

ADHD and Co-occurring Conditions

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

Neurodevelopmental Disorders



Prevalence:
1 out of 2

Learning Disorder

- 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

- Symptoms**
- Motor tics
 - Vocal tics

- Treatment Options**
- Medication
 - Behavior therapy
 - School supports and accommodations

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

Speech Problems

- Symptoms**
- Issues with word or sound pronunciation
 - Stuttering
 - Articulation

- Treatment Options**
- Speech therapies

Prevalence:
1 out of 10

Other Co-occurring Conditions

Prevalence:
1 out of 2

Sleep Problems

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

- Treatment Options**
- Practice good sleep habits
 - Stick to scheduled bed time
 - Keep bedroom environment comfortable
 - Get plenty of exercise
 - Monitor eating times
 - Have a routine
 - Medication if prescribed by doctor

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

Substance Abuse

- Symptoms may include**
- 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 professionals

Prevalence:
1 out of 10

ADHD and Co-occurring Conditions

Prevalence:
More than 1 out of 10

Depression

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

- Treatment Options**
- Individual therapy
 - Cognitive therapy
 - Medication

Bipolar Disorder

- Symptoms**
- Mixed states of mania and depression
 - Rapid mood swings

- Treatment Options**
- Medication, including mood stabilizers and antidepressants

Prevalence:
1 out of 5

Conduct Disorder (CD)

Prevalence:
1 out of 4

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

- Treatment Options**
- Behavior therapy (Parent training)

Oppositional Defiant Disorder (ODD)

- 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)
 - Medication
 - Counseling

Prevalence:
1 out of 2



Behavioral Disorders

Mood Disorders

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