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2 ADHD SYMPTOM RELIEF. Attention Deficit Hyper Activity Disorder (ADHD) is a chronic and impairing behavioral disorder that affects behavior, attention and hyperactivity in around 10% of youths (White & Harris et al, 2013) and tens of millions of Americans (Stabeno, pg. 1). The effects of the disorder can be far reaching and long term, continuing even into adulthood.Â Michael Stabeno in his book, The ADHD Affected Athlete offers a completely different take on the matter. He actually suggests that ADHD might be beneficial for athletes in some ways. He compares this to how people with certain other handicaps or challenges can develop heightened senses or abilities in response, such as how a blind person develops a heightened sense of hearing.