

Abstract

This thesis explores the experiences of adults with ADHD in their friendships. The aim of the research is to investigate how adults with ADHD perceive their friendships, what challenges and obstacles they encounter in these relationships, and what strategies they use to establish and maintain them. The thesis is divided into several sections. The first section focuses on the theoretical framework, including the history of friendships and the specifics of ADHD. The second section describes the research methodology, including the selection of participants and the conduct of interviews. The third section is dedicated to data analysis and the presentation of key themes that emerged from the interviews. The results indicate that friendships represent an important source of support and a space for authenticity for adults with ADHD. The analysis also identified key qualities that these individuals seek in their friendships, particularly the quality of mutuality.