ADHD and Co-occurring Conditions

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

**Neurodevelopmental Disorders**

- **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

- **Speech Problems**
  - Symptoms: Issues with word or sound pronunciation, stuttering, articulation
  - Treatment Options: Speech therapies

- **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

- **Behavioral Disorders**

- **Conduct Disorder (CD)**
  - Symptoms: Lying, truancy, stealing, hitting/fighting, lying
  - Treatment Options: Behavior therapy (parent training)

- **Tourette Syndrome**
  - Symptoms: Motor tics, vocal tics
  - Treatment Options: Medication, behavior therapy, school supports and accommodations

**Other Co-occurring Conditions**

- **Anxiety**
  - 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)
  - Treatment Options: In-patient and out-patient treatment with trained professionals

- **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

- **Sleep Problems**
  - Symptoms: Trouble falling asleep, trouble staying asleep, sleepy during the day
  - Treatment Options: Practice good sleep habits, stick to a scheduled bed time, keep bedroom environment comfortable, get plenty of exercise, monitor eating times, have a routine, medication if prescribed by doctor

- **Bipolar Disorder**
  - Symptoms: Mixed states of mania and depression, rapid mood swings
  - Treatment Options: Medication, including mood stabilizers and antidepressants

- **Mood Disorders**

**Prevalence**

- ADHD, Sleep and Sleep Disorders. National Resource Center on ADHD: A Program of CHADD. 2015.