### ADHD and Coexisting Conditions: Neurodevelopmental Disorders

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

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Prevalence</th>
<th>Symptoms</th>
<th>Treatment Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AUTISM</strong></td>
<td>1 out of 4</td>
<td>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</td>
<td>Behavior therapy including parent training, Skills training to cope with daily life, Medication for ADHD symptoms or irritability, Dietary therapy to eliminate nutritional gaps</td>
</tr>
<tr>
<td><strong>LEARNING DISORDER</strong></td>
<td>1 out of 2</td>
<td>Trouble processing information, Reading difficulty (dyslexia), Handwriting difficulty (dysgraphia), Math calculations difficulty (dyscalculia)</td>
<td>Learning accommodations and modifications, Special education services</td>
</tr>
<tr>
<td><strong>TOURETTE SYNDROME</strong></td>
<td>1 out of 10, but more than 2 out of 3 children with Tourette's have ADHD</td>
<td>Motor tics, Vocal tics</td>
<td>Medication, Behavior therapy, School supports and accommodations</td>
</tr>
<tr>
<td><strong>SPEECH PROBLEMS</strong></td>
<td>1 out of 10</td>
<td>Issues with word or sound pronunciation, Stuttering, Articulation</td>
<td>Speech therapies</td>
</tr>
</tbody>
</table>

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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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**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