ADHD & Co-Occurring Conditions in Children

More than three in four children with ADHD have at least one other co-occurring condition.

NEURODEVELOPMENTAL DISORDERS

AUTISM

Prevalence: *1 in 6*

Symptoms:

- Avoids eye contact
- Flaps hands, rocks body, or spins self in circles
- Shows restricted or repetitive behaviors or interests
- Insists on following certain routines
- Does not start conversations with peers
- Has difficulty understanding and reacting to the emotions of others
- Speaks in a monotone or singsong voice
- Prefers time alone rather than with peers

Treatment Options:

- Behavior therapy, including parent training
- Speech-language therapy
- Social skills training
- Medication for ADHD symptoms or irritability
- Nutrition support, if needed

TIC DISORDERS

including Tourette Syndrome

Prevalence: *1 in 5* *for all tic disorders* *1 in 100* *for Tourette syndrome*

Symptoms:

- Has repeated twitches or body movements (motor tics)
- Makes repeated sounds, words, or other vocalizations (vocal tics)

Treatment Options:

- Behavior therapy, including comprehensive behavioral intervention for tics (CBIT)
- Medication
- School supports and accommodations

LEARNING DISORDERS

Prevalence: *1 in 3*

Symptoms:

- Has trouble understanding and using information
- Has trouble reading (dyslexia)
- Has trouble with handwriting (dysgraphia)
- Has trouble with math (dyscalculia)

Treatment Options:

- Learning accommodations and modifications
- Special education services

SPEECH & LANGUAGE DISORDERS

Prevalence: *1 in 6*

Symptoms:

- Has trouble saying words clearly
- Stutters
- Has trouble saying certain sounds
- Has trouble understanding or using language
- Has trouble finding the right words
- Has trouble following verbal directions

Treatment Options:

- Speech-language therapy
- School supports and accommodations

MOOD DISORDERS

BIPOLAR DISORDER

Prevalence: *1 in 25*

Manic Symptoms:

- Feels full of energy, "up" or "high"
- Feels intensely irritable
- Shows increased impulsive behaviors
- Intense irritability
- Doesn't require sleep
- Has exaggerated beliefs about their skills, knowledge, and abilities
- Has racing thoughts

Symptoms of Depressive Episodes:

- Feels unusually sad or down, hopeless, and numb
- Sleeps too much or has a hard time falling asleep
- Has difficulty completing tasks or making decisions
- Loses interest in activities they previously enjoyed
- Has suicidal thoughts

Treatment Options:

- Medication, including mood stabilizers and antidepressants

DEPRESSION

Prevalence: *1 in 5*

Symptoms:

- Feels sad, hopeless, or numb for most of the day, nearly every day
- Loses interest in school or social activities they previously enjoyed
- Talks about thoughts of suicide
- Has difficulty sleeping or sleeps too much
- Experiences significant weight loss or gain, usually with appetite change
- Has low energy

Treatment Options:

- Individual therapy
- Cognitive behavioral therapy (CBT)
- Medication



BEHAVIORAL DISORDERS

Overall prevalence: Nearly 1 in 2

ANXIETY DISORDER

Prevalence: 1 in 3

Symptoms:

- Worries a lot about everyday things
- Feels nervous or on edge
- Feels stressed out
- Feels very tired
- Feels tense

Treatment Options:

- Cognitive behavioral therapy (CBT)
- Individual therapy
- Medication

CONDUCT DISORDER

Prevalence: 1 in 10

Symptoms:

- Lies
- Skips school
- Steals
- Hits or fights
- Bites

Treatment Options:

- Behavior therapy, including parent training
- Counseling
- Medication

OPPOSITIONAL DEFIANT DISORDER (ODD)

Prevalence: 1 in 3

Symptoms:

- Has difficulty managing emotions
- Loses temper easily
- Argues with adults
- Refuses to follow rules
- Has intense meltdowns or tantrums
- Blames others for mistakes
- Feels angry or resentful
- Acts spiteful
- Seeks revenge
- Damages property

Treatment Options:

- Behavior therapy, including parent training
- Counseling
- Medication

OTHER DISORDERS

SLEEP PROBLEMS

Prevalence: 1 in 2

Symptoms:

- Has trouble falling asleep
- Has trouble staying asleep
- Feels sleepy during the day

Treatment Options:

- Keep a regular bedtime
- Follow a bedtime routine
- Make the bedroom quiet and comfortable
- Exercise regularly
- Watch meal and snack times
- Limit nighttime media use
- Medication, if recommended by a healthcare provider

SUBSTANCE USE DISORDER

Prevalence: 3 in 100

Symptoms:

- Smells like alcohol or smoke
- Has bloodshot eyes
- Has a flushed face
- Shows sudden mood changes
- Withdraws from friends and family
- Exhibits secretive or deceitful behavior
- Has less motivation to do things they used to do
- Spends time with new friends
- Loses interest in going to school and doing well

Treatment Options:

- Inpatient and outpatient treatment with trained professionals

CHADD's National Resource Center on ADHD

CHADD.org
301-206-7070
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This infographic is supported by Cooperative Agreement Number NU38DD000003 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.