ADHD and Coexisting Conditions: Neurodevelopment Disorders

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

**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

**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

**SPEECH PROBLEMS**
Prevalence: 1 out of 10

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

Treatment Options:
- Speech therapies

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**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

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# ADHD and Coexisting Conditions: Other Conditions

## 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