

## Statement of participation

# Arlan Shayakhmetov

has completed the free course including any mandatory tests for:

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### Understanding ADHD

This free 12-hour course explored the experience of ADHD from the perspective of those diagnosed with the condition, and those who care for them.

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**Issue date:** 27 June 2025



[www.open.edu/openlearn](https://www.open.edu/openlearn)

This statement does not imply the award of credit points nor the conferment of a University Qualification.  
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:  
<https://www.open.edu/openlearn/health-sports-psychology/understanding-adhd/content-section-0>

COURSE CODE: **SK298\_1**

## Understanding ADHD

<https://www.open.edu/openlearn/health-sports-psychology/understanding-adhd/content-section-0>

### Course summary

This free course, Understanding Attention Deficit Hyperactivity Disorder (ADHD), explores the experience of ADHD from the perspective of those who are diagnosed with the condition, and those who care for them. It covers the contribution of scientific research to understanding ADHD, with a focus on assessing the effectiveness and mechanism of action of treatments and therapies.

### Learning outcomes

By completing this course, the learner should be able to:

- define key terms in the field of ADHD
- describe the characteristics of ADHD and how they are used in diagnosis
- describe the patterns of prevalence of ADHD, including the reasons for disparities worldwide
- describe risk factors and brain changes associated with ADHD
- outline key approaches to managing ADHD, with reference to their scientific evidence base.

### Completed study

The learner has completed the following:

#### Section 1

Session 1: Understanding life with ADHD

#### Section 2

Session 2: The neurobiology and management of ADHD

#### Section 3

Conclusion