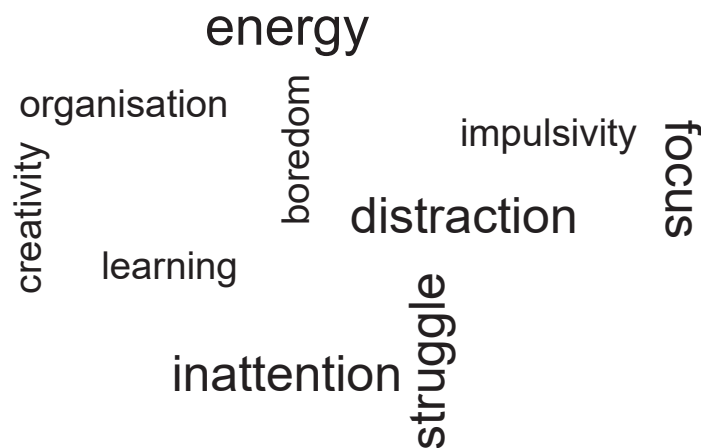


## Some people with ADHD succeed in periods of stress, new study shows

### Level 1: Elementary

#### 1 Warmer

- a. What do the letters ADHD stand for? Which of the words in the word cloud do you associate with ADHD? Why?



- b. What is ADHD in your language? What does each letter stand for? What does this tell you about the differences in the order of words?

#### 2 Key words

- a. Write the correct words from the wordpool to complete the definitions below. All the words appear in the article.

circumstances

fluctuating

lead

likely

recover

- \_\_\_\_\_ are the facts or situations that influence what happens.
- \_\_\_\_\_ means there is a good chance that something will happen.
- If something is \_\_\_\_\_, it is changing regularly, often going up and down.
- If someone is the \_\_\_\_\_ of a project, they are in-charge of the most important work.
- To \_\_\_\_\_ means to get better after being sick or hurt.

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### Level 1: Elementary

relief

remission

reveal

steady

track

6. When something is \_\_\_\_\_, it doesn't change; it stays the same.
7. If you \_\_\_\_\_ something, you show it or make it public.
8. If you feel \_\_\_\_\_, you feel better because something negative ended or did not happen.
9. If someone is in \_\_\_\_\_, they are feeling better, and their illness is not active or causing symptoms.
10. When you \_\_\_\_\_ something or someone, you follow its or their movements or progress over time.

#### b. Complete the sentences with words from the previous activity.

1. Tom's mood has been \_\_\_\_\_ lately. Sometimes, he feels happy and some other days, he feels anxious and stressed.
2. She felt a great sense of \_\_\_\_\_ when she solved the problem.
3. Mandy's recovery is slow but \_\_\_\_\_. She is consistent in her treatment.
4. I was really happy to hear you could \_\_\_\_\_ so quickly. It's difficult to have the flu for a long time.
5. The \_\_\_\_\_ were difficult, but Harry managed to adapt to the situation and finish the project on time.
6. When are you going to \_\_\_\_\_ the results? Everyone is waiting for them already.

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### Level 1: Elementary

**Hannah Harris Green**  
**26 October, 2024**

- 1 A recent study has revealed that some people with attention deficit hyperactivity disorder (ADHD) work best during periods of high stress.
- 2 Maggie Sibley, a psychiatry professor at the University of Washington and the study's lead author, initially wanted to learn if it is possible for adults to recover from ADHD. First, she investigated a data set that tracked 600 patients with ADHD over 16 years, starting from childhood.
- 3 "What we found was this pattern of fluctuating ADHD, and most of the people that were getting better, they would then get back to ADHD again," she said.
- 4 She then went back to that same data set to try and find out what circumstances might lead to relief from ADHD symptoms.
- 5 Her study identified three different groups of ADHD patients: those who experienced periods of apparent full recovery, those who experienced partial remission and those whose ADHD symptoms remained steady over time.
- 6 People who experienced temporary full recovery were most likely to experience it during times of stress. Those who had periods of partial recovery were also more likely to experience anxiety.
- 7 Arij Alarachi, a psychology PhD student at McMaster University, says it makes sense that ADHD would respond differently to different circumstances.
- 8 "ADHD patients may do best when they face challenges like deadlines, or when things are more urgent" said Sibley.
- 9 Sara Vranes, who was diagnosed with ADHD at 36, relates to this idea. She sees her ability to hyperfocus under pressure as a "superpower". During downtime, however, she's often anxious and can't focus.
- 10 More than half of adults with ADHD also experience anxiety. But, Sibley's study shows this might not always be a bad thing. "We call it a protective factor in ADHD," she said. Alarachi said that in her research, too, she's come across people with ADHD who say anxiety helps them keep impulsivity under control. They will say: "My anxiety [has] helped me stop myself from maybe acting on some of those impulses, or it's made me think about some of the consequences."
- 11 Alarachi and Sibley agree that people with ADHD should try to figure out how best to relax and keep their anxiety to a reasonable level. "I always tell people with ADHD, you have to learn to write your own owner's manual," Sibley said.

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### Level 1: Elementary

#### 3 Comprehension check

a. Choose the correct option to complete the sentences.

1. Research shows that individuals with ADHD **work well / feel better / experience difficulties** under pressure.
2. Arij Alarachi explains ADHD behaves differently **in times of stress / in different situations / when there are deadlines**.
3. People with ADHD may find it difficult to concentrate **under pressure / when things are urgent / in calm times**.
4. Sibley explains that anxiety can be a **'protective factor' / 'bad thing' / 'type of treatment'** when it comes to ADHD.
5. Anxiety helps those with ADHD control their **thinking processes / impulsivity / negative thoughts**.

#### 4 Key language

a. Complete the sentences from the article by writing the past simple form of the verbs in brackets.

1. First, she \_\_\_\_\_ (investigate) a data set that tracked 600 patients with ADHD over 16 years, starting from childhood.
2. "What we \_\_\_\_\_ (find) was this pattern of fluctuating ADHD, and most of the people that were getting better, they would then get back to ADHD again."
3. She then \_\_\_\_\_ (go) back to that same data set to try and find out what circumstances might lead to relief from ADHD symptoms.
4. Her study \_\_\_\_\_ (identify) three different groups of ADHD patients.
5. Alarachi \_\_\_\_\_ (say) that in her research, too, she's come across people with ADHD who say anxiety helps them keep impulsivity under control.

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**b. Complete these sentences, so they are true for you.**

1. Yesterday, \_\_\_\_\_
2. Last week, \_\_\_\_\_
3. A month ago, \_\_\_\_\_
4. Five years ago, \_\_\_\_\_
5. When I was younger, \_\_\_\_\_

### 5 Discussion

**a. Discuss these questions.**

1. Do you work well under pressure?
2. When do you feel anxious or stressed?
3. What do you do to cope with stressful situations?

### 6 In your own words

**a. Work in pairs. Use the questions below to discuss the stress and anxiety levels at work. Take notes of your partner's answers.**

- Where do you work and what job do you have?
- What makes you feel stressed at work?
- Do you ever feel anxious before starting work?
- Is your work sometimes too difficult or too busy?
- How do you feel when you have a lot of tasks to do?
- Do deadlines make you feel worried or motivated?
- What do you do to relax after work?
- Do you like to talk to someone about your work stress?

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### Level 1: Elementary

- Does listening to music help you feel calm?
- What is the best way to make work less stressful for you?
- Do you think taking breaks during work is helpful?

**b. Work in groups and discuss your partner's answers.**

**c. In your group, discuss the questions below. Use your notes from the previous discussion.**

- Whose survey partner has the most stressful job?
- What jobs do you think are the most stressful?
- What makes a job stressful?
- Do you think people should be paid more for more stressful jobs?