

ADHD and Coexisting Conditions: Neurodevelopment Disorders

More than two-thirds of individuals with ADHD have at least one other coexisting condition.



CHADD's
National Resource
Center on ADHD

AUTISM

Prevalence: 1 out of 4

Symptoms:

- Overfocused, unable to shift attention
- Low tolerance for change
- Highly sensitive or insensitive to light, noise, touch, pain, smell, or taste
- Food preferences based on color or texture
- Often able to remember detailed facts

Treatment Options:

- Behavior therapy including parent training
- Skills training to cope with daily life
- Medication for ADHD symptoms or irritability
- Dietary therapy to eliminate nutritional gaps

SPEECH PROBLEMS

Prevalence: 1 out of 10

Symptoms:

- Issues with word or sound pronunciation
- Stuttering
- Articulation

Treatment Options:

- Speech therapies

LEARNING DISORDER

Prevalence: 1 out of 2

Symptoms:

- Trouble processing information
- Reading difficulty (dyslexia)
- Handwriting difficulty (dysgraphia)
- Math calculations difficulty (dyscalculia)

Treatment Options:

- Learning accommodations and modifications
- Special education services

TOURETTE SYNDROME

Prevalence: 1 out of 10, but more than 2 out of 3 children with Tourette's have ADHD

Symptoms:

- Motor tics
- Vocal tics

Treatment Options:

- Medication
- Behavior therapy
- School supports and accommodations



CHADD.org

This infographic is supported by Cooperative Agreement Number NU38DD000002-01-00 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

ADHD and Coexisting Conditions: Behavioral and Mood Disorders

Behavioral Disorders

CONDUCT DISORDER (CD)

Prevalence: 1 out of 4

Symptoms:

- Lying
- Truancy
- Stealing
- Hitting/fighting
- Biting

Treatment Options:

- Behavior therapy (Parent training)
- Counseling
- Medication

OPPOSITIONAL DEFIANT DISORDER (ODD)

Prevalence: 1 out of 2

Symptoms:

- Quick to lose temper
- Argue with adults
- Refuse to follow rules
- Deliberately annoy people
- Blame others for their mistakes
- Anger
- Vindictive

Treatment Options:

- Behavior therapy (Parent training)
- Counseling
- Medication

Mood Disorders

DEPRESSION

Prevalence: 1 out of 10

Symptoms:

- Sadness (or irritability, particularly in children)
- Hopelessness
- Lack of interest in school or social activities
- Suicidal thoughts

Treatment Options:

- Individual therapy
- Cognitive Behavioral Therapy
- Medication

BIPOLAR DISORDER

Prevalence: 1 out of 5

Symptoms:

- Mixed states of mania and depression
- Rapid mood swings

Treatment Options:

- Medication, including mood stabilizers and antidepressants

ADHD and Coexisting Conditions: Other Conditions



CHADD's
National Resource
Center on ADHD

ANXIETY

Prevalence: 1 out of 5

Symptoms:

- Worry excessively about everyday things
- Feel edgy
- Stressed out
- Overly tired
- Tense

Treatment Options:

- Cognitive Behavior Therapy
- Individual therapy
- Medication

SLEEP DISORDER

Prevalence: 1 out of 2

Symptoms:

- Trouble falling asleep
- Trouble staying asleep
- Sleepy during the day

Treatment Options:

- Practice good sleep habits
- Stick to schedule bedtime
- Keep bedroom environment comfortable
- Get plenty of exercise
- Monitor eating times
- Have a routine
- Medication if prescribed by a doctor

SUBSTANCE USE DISORDER

Prevalence: 1 out of 10

Symptoms:

- Behavior changes (irritability, depressed mood, nervousness, inattention)
- Restlessness
- Loss of coordination, change in gait
- Hallucinations
- Pupil dilation; blurred vision
- Heart palpitations, shakiness, sweating or chills
- Sleep problems
- Change in appetite
- Experiencing withdrawal symptoms when trying to quit

Treatment Options:

- In-patient and out-patient treatment with trained professional



CHADD.org

This infographic is supported by Cooperative Agreement Number NU38DD000002-01-00 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.