

ABSTRACT

This thesis examines the psychosocial reality of individuals with ADHD in social situations and their coping strategies. The aim was to explore the phenomenon of social masking as a self-referential strategy. This aim also included the observation of the transformation of self-relational concepts in the context of diagnosis. Data were collected using a semi-structured interview method with five adult respondents diagnosed with ADHD. The interviews were analyzed using the Interpretative Phenomenological Analysis method. The analysis resulted in three themes: Reflection and Reframing, Burden and Control, and Mask and Authenticity. Above all, these results provide insight into the unique experiences of individuals diagnosed in adulthood, providing an understanding of the complexity of the impact of ADHD on psychosocial functioning.

KEYWORDS

ADHD, self-concept, authenticity, social masking, coping strategies