Email

[Name of the Writer]

[Name of the Institution]

Email

Dear John,

 Glad to hear from you. I hope my email will find you in the best of spirits and health. I am really sorry to hear the news that you have been diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD). No doubt it is a medical issue, but the good news is that it is not very serious and easily curable. A person can easily learn to manage their affairs along with the disease. Let me tell you a little more about ADHD.

 ADHD is a mental disorder that affects the brain the behavior of a person. You would have experienced the symptoms yourself, but let me tell you some things in detail as well. Individuals who have ADHD are impulsive, inattentive, and hyperactive. They are easily distracted, and it is almost impossible for them to sit still at a place for a long time. They may also miss important details due to their inability to pay attention to the details. They also remain restless due to their hyperactive nature.

 Let me tell you about your medical issue in terms of neurosciences (I hope I don’t make it much complex). Attention-Deficit/Hyperactivity Disorder cannot be taken as a single pathopsychological entity and seems to have complex etiology. There are a number of genetic and environmental risk factors that come together to create a neurobiological liability. All these factors work in tandem and coordination (Arns, Heinrich, & Strehl, 2014). The brains of children suffering from ADHD have been found to be comparatively smaller as the cerebellum is affected differently to the children who are not affected by it. The basal ganglia, prefrontal cortex, and the cerebellum are affected variably in different individuals.

But rest assured that it is completely normal to have ADHD. Many people, including the children, adults, and young adults, have ADHD, and they lead a completely normal life. Coming towards the treatment of this mental issue, it is completely curable and can be treated in a number of ways. The treatments range from person to person and according to the severity of the symptoms of this issue. The issue can be treated both with the help of medication and behavioral therapies. Both stimulant and non-stimulant medicines can be used in the treatment of ADHD. Although drugs are a much better and effective way to treat this issue, they come with certain side-effects as well (Castle, Aubert, Verbrugge, Khalid, & Epstein, 2007). Moreover, non-medicinal therapies include multiple behavioral therapies, social skills training, psychotherapy, and indulgence of the patient in support groups. The good news and interesting fact are that it can also be cured and controlled with the help of simple and easy natural remedies if someone does not want to go for medication.

 In the end, I would like to repeat that ADHD is not at all dangerous. I hope that the information that I provided you in this email would have proven helpful for you, and it will prove to be beneficial for you in the coming future as well.

Best Regards,

Your Professor

XYZ

Psychology Department

ABC University

**References**

Arns, M., Heinrich, H., & Strehl, U. (2014). Evaluation of neurofeedback in ADHD: the long and winding road. *Biological psychology*, *95*, 108-115.

Castle, L., Aubert, R. E., Verbrugge, R. R., Khalid, M., & Epstein, R. S. (2007). Trends in medication treatment for ADHD. *Journal of attention disorders*, *10*(4), 335-342.