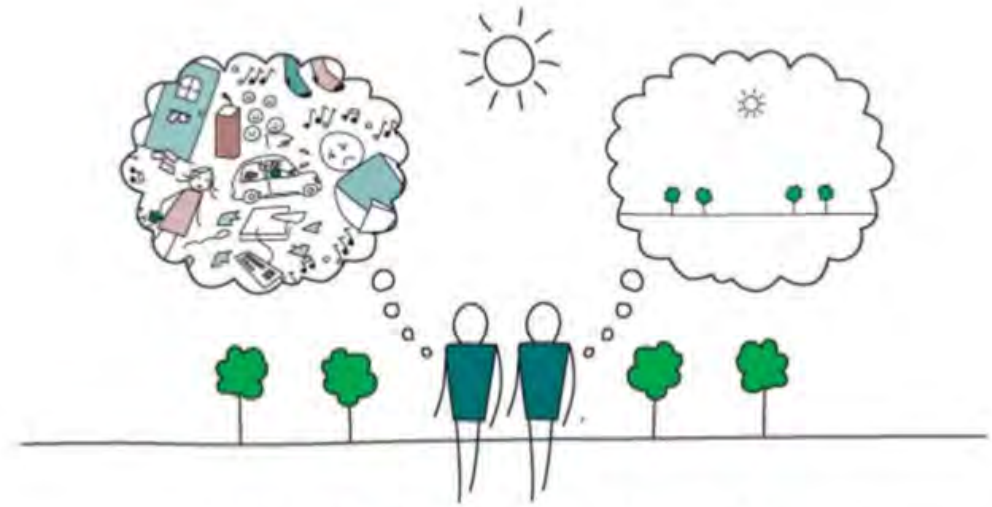


THE BRAIN IN NEUTRAL

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● Default network ● Areas involved in focused visual attention





Mind Full, or Mindful?





Complete our online survey to help us understand the relationship between Creativity, Occupation, Mind wandering, and Education (COME-on!!)

Everyone's mind wanders, but we all do it to a different degree, so what is its impact?

https://kcliop.eu.qualtrics.com/SE/?SID=SV_b14sG8MsbQQt7Mh

Link can be found on twitter @FloMowlem

Contact: Florence Mowlem for more information

E-mail: florence.d.mowlem@kcl.ac.uk