ADHD and Co-occurring Conditions

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

**Neurodevelopmental Disorders**
- **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

**Speech Problems**
- Symptoms: Issues with word or sound pronunciation, Stuttering, Articulation
- Treatment Options: Speech therapies

**Conduct Disorder (CD)**
- Symptoms: Lying, Truancy, Stealing, Hitting/fighting,lying
- Treatment Options: Behavior therapy (Parent training)

**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

**Behavioral Disorders**

**Anxiety**
- Symptoms: Worry excessively about everyday things, Feel edgy, Stressed out, Overly tired, Tense
- Treatment Options: Cognitive Behavior Therapy, Individual Therapy, Medication

**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

**Mood Disorders**

**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

**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**
- ADHD and Co-occurring Conditions
  - More than 1 out of 10
- Learning Disorder
  - 1 out of 2
- Anxiety
  - 1 out of 2
- Depression
  - 1 out of 4
- Bipolar Disorder
  - 1 out of 5
- Sleep Problems
  - 1 out of 5
- Substance Abuse
  - 1 out of 10
- Behavioral Disorders
  - 1 out of 10

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