

# **"If You Don't Like Me I'll Hate You:" A Psychological Cause of the<sup>1</sup> Attention Deficit Hyperactivity Syndrome (ADHS)**

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This paper describes psychological syndromes which mimic ADHD, a neurological disorder. If this syndrome is misdiagnosed as ADHD, the treatment will be ineffective. The focus is children who operate from the position, "If you don't like me, I'll hate you." The child's perceptions that a teacher doesn't like him/her give rise to anger/hatred acted out as oppositional, noncompliant, provocative, and vengeful behaviors aimed at the teacher. This child is non-compliant with routine classroom requests because, "You don't do stuff for people you hate." They disrupt class because disruption is effective in annoying and taking revenge on a teacher. Tapping of pencils, inappropriate out-of-seat behavior, chronic talking at inappropriate times, blurting answers out of turn, and jumping in and out of line are ways some children act out this anger and take revenge. At intense levels these children will be diagnosed as Oppositional Defiant Disorder or Conduct Disorder. This paper is about the mild levels in which the disruption is significant, but the roles of anger and oppositionality are not obvious. The concepts are illustrated with quotes from children in therapy. Classroom management approaches and therapeutic strategies are outlined.

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<sup>1</sup> In Mills, G.M., Al-Mateen, C.S., & Freeman, E.B. (1997). *Children and adolescents with emotional and behavioral disorders: Proceedings of the Seventh Annual Virginia Beach Conference*. Richmond, VA: Commonwealth Institute for Child and Family Studies, Medical College of Virginia, Virginia Commonwealth University.