ADHD & Coexisting Conditions
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

SPEECH PROBLEMS
Prevalence: 1 out of 10
Symptoms:
• Issues with word or sound pronunciation
• Stuttering
• Articulation
Treatment Options:
• Speech therapies

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

NEURODEVELOPMENTAL DISORDERS

This infographic is supported by Cooperative Agreement Number NU38DD000002-01-00 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.
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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

OTHER DISORDERS

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 scheduled 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