

ADHD and Co-occurring Conditions

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

Neurodevelopmental Disorders



Prevalence:
1 out of 2

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

Tourette Syndrome

Symptoms

- Motor tics
- Vocal tics

Treatment Options

- Medication
- Behavior therapy
- School supports and accommodations

Prevalence:
1 out of 10, but more than 2 out of 3 children with Tourette's have ADHD

Speech Problems

Symptoms

- Issues with word or sound pronunciation
- Stuttering
- Articulation

Treatment Options

- Speech therapies

Prevalence:
1 out of 10

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

Prevalence:
1 out of 5

Sleep Problems

Symptoms

- Trouble falling asleep
- Trouble staying asleep
- Sleepy during the day

Treatment Options

- Practice good sleep habits
- Stick to scheduled bed time
- Keep bedroom environment comfortable
- Get plenty of exercise
- Monitor eating times
- Have a routine
- Medication if prescribed by doctor

Prevalence:
1 out of 2

Substance Abuse

Symptoms may include

- 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 professionals

Prevalence:
1 out of 10

ADHD

and Co-occurring Conditions

Prevalence:
More than 1 out of 10

Conduct Disorder (CD)

Symptoms

- Lying
- Truancy
- Stealing
- Hitting/fighting
- Biting

Treatment Options

- Behavior therapy (Parent training)

Prevalence:
1 out of 4

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

Prevalence:
1 out of 2



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



Bipolar Disorder

Symptoms

- Mixed states of mania and depression
- Rapid mood swings

Treatment Options

- Medication, including mood stabilizers and antidepressants

Prevalence:
1 out of 5

Behavioral Disorders

Mood Disorders

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