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• **Re: "Didn't make anyone smarter..." (Score:2)**

by [reanjr \(588767 \)](#)

Did you miss the part where it says, "can make it hard for them to stay organized or focused"?

• **Re: (Score:1)**

by Anonymous Coward

I have found that any head-ache or common cold pill made me perform better in examinations. I don't know which ones are best but a combination common cold antihistamine plus pain reliever would boost my abilities very much and I would do 10 to 20% better in the exam.

To improve studying, any head-ache pill would work wonders - even the good old aspirin. Coffee of course is probably the most common performance booster, but coffee plus aspirin, or coffee plus half an antihistamine is a lot better. So there

• **Re: (Score:1)**

by Anonymous Coward

What will really bust your noodle later is a large majority of behavior modification/investigation is done ostensibly with college students. These same students have to take part in research study as part of a required course's requirements. This is not a great source of random sampling.

• [2 hidden comments](#)

• **Re: (Score:2)**

by [TheReaperD \(937405 \)](#)

I'm not sure which is more shocking. That you wrote that FUCKing post or that I read all of that FUCKing post!

• **Re: (Score:2)**

by [Whibla \(210729 \)](#)

Correct. A sample size of 13 is utterly worthless statistically. No useful information can be had from such an experiment.

Incorrect. A sample size of 13 *does* give statistically significant results (for a fairly specific version of significant), and is, in fact, the smallest sample size to do so.

It might never have occurred to you to wonder why legal trials have a judge and 12 people on a jury - making 13 people. Perhaps you should look into that: mathematically it's quite interesting.

• **Re: (Score:1)**

by Anonymous Coward

I'll believe real scientists

No matter their degree, as long as their conclusions match my biases.

• **Re: (Score:1)**

by [Khyber \(864651 \)](#)

Spoken like a fool that has never been involved in actual research. You have to start somewhere, and usually small, to get others to try repeating your results on a larger scale. That's how most science works, now days.

Signed,

Former Horticultural Research Director

• **Not a Surprise (Score:4, Interesting)**

by [Cinnamon Beige \(1952554 \)](#) on Friday July 20, 2018 @11:59PM ([#56983808](#))

I've had a *lot* of teachers whose specialty was in this area, and honestly this is kind of the equivalent of 'We checked, water is wet.' ADHD is basically a bandwidth problem--people with attention deficit disorders (there's several) lack the standard suite of preprocessing filters on their incoming data. These normally are present to basically try to get you to stick with what (the filters judge to be) the important stuff in the incoming data is--without these filters, you're attempting to drink from the proverbial firehose. Hyperactivity is the most common method by which the brain attempts to cope--"Maybe if we move really really really fast we can get all this sorted!" There's other strategies, too, such as 'shut down' and 'increase processing power' which have their own relative issues and your attention is *still* going to be not working like what is classed as 'normal'--in some populations, ADD *is* normal, because assumptions about what is/isn't important in your environment tended to get selected against instead of heavily agricultural populations where we strongly selected for the ability to not be too bothered by spending many hours staring at the hind end of a draft animal... It's not shot; you can get hyperfocus and flow, where your attention is very tightly focused on doing a task, vastly more easily than the normal population. There is, however, one thing about this that's surprising--and that's that you get the same kind of effects in normal people. One of the old methods for confirming an ADD diagnosis is that you had an atypical reaction to stimulants...which Adderall and Ritalin are. To be specific, they're amphetamines...

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• **Oh, almost forgot... (Score:2)**

by [Cinnamon Beige \(1952554 \)](#)

FYI: Working memory is basically the RAM of the brain--it's short-term holding for stuff you're processing and using, which is why it's called *working* memory. One of the things you check for if somebody who *should* be doing well in school but isn't? Is if their working memory is functioning correctly.

Focus and attention aren't anywhere *near* as important. You can only be vaguely paying attention and still retain a surprising amount of information, but you need your working memory to remember the start of a

• **Re: (Score:3)**

by [Anonymice \(1400397 \)](#)

I've been diagnosed with ADHD since I was a child, and use medication selectively today, adjusting my dosage depending on the demands of the day & how I'm feeling (I only take my full dosage on "bad" days).

Your description is fairly spot on. Anecdotally however, I'm not sure the medication actually has much of a *direct* affect on memory, it simply helps in maintaining focus on the right things, which in turn helps you record the right things.

• [1 hidden comment](#)

• **Re: (Score:3)**

by [Cinnamon Beige \(1952554 \)](#)

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Working memory is distinct from short-term and long-term memory--the things people normally think of as memory. Those are more like the write buffer to the hard drive & the hard drive itself.

That said, you might want to look into flow--hyperfocus is when you find your attention stuck on something and it's *not* something you want to be paying attention to exclusively, flow is the state of attention you're in when you hit the zone. I've lost days that way. ADHD actually makes it easier to reach these st

• **Re: (Score:3)**

by [Khyber \(864651 \)](#)

"Anecdotally however, I'm not sure the medication actually has much of a direct affect on memory"

Judging by your UID, you're a young millennial.

Come back in 15 more years when you start seeing the extended effects of those amphetamines on your nervous system. I took that shit for 12 years, from age 6 to 18. The damage it did is quite noticable. You'll start thinking you're getting Alzheimer's around 35 if you took it as young and as long as I did.

• **Re: (Score:2)**

by [alvinrod \(889928 \)](#)

which Adderall and Ritalin are. To be specific, they're amphetamines...

Take a look at the chemical formulas for Adderall and meth sometime.

I think a lot of ADHD problems would go away if we just let kids run around some more. I've known a fair number of people who've been put into that bucket and physical exertion does a lot to mitigate the effects. Extra PE time might also help with the obesity epidemic as well.

• **Re: (Score:1)**

