

Confessions of an ADHD-  
fueled technologi.... 🐿️!

Any introverts in the room?





# Jeremy Meiss

Director, DevEx & DevRel

*OneStream Software*

DevOpsDays KC Organizer



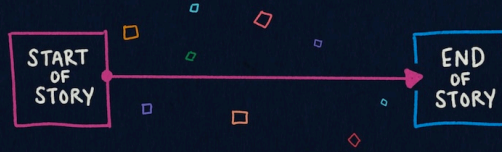


**Begin at the beginning  
and go on till you come to  
the end; then stop.**

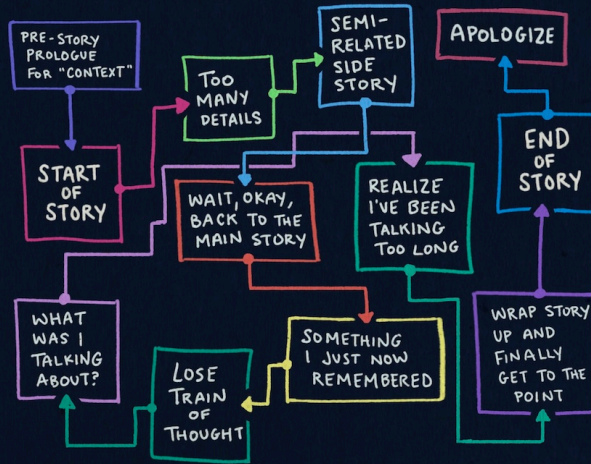
Lewis Carroll

“ quote fancy

## NON-ADHD STORYTELLING



## ADHD STORYTELLING



adhddd.com

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@danidonovan

NOT RESPONSIBLE

FOR THE

THEFT

*Image: PublicDomainPictures from Pixabay*



*Image: Spreadshirt.com*





*Image: Brilliant & Company, Medium post*





# FREE PIZZA AWARD CERTIFICATE

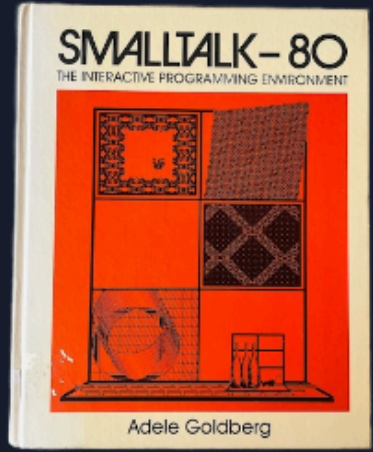
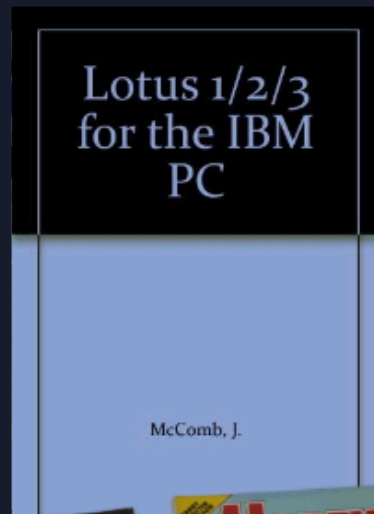
Congratulations! You have met your reading goal for the month, and this entitles you to ONE FREE PERSONAL PAN PIZZA,® one topping, at any participating Pizza Hut® restaurant. Enjoy it with our sincere compliments on a job well done!

This certificate is valid any time during normal business hours, only for the BOOK IT!® program honoree. And only when the winning child is present.

Please present certificate when ordering. Five-minute guarantee does not apply. One certificate per pizza per visit at all participating Pizza Hut® restaurants. This offer is void.























# ADHD CHILD BINGO\*

HYPERACTIVE IMPATIENT IMPULSIVE INATTENTIVE CREATIVE

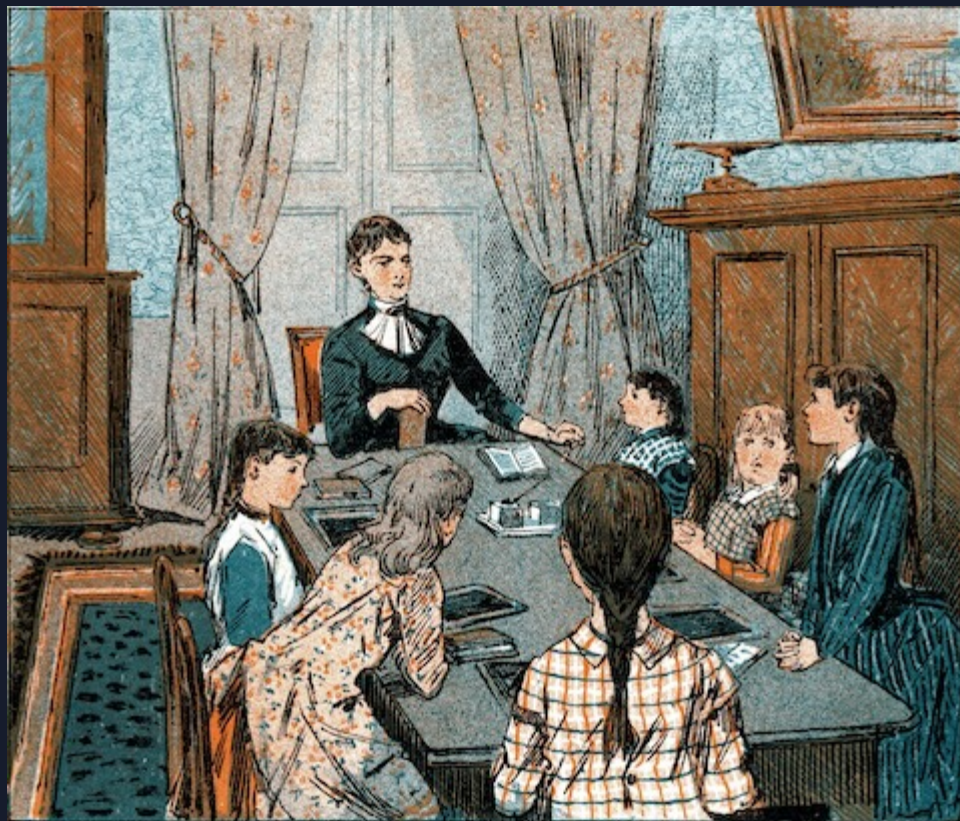
WATCH ME _____!	CAN WE BE DONE?	interrupt	I'M BORED	WHY?
Squirm in seat	[NAME] x 1,000	melt-down	ONE MORE MINUTE	HEY GUESS WHAT
BUT I'M NOT TIRED	Can't wait turn		I LOST IT	I WANNA DRAW
LOUD SHRIEK	CAN WE GO NOW?	in-sensitive comment	I FORGOT	I HAVE AN IDEA
WANNA RACE?	ARE WE THERE YET?	grab from people	I DUNNO	CAN I TRY?

\*obviously not a diagnostic tool

adhd.com

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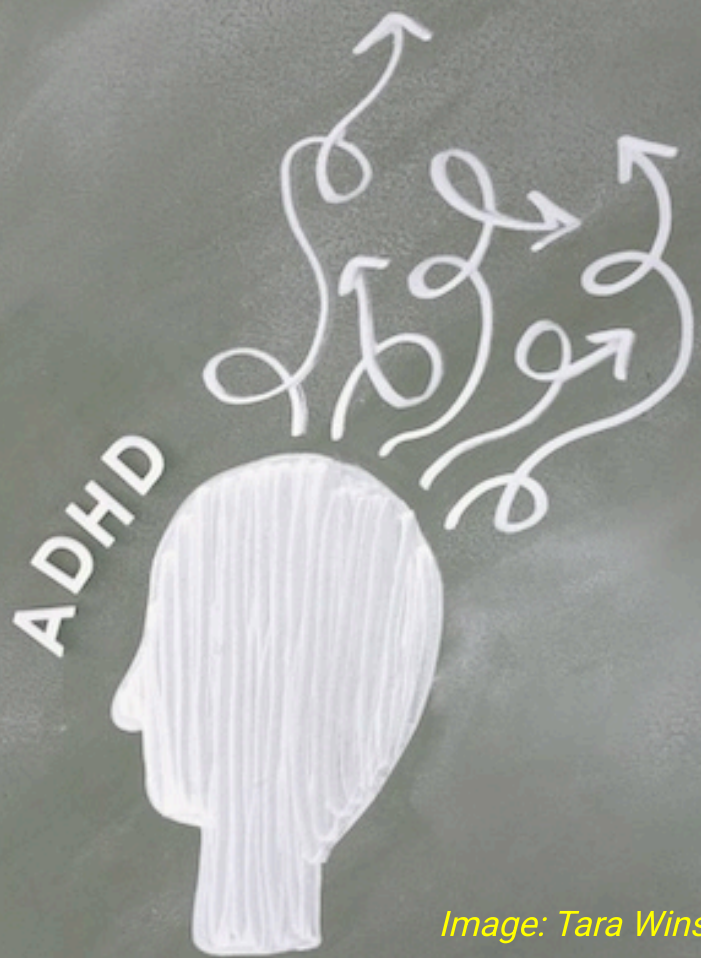
@danidonovan



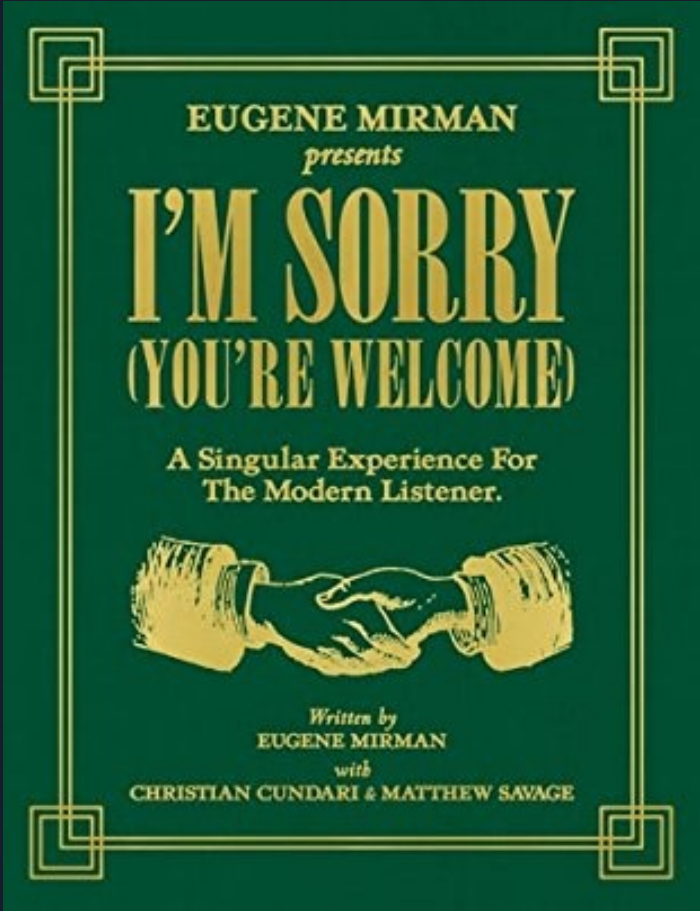
*Image: Wikipedia*







*Image: Tara Winstead, Pexels*

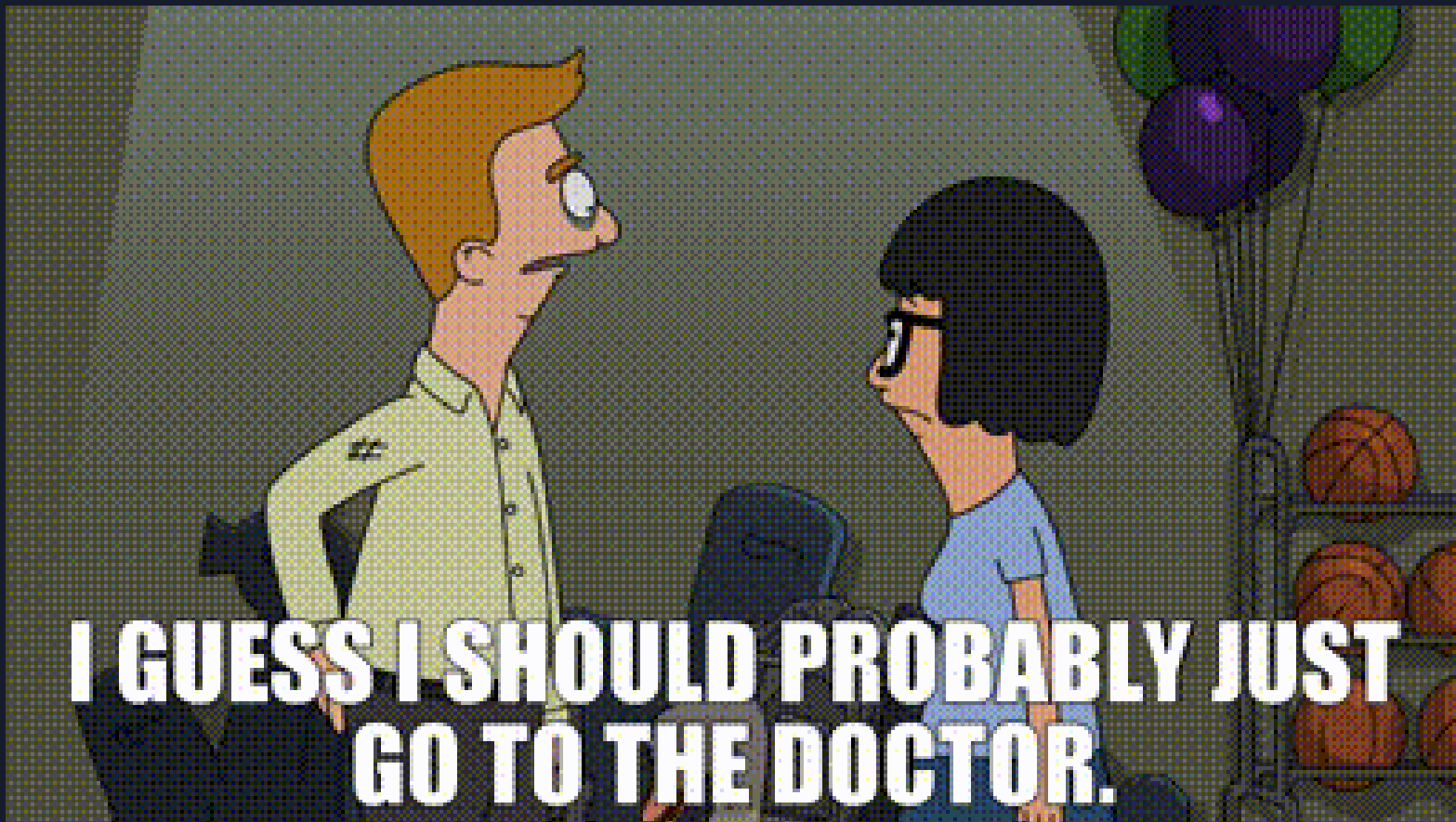




*Image: Medscape.com*









**YEAH,  
NO.**

*Image: Crazy Dog T-Shirts*





*Image: Jeremy at Alice-Toxaway Divide, Idaho, 2023*













## Jeremy sees the "-gists"

- Urologist
- Neurologist
- Neuropsychologist
- Gastroenterologist
- Hematologist
- Oncologist
- Geologist







*Image: HealthTimes*





Jeremy's #OpenToWork  

@IAmJerdog



For all of you who have ever thought or said, "You need your head examined," (including some of my friends here, in love, I'm sure 😊😏😬 😬, and certainly my family) I finally did it. I saw a neuropsychologist. Results to be received and disseminated in 4 weeks.



# ADHD

a mental condition, beginning in childhood and often persisting into later life, that is characterized by persistent difficulty in maintaining attention and concentration, and is frequently accompanied by hyperactive and impulsive behavior.

*Source: CDC*



*Image: Tara Winstead, Pexels*

# Diagnosing ADHD

## DSM-5 criteria for ADHD diagnosis

Inattention	Symptoms
<p><b>NOTE: Symptoms of inattention have been present for at least 6 months, and they are inappropriate for developmental level.</b></p>	<ul style="list-style-type: none"><li>• Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or with other activities.</li><li>• Often has trouble holding attention on tasks or play activities.</li><li>• Often does not seem to listen when spoken to directly.</li><li>• Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., loses focus, side-tracked).</li><li>• Often has trouble organizing tasks and activities.</li><li>• Often avoids, dislikes, or is reluctant to do tasks that require mental effort over a long period of time (such as schoolwork or homework).</li><li>• Often loses things necessary for tasks and activities (e.g. school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).</li><li>• Is often easily distracted.</li><li>• Is often forgetful in daily activities.</li></ul>

Hyperactivity-impulsivity	Symptoms
<p><b>NOTE: Symptoms of hyperactivity-impulsivity have been present for at least 6 months, and they are inappropriate for the person's developmental level.</b></p>	<ul style="list-style-type: none"><li>• Often fidgets with or taps hands or feet, or squirms in seat.</li><li>• Often leaves seat in situations when remaining seated is expected.</li><li>• Often runs about or climbs in situations where it is not appropriate (adolescents or adults may be limited to feeling restless).</li><li>• Often unable to play or take part in leisure activities quietly.</li><li>• Is often "on the go" acting as if "driven by a motor."</li><li>• Often talks excessively.</li><li>• Often blurts out an answer before a question has been completed.</li><li>• Often has trouble waiting their turn.</li><li>• Often interrupts or intrudes on others (e.g., butts into conversations or games).</li></ul>

Source: CDC

## 3 Subtypes of ADHD

- Inattentive
- Hyperactive/Impulsive
- Mixed

*Source: Psychiatry.org*

## Cis Females often underdiagnosed

- **Symptom types:** easier to notice hyperactivity and impulsiveness in Cis males
- **Bias:** since more common in Cis males, not often looked at for Cis Females
- **Less available research:** with ≠ sample sizes, AFAB rarely included
- **Inattention symptoms occur later:** seen in structured environments, i.e. college

*Source: CHADD.org, Healthline.com*



## Cis Females less likely to *outgrow* ADHD

- 60% vs 30% have ADHD continuing into adulthood
- People who "outgrow" usually still have symptoms

*Source: NIH.gov, PsychCentral.com*

## Cis Males/Females different comorbidity patterns

*comorbidity* is when another condition occurs alongside another.

Quantitative assessments still focus on external behaviors that interfere with other people.

### Cis Males: Externalizing

- substance misuse
- conduct disorders
- antisocial personality disorders

### Cis Females: Internalizing

- anxiety
- depression
- somatic symptom disorders
- eating disorders

*Source: Medical News Today*

## Anxiety & Mood disorders often misdiagnosed for Cis Females

Cis females are often misdiagnosed and treated for anxiety and mood disorders as primary diagnoses

As a result, Cis females with ADHD often are distracted from their own self-care:

- Postpone checkups and procedures
- Function with serious sleep deficits
- Inconsistent eating patterns can result in complications

Chronically stressed, may turn to Rx to manage other symptoms of:

- anxiety
- mood disorders
  - sleep
  - pain
- self-medicate with alcohol or drugs

*Source: WebMD, NIH.gov, ADDitudemag.com*

## Growth of Adult ADHD Diagnosis

Estimated 6.0% of adults had a current ADHD diagnosis

- more likely to be aged <50 years (84.5%) when diagnosed,
- less likely to have a bachelor's degree or higher (28.1%),
- less likely to be non-Hispanic Black or African American (7.4%),
- more likely to be non-Hispanic White (70.4%), and
- more likely to have a household income below the federal poverty level (22.1%)

*Source: CDC*

## Growth of Adult ADHD Diagnosis

- Increased awareness and understanding of ADHD as a lifelong condition
- Reduced stigma surrounding mental health conditions
- Greater access to healthcare and diagnostic services
- Changes in diagnostic criteria that broadened the definition of ADHD
- Societal changes

*Source: Mayo Clinic, Advanced Psychiatry Associates*

## COVID-19 has had an impact on ADHD

2024 University of Helsinki report found...

- Finland's ADHD cases doubled during pandemic
- Largest increase in Cis females ages 13-30
- Remote learning demanded more executive function

*Source: JAMA Network*

So I  
have  
ADHD,  
and—



ADHD  
isn't  
real.



...what



And even  
if it is  
real, it's  
SO over-  
diagnosed.



Yeah,  
bye.



IT'S ALL  
A PLOY  
BY **BIG**  
**PHARMA**  
TO GET OUR  
KIDS HOOKED  
ON STIMULANTS



adhd.com



*Image: ThoughtCo*





ot citron noix de coco chocolat menthe figue caramel speculoos

S TUILLES

MACARON

TARTES  
Noix - Mandarine - Caramel

Image: Maria Orlova, Pexels

# ADHD

## B I N G O

must shake leg	needing to climb everything	sensory overload meltdown	talking too fast	pen clicking
can't think. too hungry.	"...I'm sorry, what?"	needing to touch everything	"what did I come in this room for"	trying to do work, but... There's a cat..
what is sleep	hyper focus on the wrong thing	spacing out	200 unfinished projects	must rub this thing on face
here comes depression	"drink some coffee" "I'll fall asleep"	"where the hell is my _____?"	forgetting EVERYTHING	gotta wiggle
stares at wall for 5 hours	getting distracted by a leaf	"too boring. can't do it."	"ooh, bright colors"	"can u repeat that? I wasn't paying attention..."



**ONE OF US! ONE OF US!**



**How**

**to**

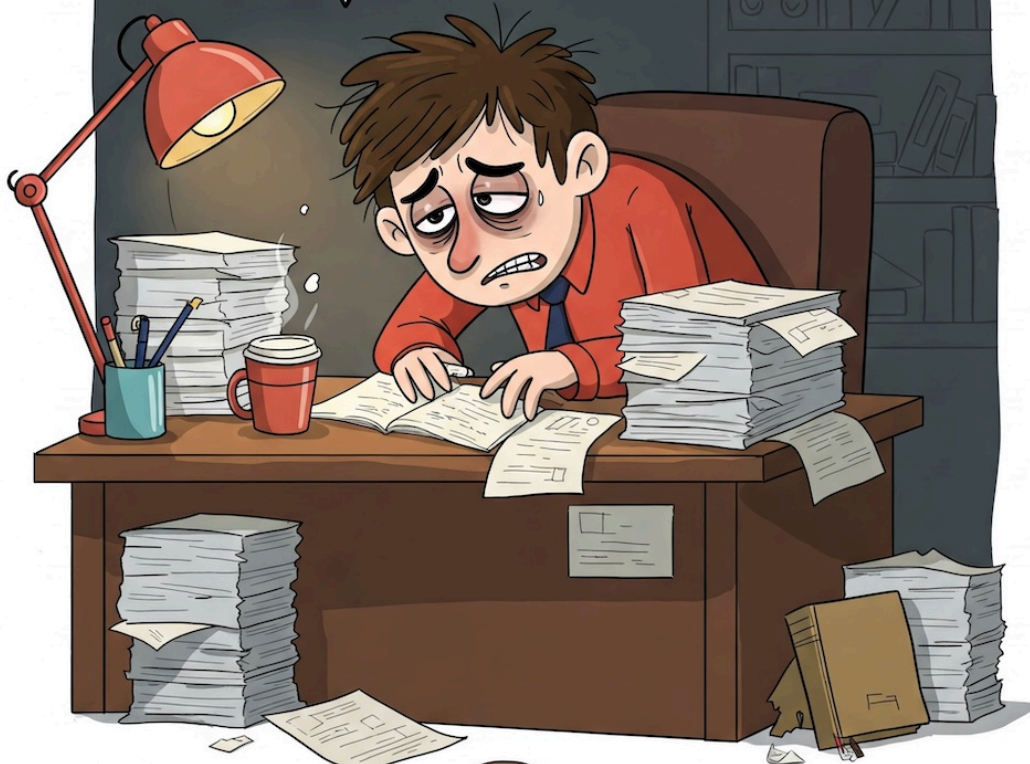


**ADHD**

An Insider's Guide  
to Working with Your Brain  
*(Not Against It)*

Jessica McCabe

OVERWORKING BREAKS?



## Embracing my ADHD

- Explained `_some_` of my shortcomings, but not an excuse
  - Understanding how my brain works
- Accept the scattered thinking, and seek creative problem-solving
- Step into inherent "context-switching" that tech & DevRel requires

WHAT YOU DO

+ WHAT YOU LEARNED  
FROM WHAT YOU DID

---

WHO YOU ARE

- NEIL DEGRASSE TYSON





Image: Leuchtturm Entertainment, Unsplash



**cannot be blank** 🔒 @kefimochoi · May 10, 2022



Post your worst insecurities 🌞

Let's practice being vulnerable for no fucking reason



56



101



**Jeremy's #OpenToWork** 🇺🇸🇧🇪 @IAMJerdog



@IAMJerdog

I often feel like I'm the "added on" in a friend group, kinda like the last one picked in sports

8:43 AM · May 11, 2022



**Jeremy's #OpenToWork** 🇺🇸... @IAMJerd... · Aug 19, 2021



I will never not get a little anxious that I'm "that guy" people include in their small groups, texts, chats, etc, and that I'm just someone nice to have around



1



3



**Jeremy's #OpenToWork** 🇺🇸🇧🇪 @IAMJerdog · Aug 19, 2021



I was a weird kid, always feeling a little bit different, never quite feeling part of any "in-crowd". Being homeschooled from 4th grade on didn't help because all of my friends (neighbor kids & church friends) hung out with each other at school & I was the outsider.



1



3



**Jeremy's #OpenToWork** 🇺🇸🇧🇪 @IAMJerdog



@IAMJerdog

Just something I'm thinking about while I'm on hold with insurance for 40 minutes

4:07 PM · Aug 19, 2021

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

*Source: CDC*





**don't forget to breathe**

## I say all this because...

1. Cut yourself some slack.
2. Be open and tell your story.
3. ADHD doesn't have to hold you back.
4. Talk to someone. Get help.
5. There are resources available.

It's okay to take a break even if you don't think you deserve one.

It's okay if you don't cross off every item on your to-do list.

It's okay to not be productive every second of every day.

You are a human, not a machine.

It's okay. You're okay.  
@danidonovan

## Suggested Coping Mechanisms

- Organizational strategies
- Mindfulness and relaxation techniques
- Lifestyle modifications
- Support groups and therapy

*Source: Mayo Clinic, Advanced Psychiatry Associates, Healthline*

## Coping with hyperactivity

- Shaking legs while sitting
- Moving hands
- Using a standing desk
- Chewing gum

*Source: GoodRx*



# ADHD Resources

Dani Donovan: ADHD Comics

r/ADHD\_Programmers

American Professional Society of ADHD & Related Disorders

Attention Deficit Disorder Association

ADDA: ADHD Workplace Accommodations Guide

Children and Adults with ADHD

National Institute of Mental Health: ADHD Information

Benefits.gov: ADHD Resources

Wired Magazine: How Technology Can Help You Cope With ADHD

WebMD: Adult ADHD Symptoms, Causes, Treatments

WebMD: Living Well with Adult ADHD

Cleveland Clinic: ADHD in Women

ADDitude Magazine: Gender differences in ADHD

StackOverflow Podcast: The many strengths of neurodivergence

StackOverflow Blog: Developer with ADHD? You're not alone

Thank you!



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@IAmJerdog

END