

ADHD MYTHS **vs.** FACTS

Attention Deficit Hyperactivity Disorder (ADHD) is a neurobehavioral disorder¹ that remains misunderstood. Read below for common myths and facts about ADHD.

MYTH

FACT

ADHD isn't a real medical disorder.

✔ **ADHD is a real medical disorder** defined by impaired levels of inattention, disorganization, and/or hyperactivity-impulsivity.*²



ADHD is caused by watching too much television or poor parenting.



✔ **ADHD is one of the most common neurobehavioral disorders in the U.S.**¹ However, environmental factors can worsen symptoms.²

ADHD is a disorder mainly diagnosed in the U.S.



✔ **ADHD occurs worldwide**, with prevalence recently estimated at about 7%.³ Cultural norms and health care access can impact diagnosis.⁴

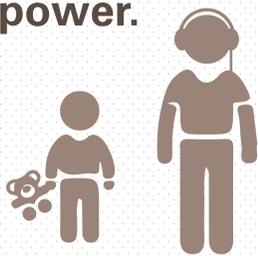
ADHD can be cured with diet.



✔ **ADHD cannot be cured with dietary changes.** Experts* recommend treatment with medicine (i.e., chewable tablets, liquid form, patches, pills) as part of a total treatment plan which may include therapy, counseling and behavioral interventions.



You can overcome ADHD with willpower.



✔ **ADHD is one of the most common childhood disorders** and can continue through adolescence and adulthood. Available treatments focus on reducing the symptoms of ADHD and improving functioning.⁶



*For full diagnostic criteria, please see the *Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)*.

*The American Academy of Pediatrics and the American Academy of Child and Adolescent Psychiatrists recommend that ADHD can be treated with medicine as part of a total treatment plan that may include behavioral therapy, counseling and behavioral interventions.⁵

*The American Academy of Pediatrics and the American Academy of Child and Adolescent Psychiatrists.

Sources:

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2. American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders. Diagnostic Criteria, 5th Edition*. Washington, DC: American Psychiatric Publishing.
3. Thomas R, et al. Prevalence of Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-analysis. *Pediatrics*. 2015; doi: 10.1542/peds.2014-3482.
4. Bailey R, et al. *Sociocultural Issues in African American and Hispanic Minorities Seeking Care for Attention-Deficit/Hyperactivity Disorder. The Primary Care Companion for CNS Disorders*. 2014;16(4) doi: 10.4088/PCC.14r01627.
5. American Academy of Child and Adolescent Psychiatry. ADHD Parents Medication Guide. Retrieved February 4, 2016. https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/resources/med_guides/adhd_parents_medication_guide_english.pdf
6. National Institute of Mental Health. What is Attention Deficit Hyperactivity Disorder (ADHD, ADD)? <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>.

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

