

Forum:[Hack Forums](#)

Thread: [Hacking and ADHD](#)

CaptechPhD - January 23, 2024, 2:15 pm

So some researchers have suggested that there is a link between ADHD (Attention Deficit Hyperactivity Disorder) and hacking. The argument is that some people with ADHD have the ability to hyper focus on things of interest. This ability to hyper focus is beneficial when one is spending hours hacking/solving problems.

What do you think? In your experience, is there a link between ADHD and hacking?

Hackers - January 24, 2024, 6:09 am

Hyperfocus in ADHD, and also autism, and other diagnosis can definitely play a role. I would assume there are some correlations between hacking and some of those for sure!

Jamika - January 24, 2024, 10:40 am

My son is autistic and i can say that is partially right , autistic people are clever and focus on certain things , think same with adhd too

Monero-chan - January 24, 2024, 12:53 pm

(Jan 24, 2024 07:09 AM)nodes Wrote: [\[CITE\]](#) Hyperfocus in ADHD, and also autism, and other diagnosis can definitely play a role. I would assume there are some correlations between hacking and some of those for sure!

I was diagnosed with both at a young age and started "hacking" by booting people off in black ops 2 lobbies when I was 14

CaptechPhD - January 25, 2024, 5:48 am

(Jan 24, 2024 07:09 AM)nodes Wrote: [\[CITE\]](#) Hyperfocus in ADHD, and also autism, and other diagnosis can definitely play a role. I would assume there are some correlations between hacking and some of those for sure!

Absolutely. Research also connects autism spectrum disorder as one of the features of that disorder can be obsessive interest in a specific area and gifted level abilities. Currently, research is limited with actual hackers though.

(Jan 24, 2024 11:40 AM)Jamika Wrote: [\[CITE\]](#) My son is autistic and i can say that is partially right , autistic people are clever and focus on certain things , think same with adhd too

Thanks for sharing. It is very interesting how neurodiversity can lead to such talent in specific areas. I have witnessed this in people I know who are on the spectrum.

(Jan 24, 2024 01:53 PM)Monero-chan Wrote: [\[CITE\]](#) I was diagnosed with both at a young age and started "hacking" by booting people off in black ops 2 lobbies when I was 14

Thanks for sharing that. So you were diagnosed with both ADHD and autism spectrum disorder. Would you say that gaming and hacking were ways to deal with these disorders or that this disorders made you better at gaming in hacking or both?

Hackers - January 25, 2024, 5:55 am

(Jan 24, 2024 01:53 PM)Monero-chan Wrote: [\[CITE\]](#) I was diagnosed with both at a young age and started "hacking" by booting people off in black ops 2 lobbies when I was 14

Nice, nice. I never got into that part of the gaming world as much. What was the method to get IPs

to boot?

an4l 1st - February 3, 2024, 12:25 pm

nowadays every "abandoned" child has adhd...

that is just because the parents leave the children holding the mobile phone so they won't bother the adults...

it is probably harder to do anything intellectually related if you have adhd... if there is any correlation is probably in the other way... among hackers the number of individuals with adhd must be quite rare...

you just have many adhd individuals who like phones and tech stuff because they holded too much the phones when they were young as I said above...

it does not mean they are good with it or that they are hackers...

you know, hacking is not what they show in the movies..

hacking is a very methodic and boring activity that takes a lot of time to achieve...

that is the difference of a hacker and a script kiddie... a hacker knows what he is doing... and the difference between someone who knows what is doing and someone who is just fuzzing around pressing every buttons trying to make something happen is YEARS of intellectual dedication...

you can buy yourself easily in the hack world... register in some paid underground hacker market forum... purchase some tools, some stolen data, some access to other machines...

and you can see yourself "hacking" just like that moron from lapsus...

but those are just script kiddies..

they don't have any idea what they are really doing... they just buy tools and press buttons..

M?tt - February 3, 2024, 12:30 pm

I feel like ADHD, autism, or any of the mental disorders can be linked to a lot more people than just those that "hack." I don't think it has anything to do with their mental disorders or ability to focus, but more so what peaks their interest.

So no, I don't think there's a link to ADHD and hacking. Just because a majority of ADHD diagnosed individuals tend to hack things doesn't make the correlation there. If most of the population was properly diagnosed with ADHD, I'm willing to bet that there would be a lot more career fields and activities that would somehow try to make that same exact connection.

Popular - February 3, 2024, 2:18 pm

This is 100% true to me, I've seen it many of times where big hackers/coders have some sort of condition(s)

Blora - February 6, 2024, 10:20 am

I honestly think it might play a significant role in said topic. ADHD makes you heavily invested in things that you find interest in, whereas hacking can be one of the things you're especially interested in doing.

stardayzin - February 6, 2024, 3:18 pm

I have adhd and with my adderall I can hyperfocus on anything.

anoncrab - February 6, 2024, 10:05 pm

(Jan 24, 2024 07:09 AM)nodes Wrote: [\[CITE\]](#) Hyperfocus in ADHD, and also autism, and other diagnosis can definitely play a role. I would assume there are some correlations between hacking and some of those for sure!

I was diagnosed with both as a kid, mild autism and ADHD, and can say it helped me start hacking as a kid. Started with simple stuff like downloading RAT's and infecting my friends computers and spying on them.