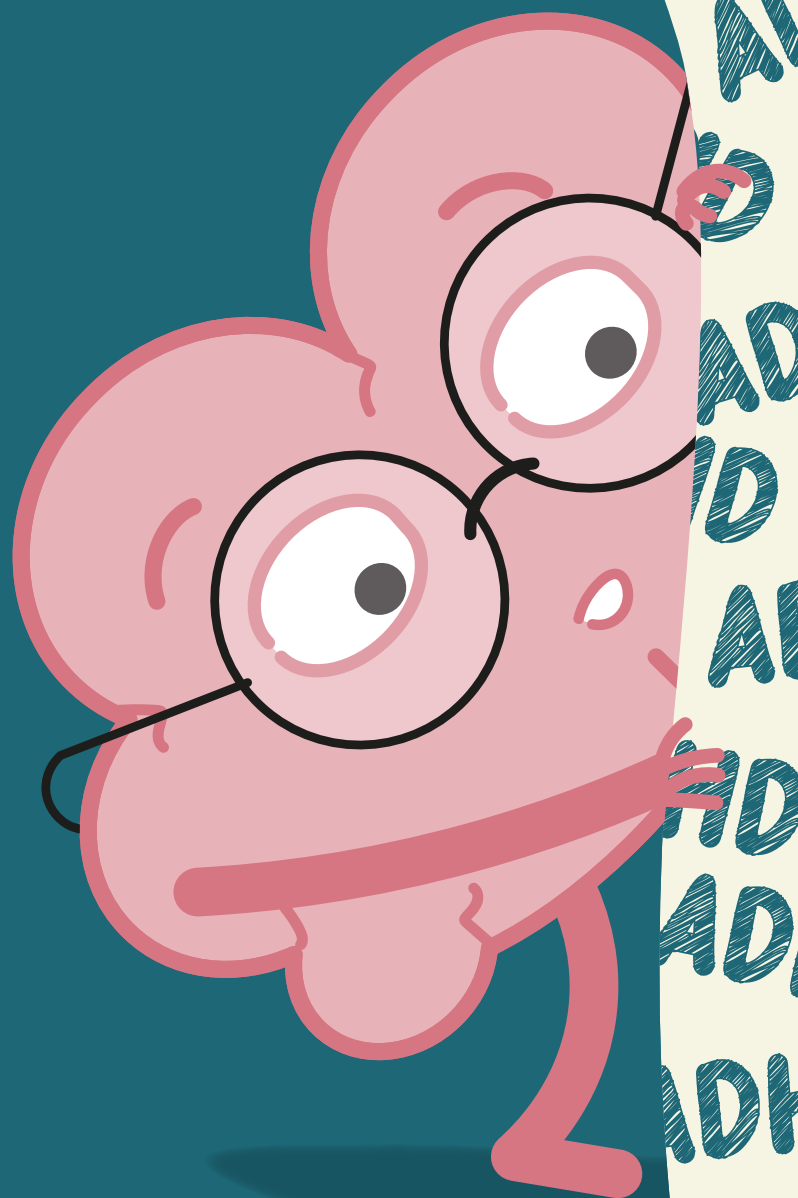
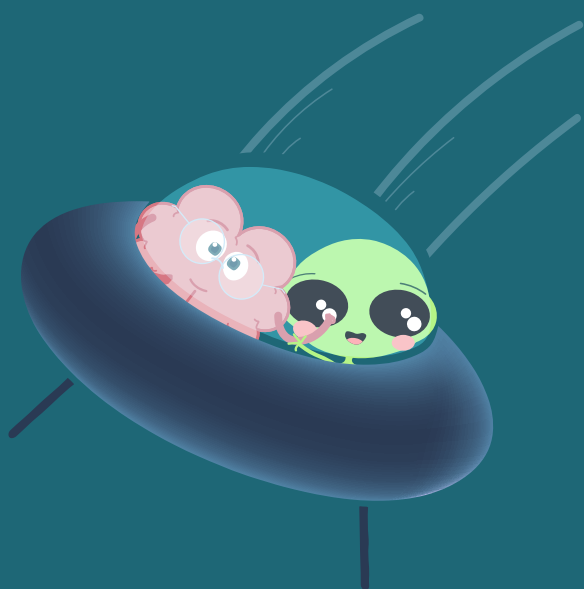


# THE ADHD BRAIN

## EXPLAINED

A fun deep dive into ADHD





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# DISCLAIMER

Please note that everything presented in this book is for informational purposes.

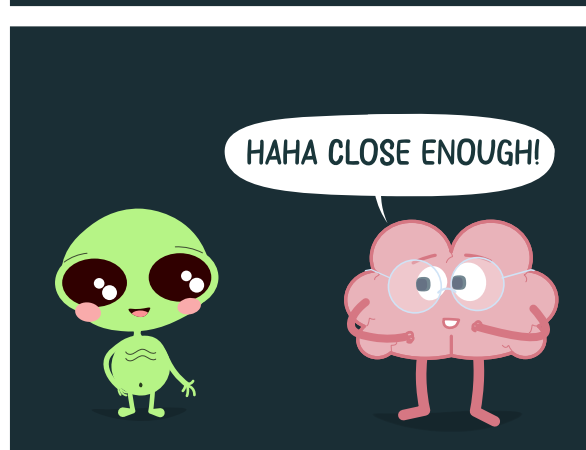
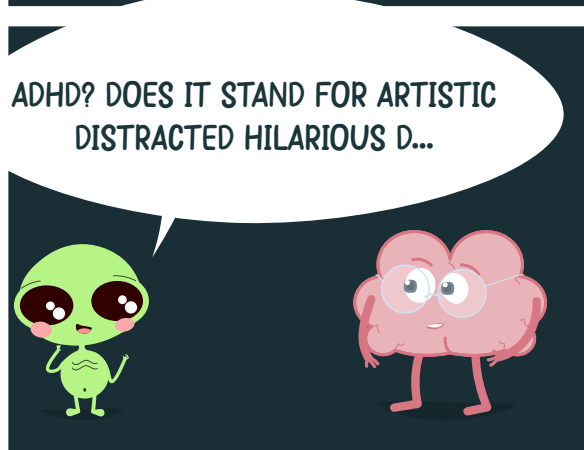
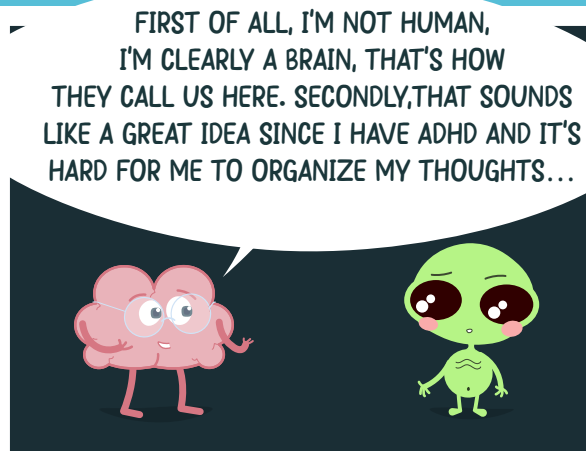
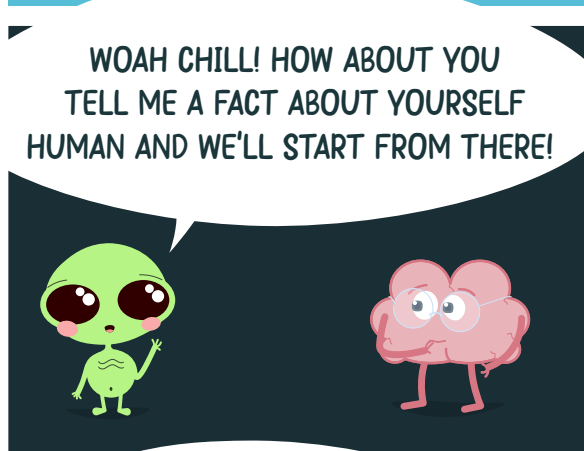
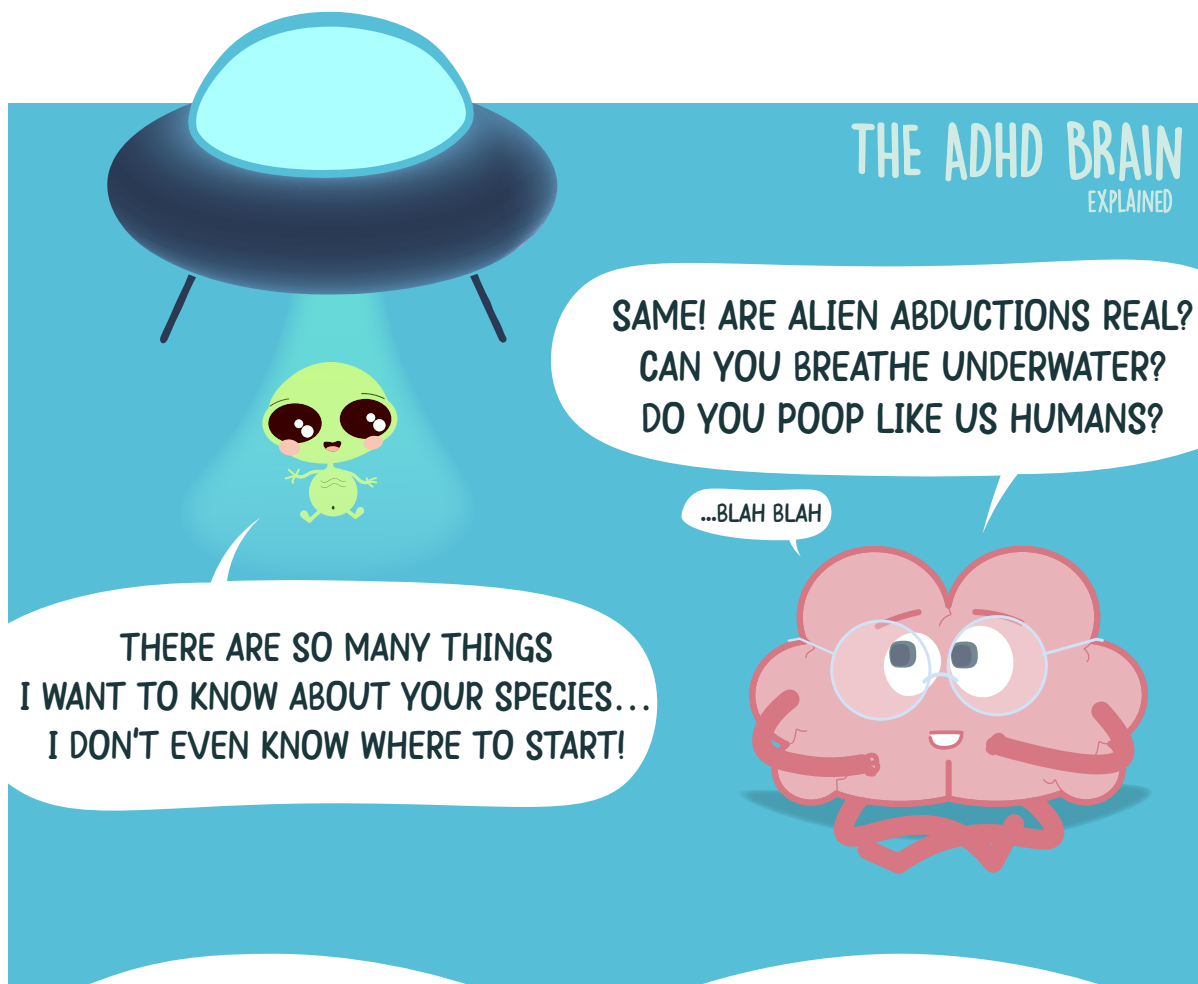
The content of the ADHD brain explained is provided for general information only. It's not in any way an alternative to professional advice.

If you have questions about any medical matter, you should consult your doctor or an other professional healthcare provider without delay.

If you think you have ADHD, try seeking out a medical, psychiatric, or psychological assessment.

# **ADHD**

## **WHAT IS IT?**

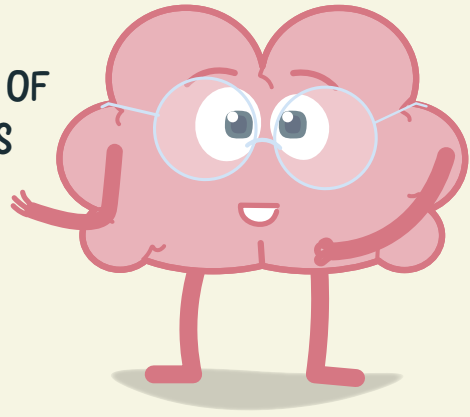


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So **ADHD** stands for

## **ATTENTION-DEFICIT/ HYPERACTIVITY DISORDER**

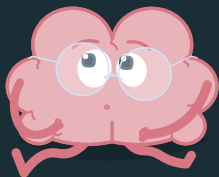
IT'S CONSIDERED AS A NEUROLOGICAL "DISORDER" THAT IMPACTS THE PARTS OF THE BRAIN THAT HELP US PLAN, FOCUS ON, AND EXECUTE TASKS.



### **SYMPTOMS OF ADHD INCLUDE:**

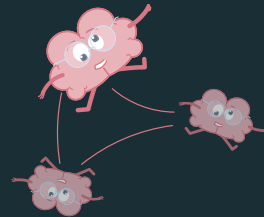
#### **INATTENTION**

(NOT BEING ABLE TO KEEP FOCUS)



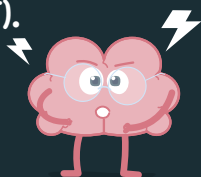
#### **HYPERACTIVITY**

(EXCESS MOVEMENT THAT IS NOT FITTING TO THE SETTING)

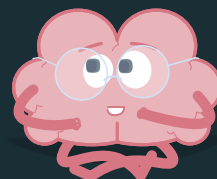


#### **IMPULSIVITY**

(IMPULSIVE ACTS THAT OCCUR AT THE MOMENT WITHOUT THOUGHT).



BUT YOU NEED TO KEEP IN MIND THAT THERE ARE 3 TYPES OF ADHD (INATTENTIVE, HYPERACTIVE, OR **COMBINED**)



## INATTENTIVENESS IS WHEN YOU:

- ▶ Often make **careless mistakes**
- ▶ Have a **short attention span**.
- ▶ Often have **trouble organizing** tasks and activities.
- ▶ Often **avoid tasks** that require mental effort over a long time (such as homework).
- ▶ Frequently **lose things** necessary for tasks and activities (e.g. school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).
- ▶ Often easily **distracted**
- ▶ Is often forgetful in.

## HYPERACTIVITY AND IMPULSIVITY IS WHEN YOU :

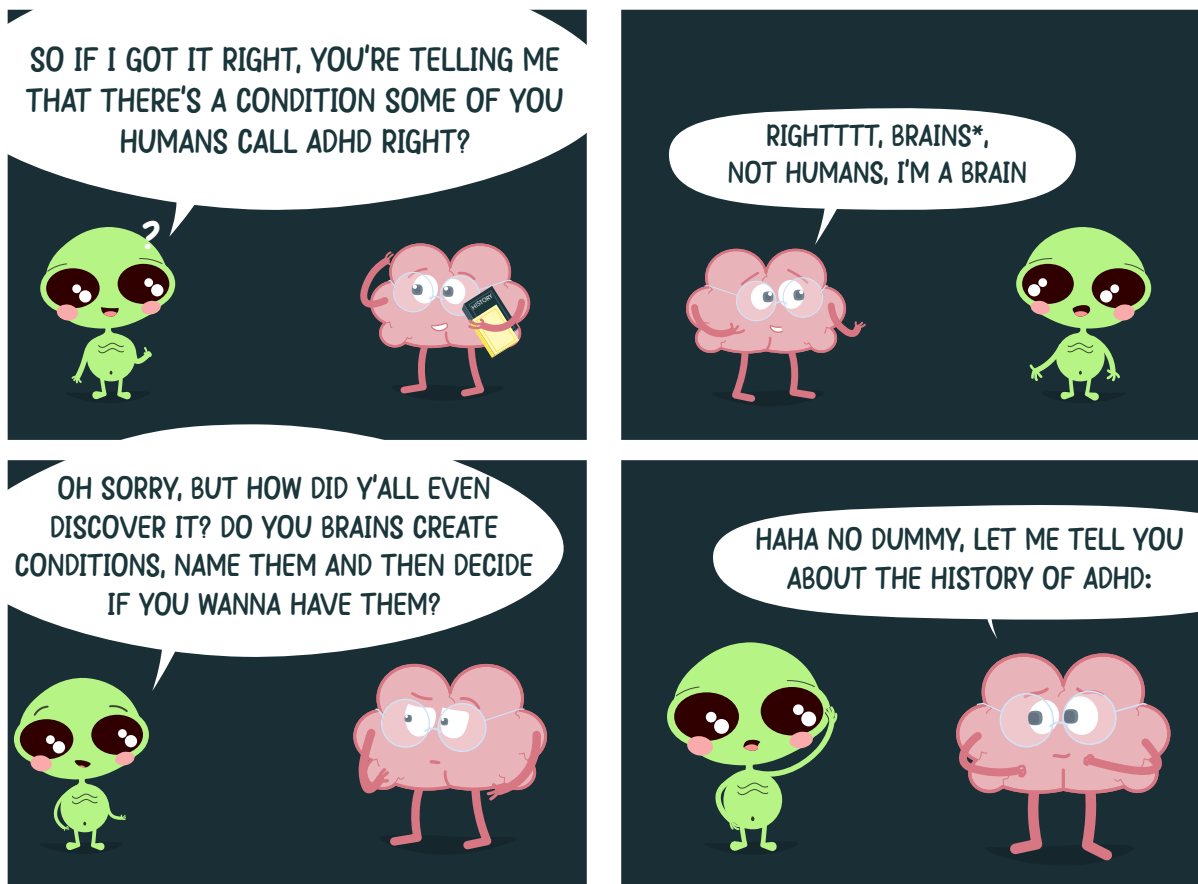
- ▶ Often fidgets with or taps hands or feet, or squirms in seat. often "on the go" acting as if "driven by a motor".
- ▶ Often talk excessively.
- ▶ Often interrupt people while speaking to them.
- ▶ Often have trouble waiting their turn.

## COMBINED TYPE

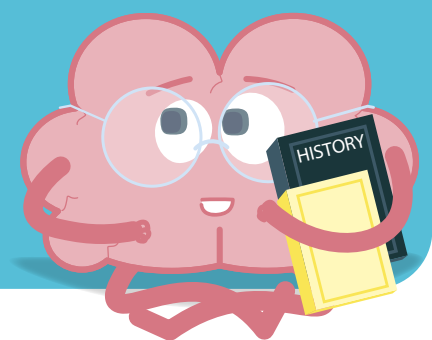
This is the most **common type** of ADHD. People with it have symptoms of both **inattentive** and **hyperactive-impulsive** types.

**HOW DID ADHD GET  
DISCOVERED?**

# HOW did ADHD get discovered?



MANY SOURCES CLAIM THAT ADHD WAS FIRST DISCOVERED IN THE 1790S BY A SCOTTISH DOCTOR CALLED SIR **ALEXANDER CRICHTON**, WHO NOTICED THAT SOME PEOPLE WERE EASILY DISTRACTED AND UNABLE TO FOCUS ON THEIR DAY TO DAY ACTIVITIES THE WAY OTHERS COULD.

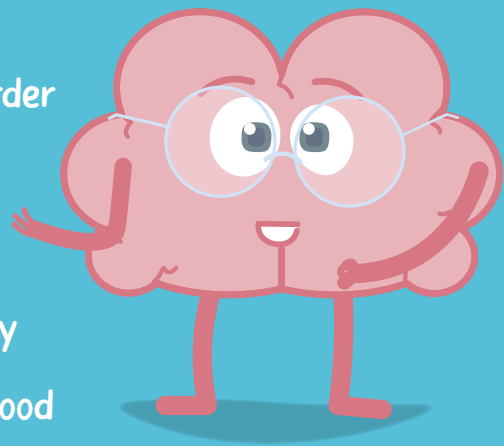




# HOW did ADHD get discovered?

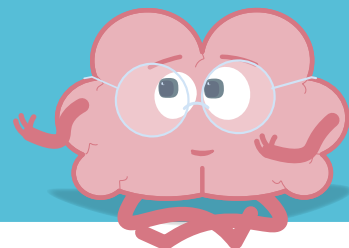
HOWEVER, THIS CONDITION WAS NOT CALLED ADHD BACK THEN, THAT'S WHY MANY SOURCES SAY THAT ITS ORIGIN IS UNCLEAR. THESE ARE THE DIFFERENT PHASES IN THE EVOLUTION OF ADHD AND ITS DISCOVERY:

- ▶ Incapacity of attending with a necessary degree of constancy to any one object
- ▶ Defect of moral control
- ▶ Postencephalitic behavior disorder
- ▶ Brain damage
- ▶ Brain dysfunction
- ▶ Hyperkinetic disease of infancy
- ▶ Hyperkinetic reaction of childhood
- ▶ Hyperkinetic impulse disorder
- ▶ Attention deficit disorder: with and without hyperactivity (ADD)
- ▶ Attention deficit hyperactivity disorder (ADHD)
- ▶ ADHD and its three subtypes



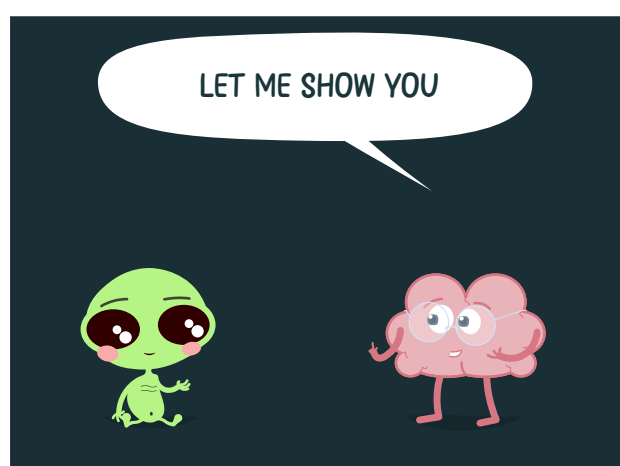
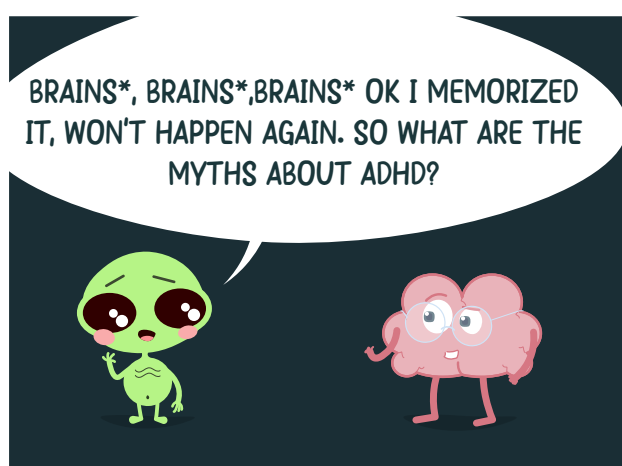
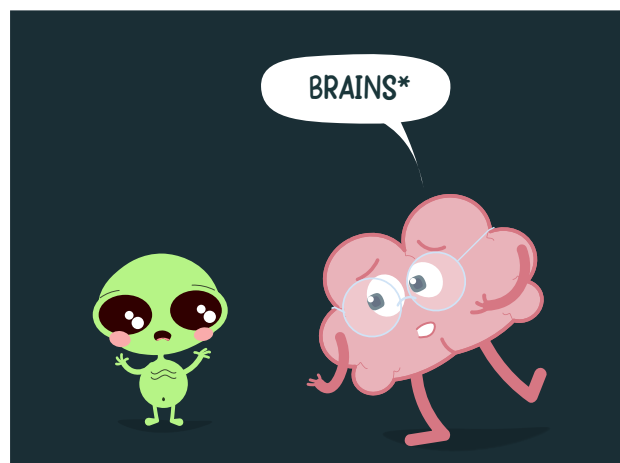
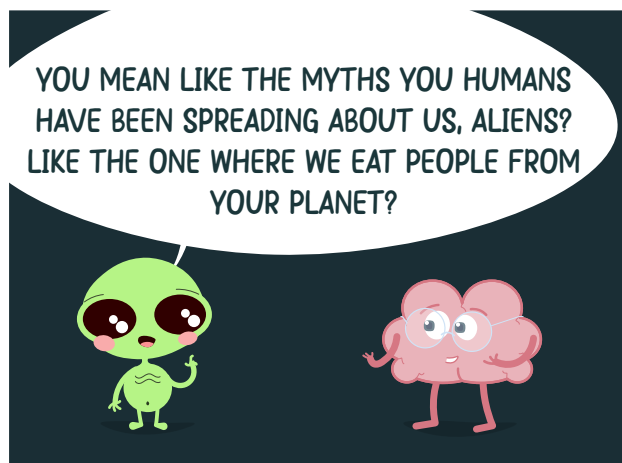
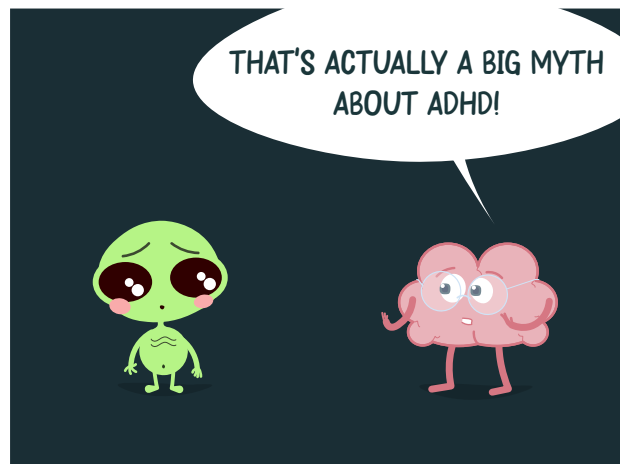
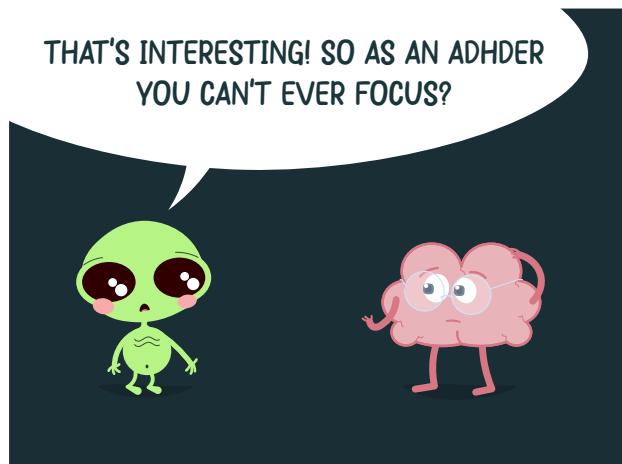
ALTHOUGH A LOT OF RESEARCH WAS DONE TO GET TO THE ADHD WE ALL KNOW ABOUT NOWADAYS, IT IS STILL NOT DETERMINED WHAT EXACTLY CAUSES IT:

A DISRUPTION OF BRAIN DEVELOPMENT, GENETICS, OR EVEN AN INJURY.



# **MYTHS AND TRUTHS ABOUT ADHD**

# Myths and truths about ADHD



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## MYTH #1: ADHD ISN'T A REAL MEDICAL CONDITION.

Some people still believe that ADHDers are faking their condition...

However, there are biological differences in the ADHD brain compared to the brain of a person who does not have it. Tests like MRIs show that there are clear differences between people who have ADHD and people who don't.

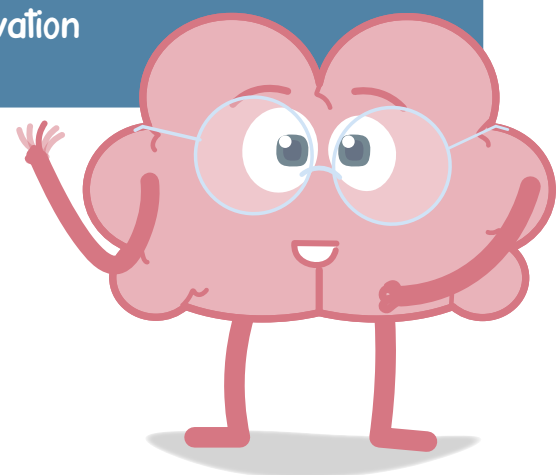
In the ADHD brain, there is dysregulation of the dopamine system: There is either too little dopamine, not enough receptors for it, or the dopamine is not being used efficiently.

One study published in 2010 found that children with ADHD do not have the same connections between the frontal cortex of the brain and the visual processing area. That's why its activity is different from someone who doesn't have the condition.

## MYTH #2: PEOPLE WITH ADHD JUST NEED TO TRY HARDER.

This assumption is a common response to the behavior exhibited by ADHDers, especially children...

This is due to the fact that they find it nearly impossible to stay focused in class or to complete homework within the deadline. So most adults think that their children may try to save face by acting as though they can't do it and This behavior may look like laziness or lack of motivation



## MYTH #3: ALL ADHDERERS ARE HYPERACTIVE.

The stereotype of ADHDERERS is that they race around and can't stop moving and fidgeting.

But not all ADHDERERS have hyperactivity as a symptom.

There are three types of ADHD. One doesn't have an impact on activity levels at all. This type of ADHD is sometimes called ADD, and it mainly impacts attention.

## MYTH #4: ONLY BOYS HAVE ADHD.

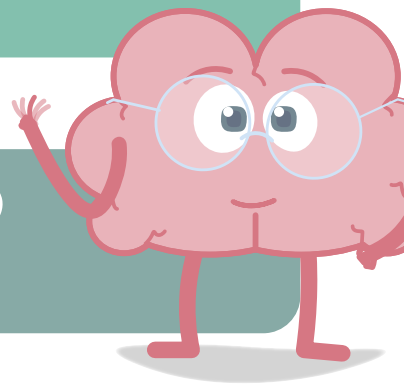
Girls are more likely to be overlooked and remain undiagnosed.

That's because ADHD can look different in boys than in girls. Girls tend to have less trouble with hyperactivity and impulse control than boys do. They may seem more daydreamy and calm.

## MYTH #5: CHILDREN WITH ADHD OUTGROW THIS CONDITION

Children don't actually outgrow ADHD. However, some symptoms can lessen or disappear as we get older. Symptoms may also change as kids get older and learn ways to manage them. But that's not the same as outgrowing them.

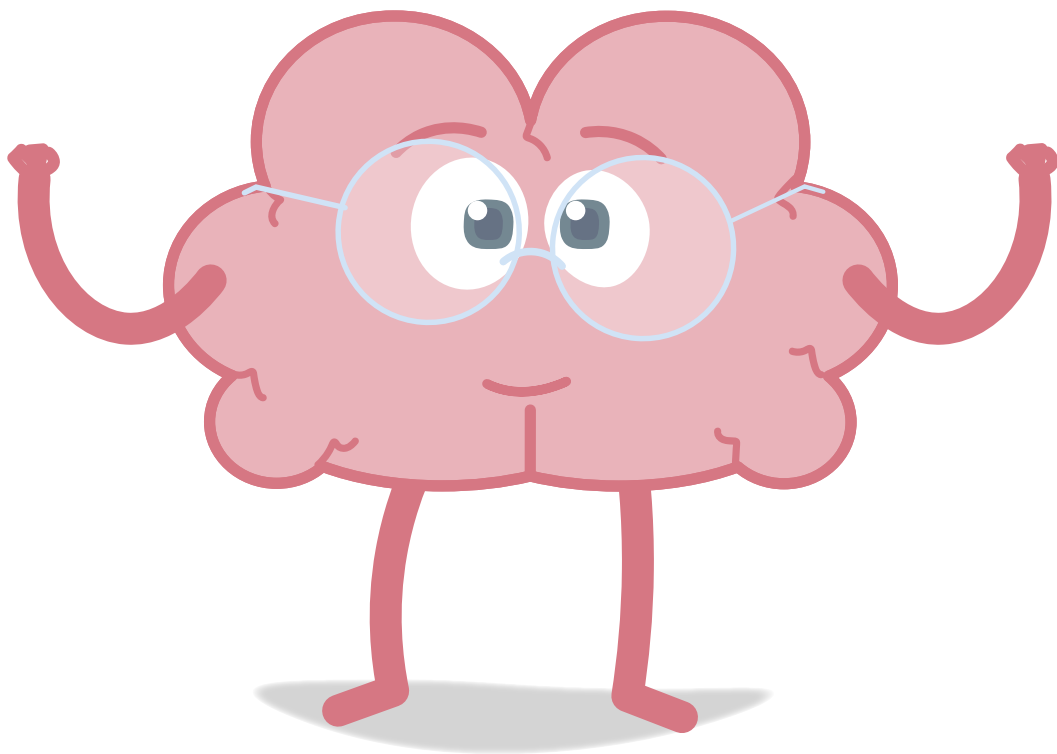
But most Adult ADHDERERS continue to have ADHD symptoms throughout their life..



## MYTH #6: ADHD IS CAUSED BY POOR PARENTAL DISCIPLINE

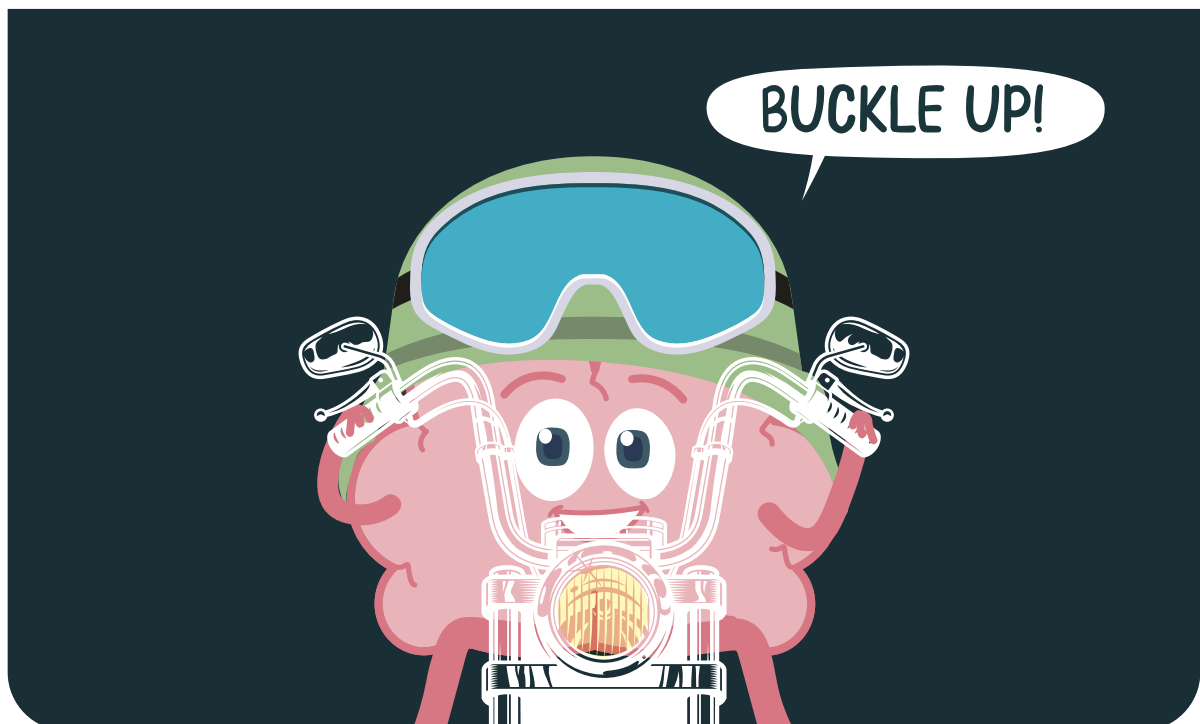
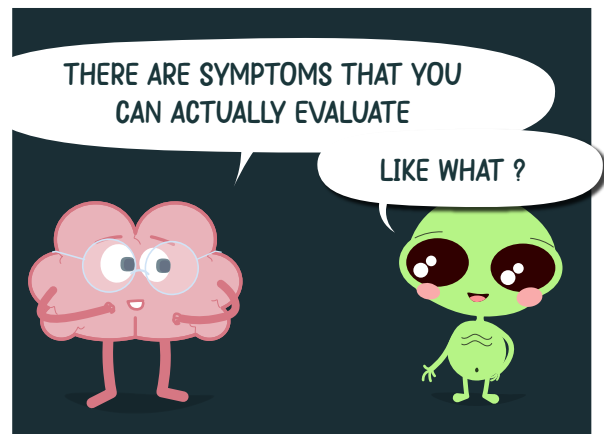
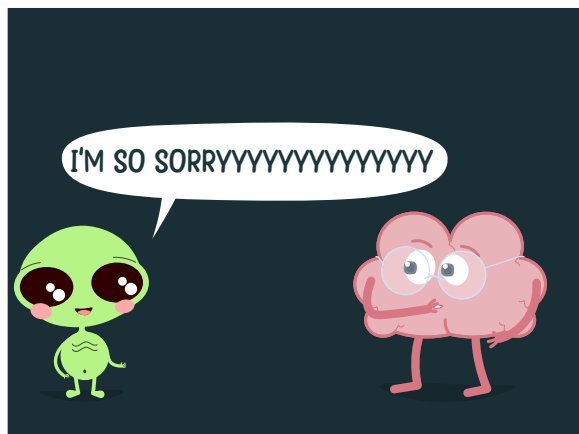
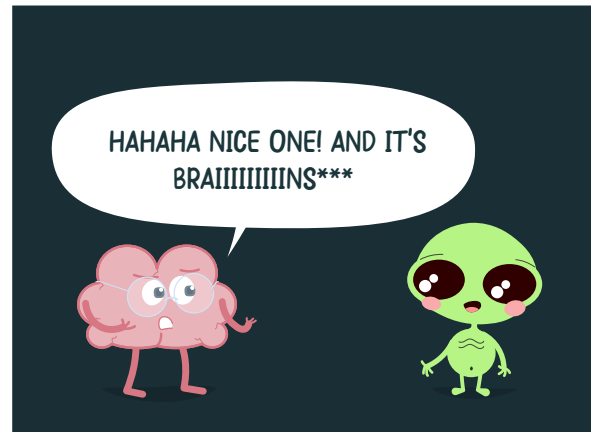
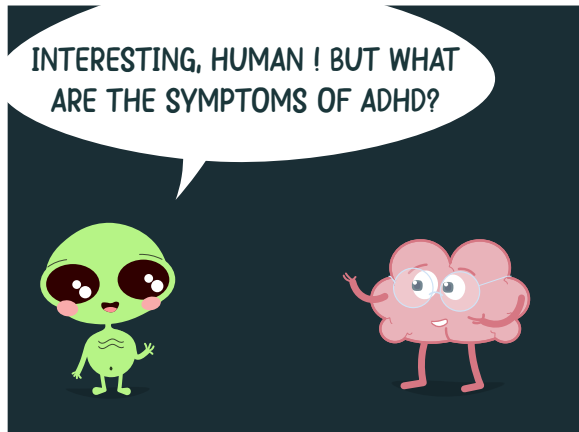
ADHD is not a result of poor discipline, however neurotypical parenting practices can worsen its expression.

Luckily there are a number of proven parenting techniques that can help children with ADHD manage their behavior and overcome their difficulties.



# **HOW TO RECOGNIZE AND EVALUATE SYMPTOMS OF ADHD?**

# How to recognize and evaluate symptoms of ADHD

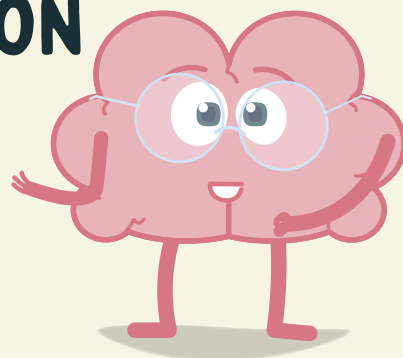


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## **ADHD** is **A MENTAL AND** **BEHAVIORAL CONDITION**

THAT IS MOSTLY RECOGNIZED BY ITS SYMPTOMS. THESE MANY SYMPTOMS CAN BE SPLIT TO TWO DIFFERENT TYPES BASED ON BEHAVIOR:

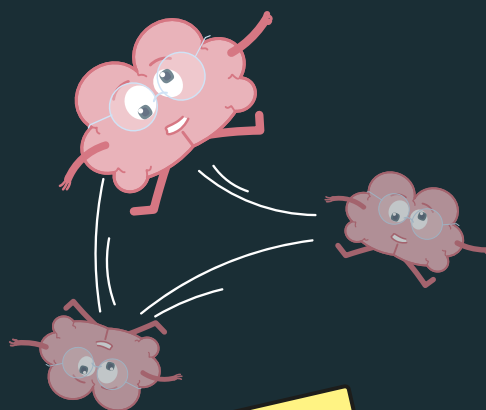


### **HYPERACTIVITY, IMPULSIVENESS & INATTENTIVENESS**

HOWEVER, IT HAS BEEN NOTICED THAT SOME ADHDS HAVE SYMPTOMS OF INATTENTIVENESS, HYPERACTIVITY, AND IMPULSIVITY ALL AT THE SAME TIME. THIS IS WHAT WE CALL THE COMBINED TYPE.

- **HYPERACTIVITY AND IMPULSIVITY ARE MORE LIKE:**

FIDGETING, STIMMING OR SQUIRMING.  
HAVING TROUBLE STAYING STILL  
AND CONSTANTLY MOVING A LOT.  
BEING IMPATIENT.



DOING WHATEVER IS ON YOUR MIND WITHOUT THINKING OF WHAT MIGHT COME OUT OF IT.  
SAYING WHATEVER YOU THINK ABOUT WITHOUT MEASURING THE IMPACT IT WILL HAVE ON OTHERS.

# How to recognize and evaluate symptoms of ADHD

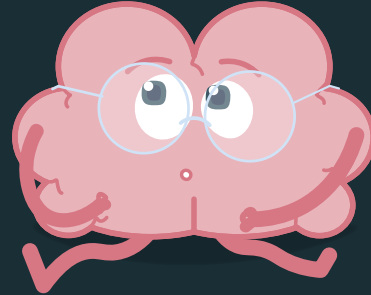
- FOLLOWING IS A LIST OF SYMPTOMS OF INATTENTIVENESS:

Getting bored and uninterested easily.

Getting distracted and having trouble concentrating and listening.

Processing information slower than non ADHDers.

Having trouble following directions.

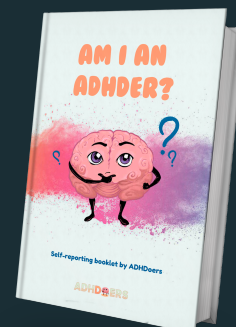


WHEN IT COMES TO THE **COMBINED TYPE**, SOMEONE WHO HAS IT WILL SHOW A **COMBINATION OF SYMPTOMS OF BOTH TYPES**. THIS TYPE IS MOSTLY OBSERVED IN **CHILDREN**, ESPECIALLY **BOYS** WHEREAS GIRLS EXHIBIT MAINLY SYMPTOMS OF **INATTENTIVENESS**.

IT IS TO NOTE THAT AS SOMEONE GROWS, THEIR SYMPTOMS ALSO CHANGE. A CHILD WHO WAS **DIAGNOSED** WITH THE **HYPERACTIVE TYPE** COULD **GROW UP** AND BECOME **LESS HYPER** AND **MORE QUIET** AND **INATTENTIVE**.



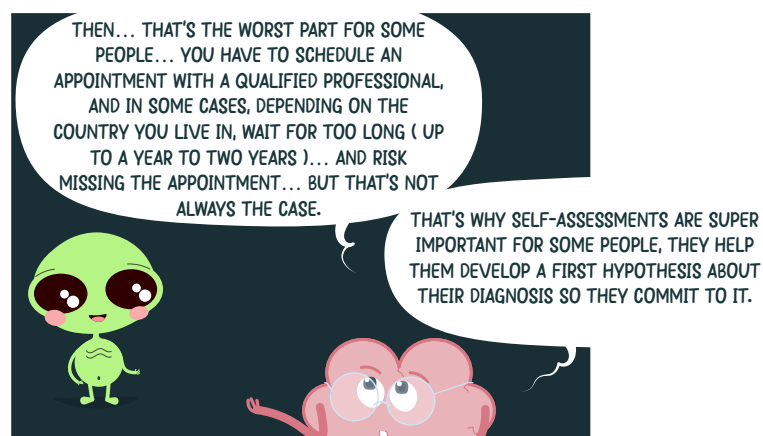
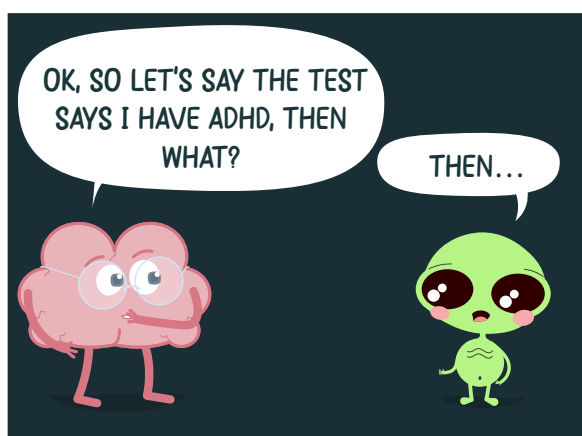
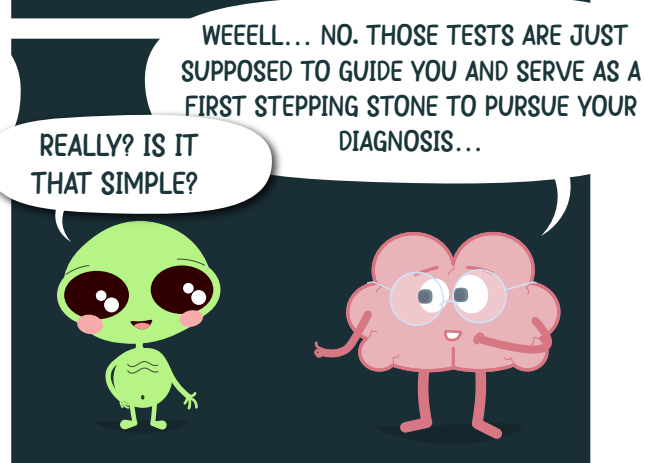
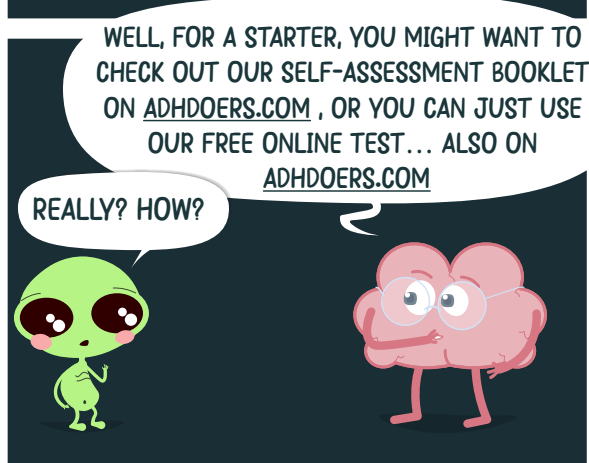
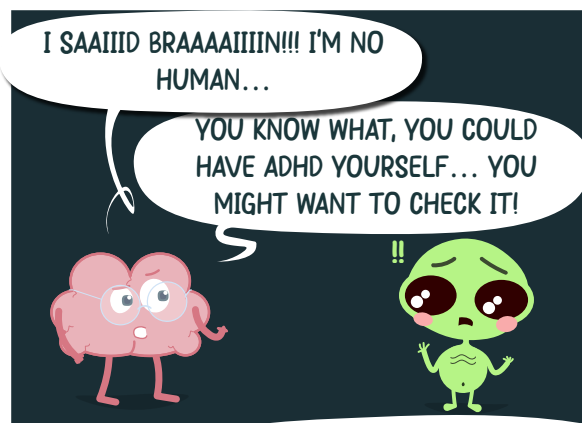
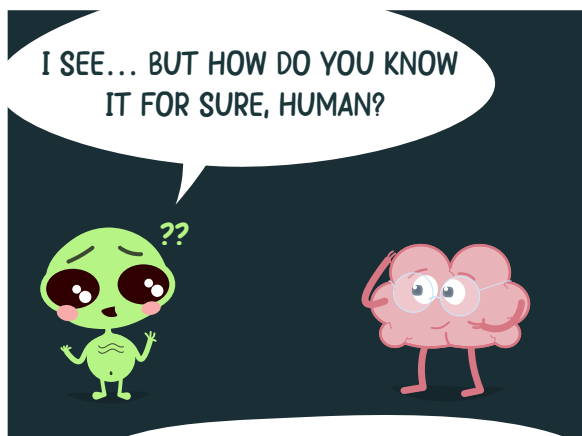
If you need some **help** with your diagnosis journey, you can check out our **self-reporting booklet** available in our **workbook store**.



**WHAT DOES  
THE DIAGNOSIS  
LOOK LIKE?;**



# What does the diagnosis look like?

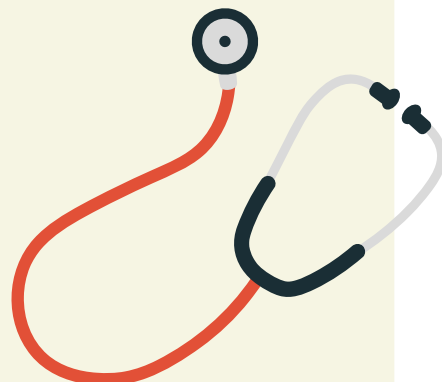


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# What does the diagnosis look like?

IF YOU THINK YOU HAVE ADHD, GETTING AN OFFICIAL DIAGNOSIS IS THE BEST WAY TO ENSURE YOU WILL UNDERSTAND AND TREAT YOUR CONDITION RIGHT. THERE'S NO SIMPLE **TEST** OR **QUIZ** THAT YOU GO UNDER TO SEE IF YOU HAVE ADHD OR NOT.

A KEY ELEMENT TO YOU GETTING DIAGNOSED IS TO FIRST SHOW SYMPTOMS, AT LEAST 6 OF THE 9 MOST KNOWN ADHD SYMPTOMS OF A CERTAIN TYPE, EITHER **HYPERACTIVE**, **INATTENTIVE** OR A **COMBINATION** OF BOTH.



## ACCORDING TO THE DSM-5

" TO BE DIAGNOSED, A PERSON'S SYMPTOMS MUST BE DISPLAYED BEFORE 12 YEARS OF AGE. THEY MUST ALSO BE PRESENT IN MORE THAN JUST ONE SETTING, LIKE FOR EXAMPLE AT BOTH SCHOOL AND HOME. SYMPTOMS MUST ALSO INTERFERE WITH EVERYDAY LIFE. AND THESE SYMPTOMS CAN'T BE EXPLAINED BY ANOTHER MENTAL DISORDER. "

- **BASED ON THE TYPES OF SYMPTOMS STATED ABOVE (PREVIOUS CHAPTER), THREE KINDS (PRESENTATIONS) OF ADHD CAN OCCUR:**

### **COMBINED PRESENTATION:**

IF ENOUGH SYMPTOMS OF BOTH CRITERIA INATTENTION AND HYPERACTIVITY-IMPULSIVITY

### **PREDOMINANTLY INATTENTIVE PRESENTATION:**

IF ENOUGH SYMPTOMS OF INATTENTION, BUT NOT HYPERACTIVITY-IMPULSIVITY

### **PREDOMINANTLY HYPERACTIVE-IMPULSIVE PRESENTATION:**

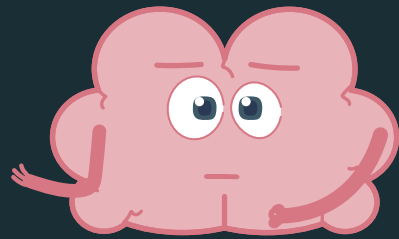
IF ENOUGH SYMPTOMS OF HYPERACTIVITY-IMPULSIVITY, BUT NOT INATTENTION

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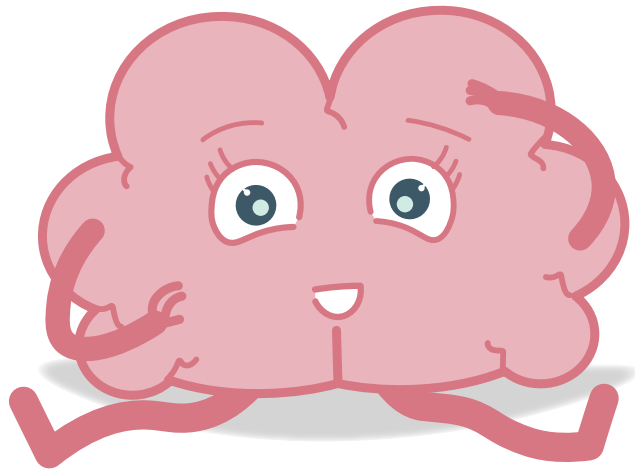
### NOW BEFORE YOU SEARCH FOR SOMEONE TO HELP YOU, KEEP THESE FACTS IN MIND:

A psychologist, a psychiatrist, or a neurologist are best equipped to diagnose ADHD in adults. A master-level therapist is recommended only for the initial screening.

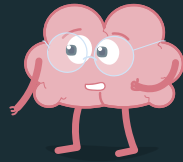
Only a psychiatrist, neurologist, or family physician can prescribe medication for adults with ADHD.



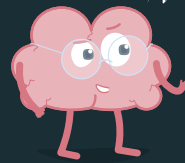
# ADHD AND WOMEN



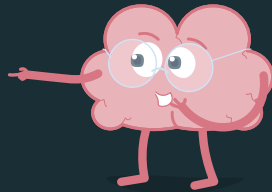
WOAH DUDE, THIS STUFF YOU'VE BEEN TELLING ME IS REALLY INTRIGUING AND MIND BLOWING FOR ME !



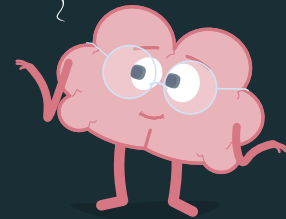
I KNOW RIGHT ! ADHD IS A VERY INTERESTING CONDITION TO LEARN ABOUT AND SOMETIMES THE WAY IT EXHIBITS ITSELF VARIES FROM A PERSON TO ANOTHER.



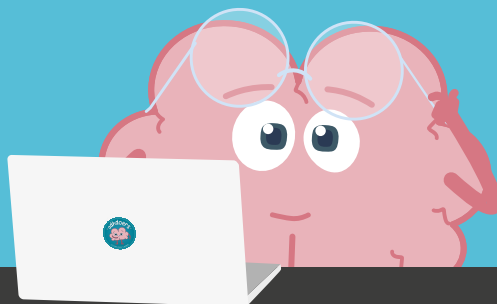
REALLY ? I'VE ACTUALLY NOTICED THAT FOR YOU HUM... BRAINS\* BRAINS\* WOMEN ARE DIFFERENT FROM MEN IN A LOT OF ASPECTS, DOES THAT ALSO SHOW UP IN ADHD?



WELL...



SADLY, ONLY A LITTLE RESEARCH IS DONE ON WOMEN AND ADHD. FOR THE PAST DECADES, THE SHIFT HAS ALWAYS BEEN FOCUSED ON ADULT MEN, MALE ADOLESCENTS AND CHILDREN. THIS IS DUE TO THE FACT THAT RESEARCH WAS MAINLY AROUND HYPERACTIVITY AND GIRLS TEND TO BE LESS HYPERACTIVE THAN BOYS.



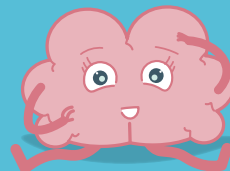
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# ADHD & GIRLS

In many cases, ADHD is known to be developed in childhood and can actually happen to anyone. However, multiple stats show that boys get diagnosed with ADHD more than girls. This is due to the fact that for girls, ADHD can be hard to spot. Here are some ADHD symptoms that show up in girls and usually get mistaken for something else:

- ▶ **BEING HYPER-TALKATIVE** (maybe she's just chatty)
- ▶ **GETTING EASILY DISTRACTED** (she's a daydreamer)
- ▶ **HAVING EXAGGERATED EMOTIONAL RESPONSES** (she's a drama queen)



ADHD **symptoms** can present themselves very **differently** in each **child**. A **boy** who has been **diagnosed** with ADHD can have a very different behavior than a **girl** who struggles with it too just because her issues seem so **different** from his.

# ADHD & WOMEN

**Late ADHD diagnosis** runs a lot in adult women. This is also due to the fact that their symptoms are overlooked and often considered to be something completely different and unrelated to ADHD. As a consequence to this, most women go undiagnosed or get a diagnosis later in life (30s, 40s or even 50s).

**Inattentive ADHD** is the type that shows the most in women. Some of its symptoms are having **trouble focusing**, **paying attention to details**, **staying organized**, **listening** and **remembering things**.

One of the other reasons for **late diagnosis of ADHD** in women is related to the fact that a lot of symptoms get explained away as something else. For example, a lot of women try to get help for some of their symptoms, only to get diagnosed with more general conditions like **anxiety**, **depression** or even sometimes **bipolar disorder**.

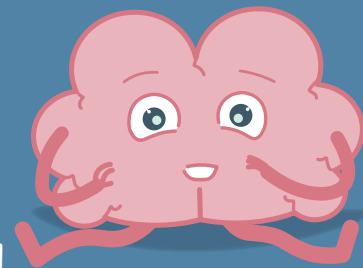
# **ADHD AND MEN**

## ADHD & BOYS:

According to research, more than 6 million children in the US are diagnosed with ADHD. Some research suggests that being a male puts you at higher risk of having ADHD, however many explain that by the fact that girls are just less likely to get diagnosed since their symptoms can be overlooked.

### ADHD IN BOYS USUALLY LOOKS LIKE:

- ▶ BLURTING OUT WORDS
- ▶ HAVING TROUBLE SITTING STILL
- ▶ INTERRUPTING A LOT
- ▶ BEING UNABLE TO WAIT FOR THEIR TURN

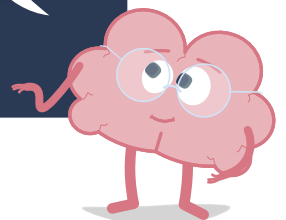


## ADHD & MEN:

For adult men, it can be tricky to spot if they have ADHD or not. Due to this, most clinical experts tend to look for different symptoms than the ones they usually look for in children, this includes:

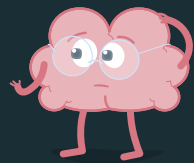
- ▶ ISSUES CONTROLLING EMOTION (LIKE ANGER)
- ▶ DIFFICULTY MAKING AND MAINTAINING RELATIONSHIPS
- ▶ DRIVING RECKLESSLY
- ▶ FREQUENT PROCRASTINATION

THESE SYMPTOMS ARE USUALLY AN EXTENSION OF WHAT YOUNG BOYS EXPERIENCE.

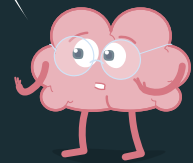


# **ADHD & ITS COMORBIDITIES**

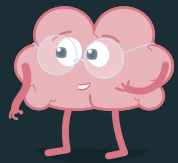
IMAGINE BEING DIAGNOSED WITH  
SOMETHING ELSE INSTEAD OF ADHD...  
THAT WOULD BE SO UNFORTUNATE :/



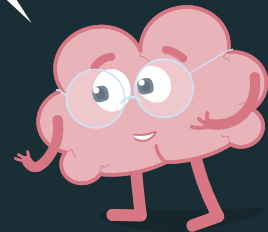
ACTUALLY HAVING ADHD DOESN'T MEAN  
THAT WE CAN'T STRUGGLE WITH OTHER  
MENTAL HEALTH DISORDERS, SO  
SOMETIMES YOU CAN STILL HAVE ADHD  
AND AN OTHER DISORDER.



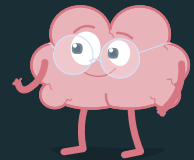
NO WAY!



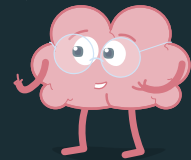
WE ARE ALL UNIQUE INDIVIDUALS WITH  
OUR OWN CHALLENGES SO ADHD DOESN'T  
HAVE TO LOOK THE SAME FOR  
EVERYONE...



WAIT! SO YOU CAN HAVE ADHD  
AND ANOTHER THING AS WELL?



LET ME EXPLAIN

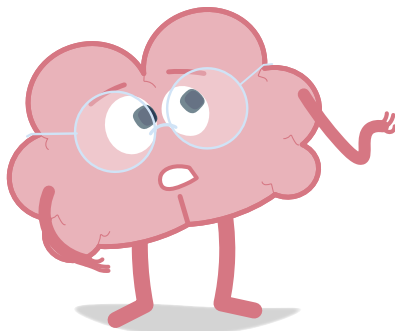
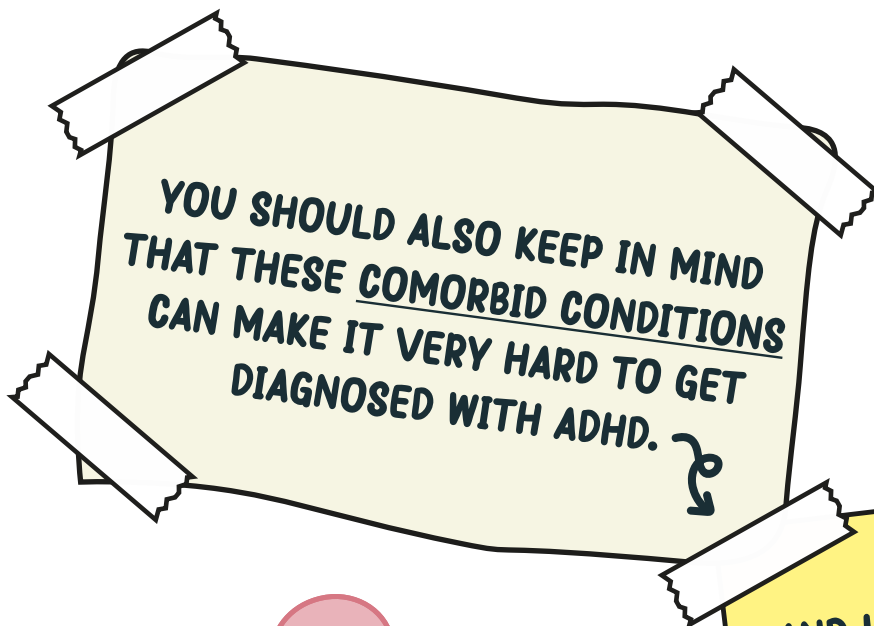
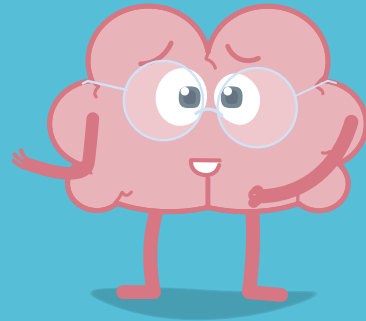


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# COMORBIDITIES

are other **mental disorders** that co-occur with ADHD...  
And the **most famous ones** that go along with ADHD are:

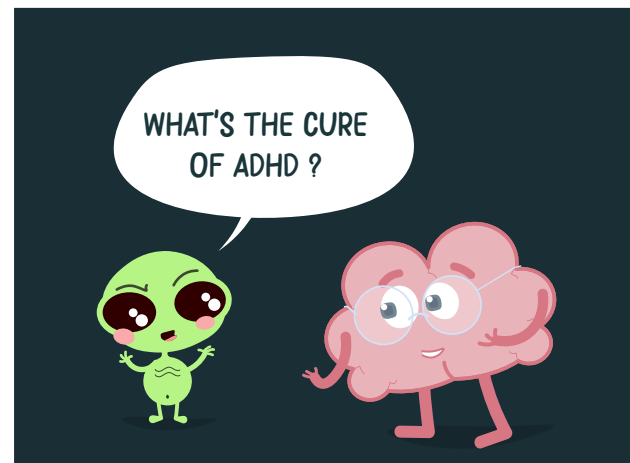
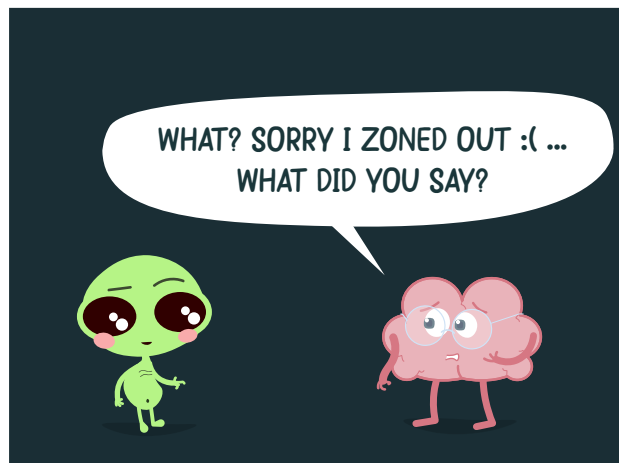
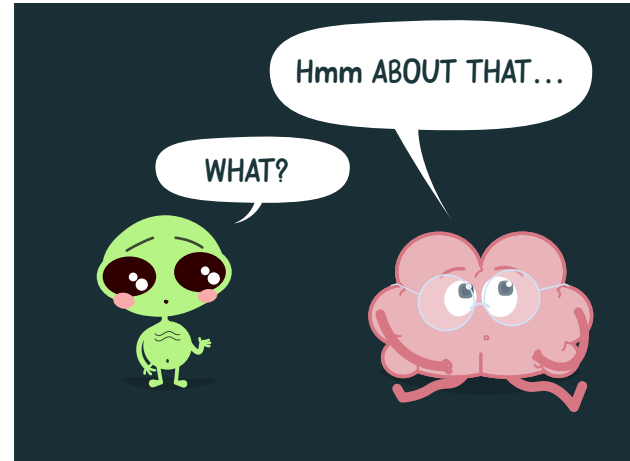
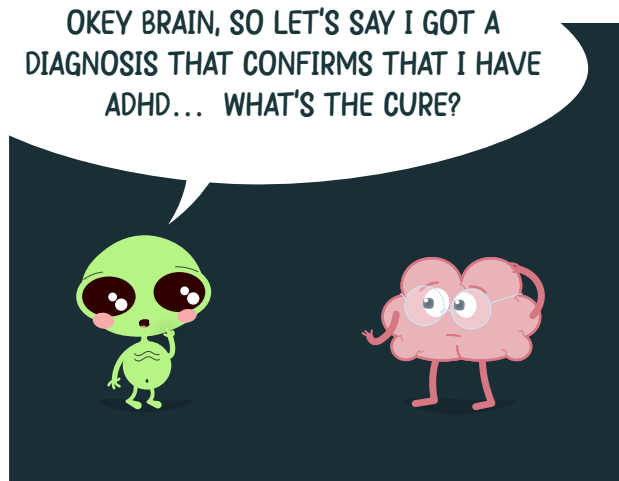
- ▶ **OPPOSITIONAL DEFIANT DISORDER**
- ▶ **DEPRESSION**
- ▶ **ANXIETY**
- ▶ **OBSESSIVE-COMPULSIVE DISORDER ( OCD )**
- ▶ **BIPOLAR DISORDER**
- ▶ **CONDUCT DISORDER**
- ▶ **SENSORY INTEGRATION DISORDER**
- ▶ **LEARNING DISORDER**
- ▶ **EARLY SPEECH/COMMUNICATION PROBLEMS**



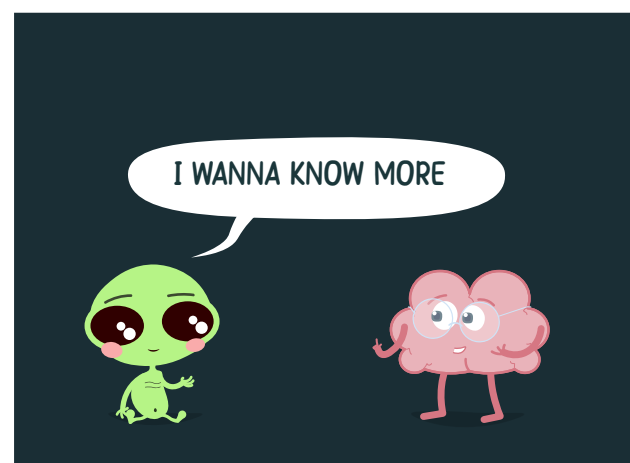
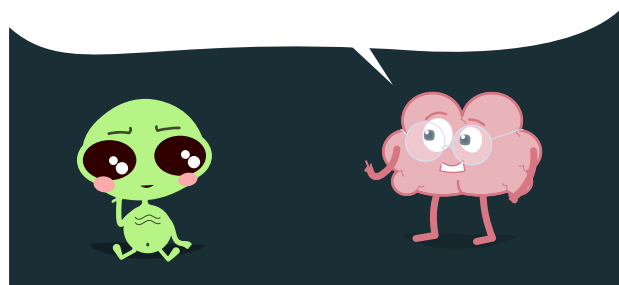
AND HAVING ADHD CAN  
MAKE IT VERY HARD TO  
GET THESE DISORDERS  
DIAGNOSED.

# **WHAT TO EXPECT FROM MEDICATION AND ALTERNATIVE THERAPIES ?**

# What to expect from medication and alternative therapies ?



STANDARD TREATMENTS FOR ADHD INCLUDE MEDICATIONS, BEHAVIORAL THERAPY, COUNSELING... THESE TREATMENTS CAN RELIEVE MANY OF THE SYMPTOMS OF ADHD , BUT THEY DON'T CURE IT



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## WHEN—

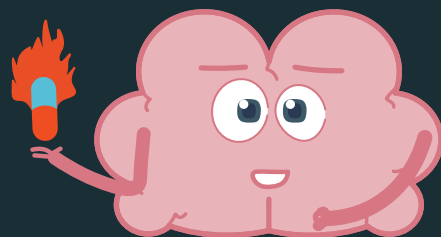
it comes to **ADHD medication**, it can definitely help you manage your symptoms when taken **correctly** and **appropriately**. This medication can either be **stimulant** or **non-stimulant**.

**Stimulant medication** is very common amongst ADHDers. Many of us don't really know what to expect from it and sometimes we even set unrealistic expectations that could lead us to conclude that it does not work for us.

Like any other medication, **ADHD stimulants** don't have the same effect on everyone, which means that some of us benefit from it more than others.

## A GOOD RESPONSE TO ADHD MEDICATION CAN LOOK LIKE:

- ▶ BEING LESS DISTRACTED
- ▶ HAVING THE ABILITY TO START AND COMPLETE TASKS
- ▶ REDUCED FEELINGS OF STRESS AND OVERWHELM
- ▶ REDUCED IRRITABILITY AND OVER-REACTIVITY
- ▶ HAVING A BETTER WORKING MEMORY
- ▶ BEING ABLE TO GET BACK EASIER TO UNFINISHED TASKS
- ▶ REDUCED IMPULSIVENESS



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## AND—



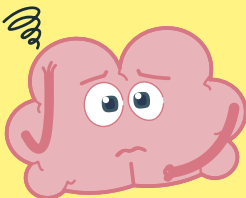
although **stimulant medication** can be of great help with what we just mentioned, you should not expect it to automatically give your **skills** or **abilities**. **Stimulant medication** is a great way to **stimulate** your brain and put you in a mental state where it becomes easier to learn those **skills** and **abilities** (example: **problem-solving**, **prioritizing tasks** and **projects**, **reducing your clutter**..)

While for many cases stimulants are typically the first choice psychiatrists go for, non-stimulant ADHD medication can also be prescribed. **This type of medication could be used in cases like:**

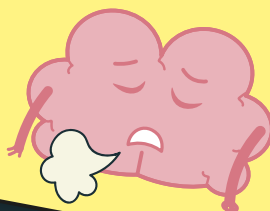
- ▶ 0 RESPONSE TO **STIMULANTS**
- ▶ YOU HAVE A HISTORY OF **BIPOLAR DISORDER, DRUG USE** OR A **HEART CONDITION**
- ▶ THE USE OF **STIMULANTS** LEFT YOU WITH TOO MANY **NEGATIVE SIDE EFFECTS**.

**BOTH NON-STIMULANT AND STIMULANT MEDICATION CAN HAVE THE SAME SIDE EFFECTS LIKE:**

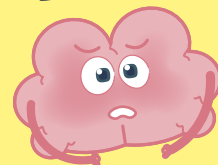
**DIZZINESS**



**FATIGUE**



**EFFECTS ON  
BLOOD PRESSURE  
LEVELS**



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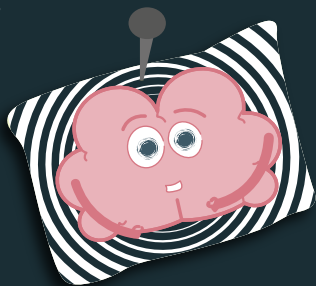
## A GOOD RESPONSE TO—

**non-stimulant medication** can look the same as taking **stimulants**, which could lead to decreasing the severity of some **ADHD symptoms**, especially the ones related to **impulsivity**.

All of this being said, **medication** is the most effective way to manage your **ADHD symptoms**. However, many **behavioral** and **alternative treatments** were subjected to research and turned out to be somewhat effective such as:

- **EXERCISING AND MOVING YOUR BODY:**

Exercise releases feel-good hormones, makes you feel active and could potentially boost your attention.

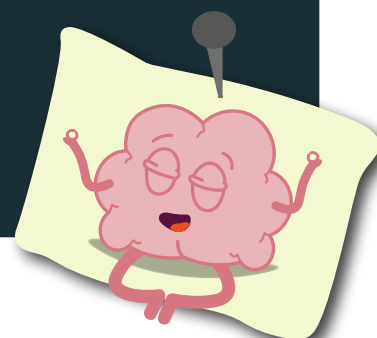


- **HYPNOTHERAPY:**

Hypnosis can help with symptoms related to sleep or even tics.

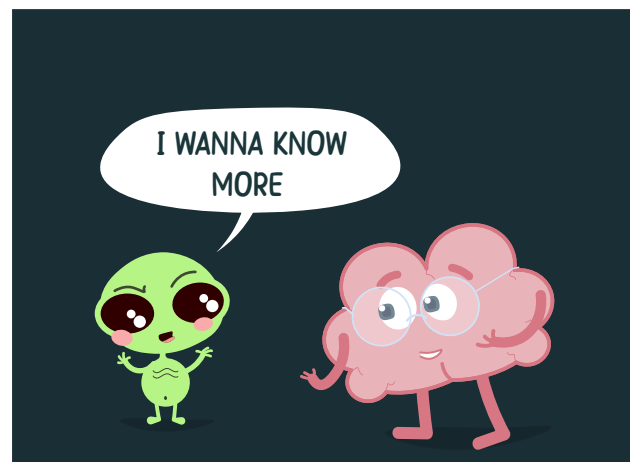
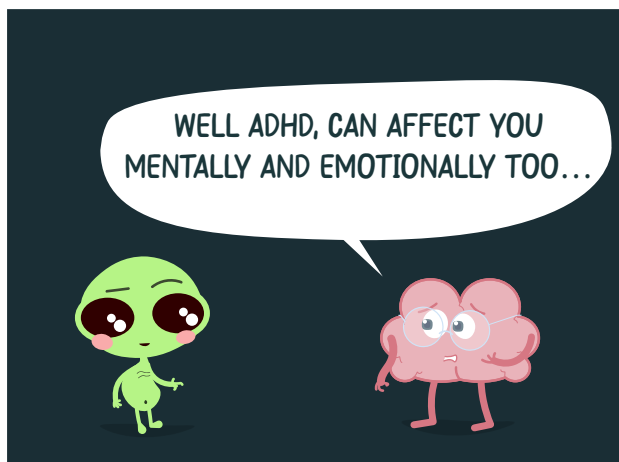
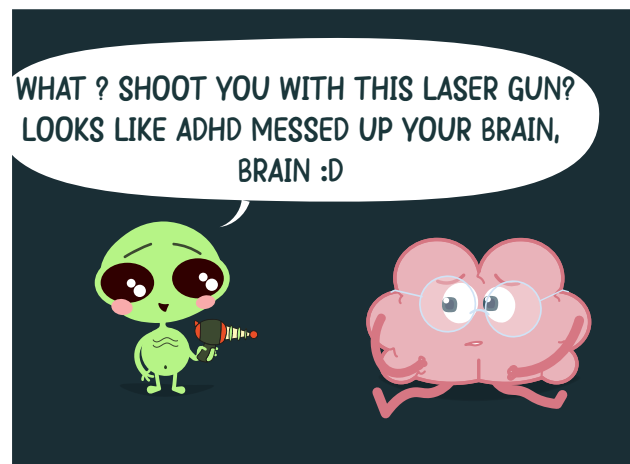
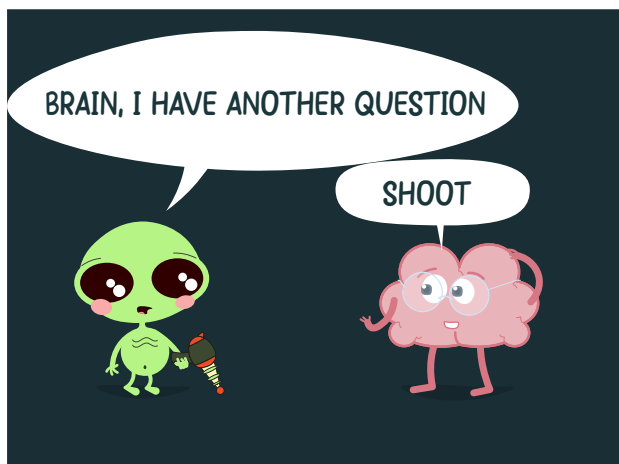
- **MINDFULNESS:**

Practicing mindfulness encourages focusing on the present moment. This could help with letting go of past negative thoughts and feelings and also avoiding thoughts of what's going to happen in the future which reduces anxiety.



# **HOW CAN ADHD AFFECT YOU MENTALLY AND EMOTIONALLY?**

# HOW CAN ADHD AFFECT YOU MENTALLY AND EMOTIONALLY?



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# JUST—

like any other **behavioral condition**, ADHD can affect you mentally and emotionally in various ways. In fact, ADHDers are known to feel things more deeply than others, especially anger, frustration and hurt. This is due to the fact that we focus on one emotion, and it crowds out any other important feelings that might help us regulate our behavior in a given situation.

In addition to this, our brains sometimes can not differentiate between **dangerous threats** and **minor problems**. This could put us in constant **panic mode** not knowing how deep the situation that we're in really is.

**Social anxiety** is also something that a lot of us go through because of our ADHD. Many of us live with exaggerated fears of not being perceived as who we truly are and often have a major fear of rejection.

**Emotional hyperarousal** is a real struggle that we go through. The good news is that this can be monitored and regulated using many different techniques such as **meditation** and **yoga**. Trying to stay in the present moment, acknowledging how you feel and trying to take it all in one minute at a time can help you feel more composed and relaxed on a general scale, which could give you back control on your feelings and emotions.

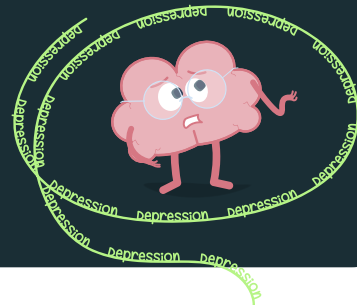
When it comes to its effect on our **mental health**, having ADHD could most likely lead to having other disorders such as **anxiety**, **depression** and **sleep problems**.

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## ADHD AND DEPRESSION:

THESE TWO CONDITIONS ARE KNOWN TO **COEXIST**. ADHD CAN IN SOME CASES LEAD TO **DEPRESSION** WHEN WE HAVE TROUBLE DEALING WITH OUR SYMPTOMS.

THIS PUTS US IN A **FRUSTRATION BUBBLE** THAT COULD DEVELOP INTO A **DEPRESSIVE STATE**.



## ADHD AND ANXIETY:

SOME RESEARCH DONE BY DOCTORS AND MENTAL HEALTH PROFESSIONALS HAS PRESENTED THAT THERE ISN'T REALLY A CLEAR CONNECTION BETWEEN **ADHD** AND **ANXIETY**.

HOWEVER, OTHER STUDIES SUGGEST THAT ALL THE CRITICISM, HARSH AND NEGATIVE FEEDBACK THAT **ADHDERS** RECEIVE BECAUSE OF THEIR **BEHAVIORAL STRUGGLES** CAN LEAD TO THEM WORRYING SO MUCH ABOUT HOW THEY'RE PERCEIVED AND THIS CAN RESULT IN **ANXIOUSNESS**.

IN ADDITION, HAVING **ANXIETY** ON TOP OF OUR **ADHD** WIDENS THE CIRCLE OF OUR **WORRIES** TO BROADER MATTERS OTHER THAN JUST OUR **SYMPTOMS**.

## ADHD AND SLEEP PROBLEMS:

It has been proven that **ADHDers** often struggle with **sleep**. **Tiredness** from a long day of work or at school could make our symptoms worse, this makes it hard for us to fall asleep alongside the facts that:

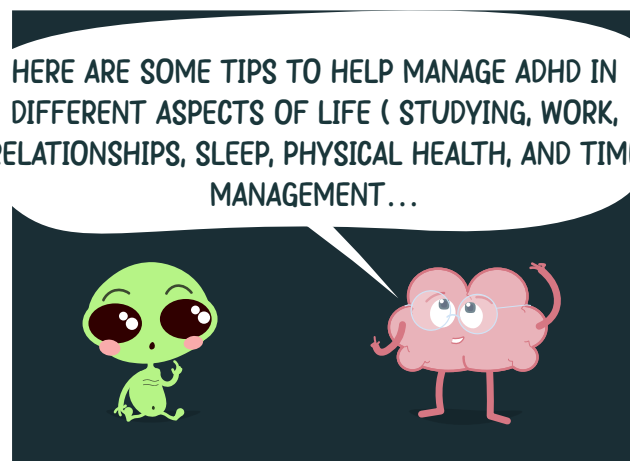
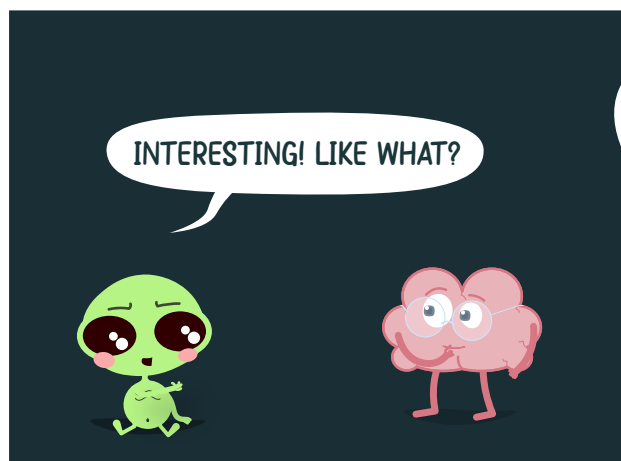
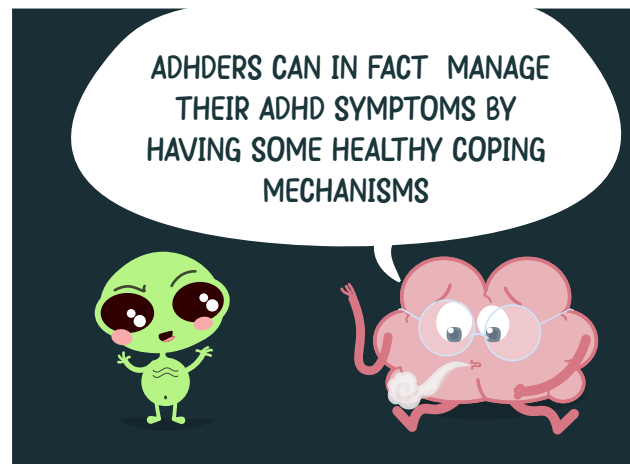
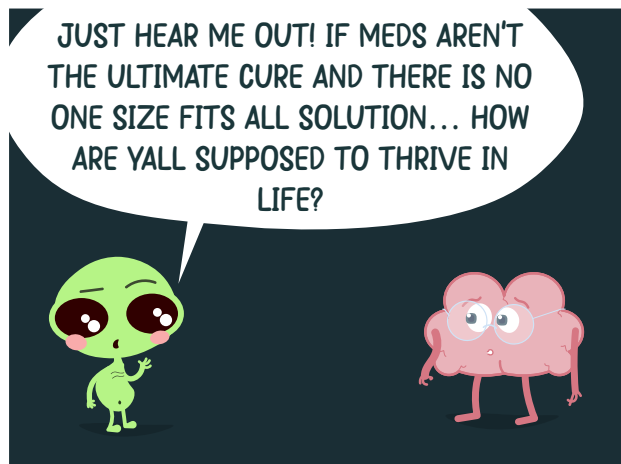
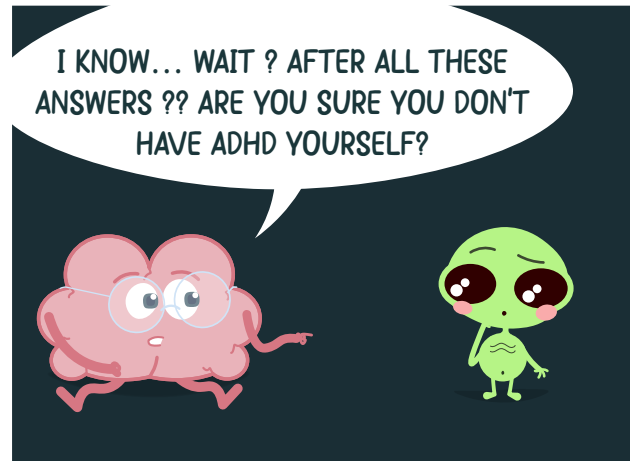
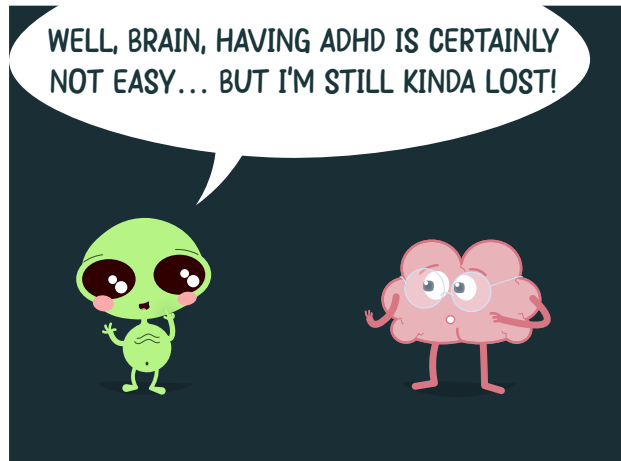
IT'S HARD FOR US TO KEEP A HEALTHY AND REGULAR SLEEPING SCHEDULE DUE TO DISTRACTIONS & PROCRASTINATION.

STIMULANTS AND MEDICATIONS CAN MAKE IT HARDER FOR US TO FALL ASLEEP.

ANXIETY, DEPRESSION, MOOD DISORDERS, AND EVEN SUBSTANCE ABUSE CAN MAKE IT REALLY CHALLENGING TO FALL AND STAY ASLEEP.

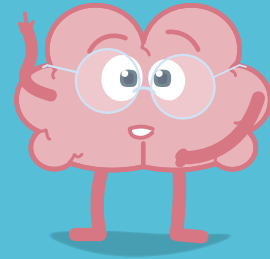


# **COPING MECHANISMS**



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# LET'S START BY SCHOOL



So **Focus** and **attention** are crucial components of learning in school but the catch is that ADHD directly affects them, making it difficult for students with the condition to learn in a typical school environment.

**MANY ADHDS HAVE TROUBLE LEARNING,  
GET LOW GRADES, AND FALL BEHIND IN  
SCHOOL...**

## HERE ARE SOME EXAMPLES OF HOW ADHD SYMPTOMS MAY AFFECT STUDENTS:

### INATTENTION:

ADHDS MAY MISS DEADLINES,  
FORGET THEIR ASSIGNMENTS,  
AND STRUGGLE TO FOCUS IN  
CLASS.

### IMPULSIVITY:

THIS CAN MAKE IT HARD TO FOCUS,  
COMMUNICATE WITH PEERS, AND  
RESIST THE IMPULSE TO IGNORE  
SCHOOLWORK. STUDENTS WITH  
ADHD MAY STRUGGLE TO CONTROL  
THEIR EMOTIONS AT SCHOOL.

### HYPERACTIVITY:

HYPERACTIVITY CAN MAKE IT  
DIFFICULT TO SIT STILL AND  
FOLLOW INSTRUCTIONS.

**LUCKILY, THERE ARE SEVERAL STRATEGIES  
YOU CAN USE TO HELP STAY ON TRACK..**

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**..HERE'S WHAT I SUGGEST:**

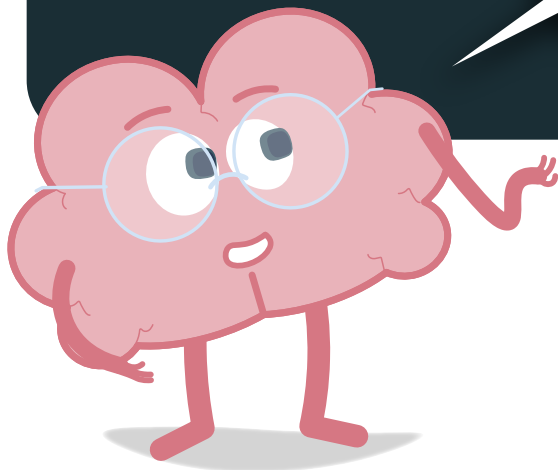
**TO IMPROVE YOUR  
STUDY SKILLS YOU CAN:**

PLAN FOR LONGER  
STUDY TIME.

DEVELOP A  
REGULAR ROUTINE.

USE **ACTIVE READING  
TECHNIQUES** LIKE:

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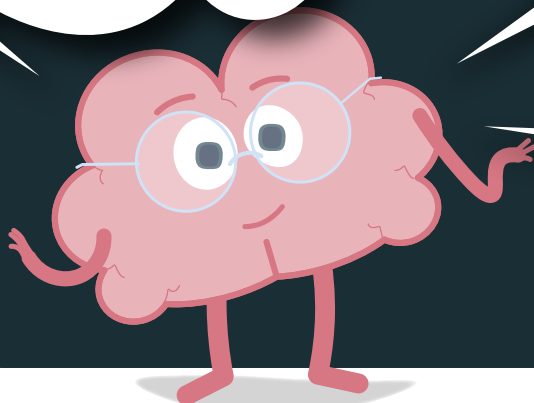


- ▶ **Underlining** or **highlighting** key words and phrases as you read. When you return to it later on, you can easily see which points you identified as important. **Be selective - too much highlighting won't help.**
- ▶ Making **annotations** in the margin to summarise points, raise questions, challenge what you've read, jot down examples and so on. You can do this in printed books or e-texts. This takes more thought than **highlighting**, so you'll probably remember the content better. **(Use sticky notes if you don't want to mark the text.)**
- ▶ Reading critically by **asking questions** of the text. **Who wrote it? When? Who is the intended audience?**
- ▶ Testing yourself by reading for half an hour, putting the text away and **jotting down** the **key points** from memory. Go back to the text to fill in gaps.
- ▶ **Explaining** what you've read to someone else.
- ▶ **Recording** yourself reading your notes, and listening to the recording while you're doing household chores. (like a podcast :D)

FIGURE OUT WHAT TYPE OF ENVIRONMENT IS BEST, WHITE NOISE VERSUS ABSOLUTE QUIET.

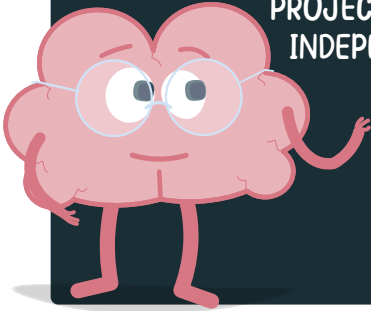
SPACE STUDYING THROUGHOUT THE DAY INTO ONE HOUR SESSIONS RATHER THAN HAVING TO SPEND 2-4 HOURS IN THE EVENING.

FIND YOUR PRIME STUDY TIME WHEN YOU ARE MOST ATTENTIVE AND AT YOUR BEST



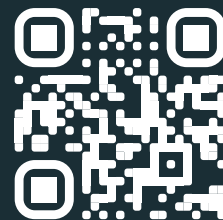
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- ▶ FIGURE OUT WHETHER YOU PREFER **STUDYING ALONE** SO YOU DON'T GET OFF TRACK TALKING TO OTHERS OR IF YOU NEED OTHERS AROUND TO MAKE STUDYING MORE INTERESTING AND HELP YOU STAY ON TRACK.
- ▶ THE SECOND OPTION IS CALLED "**BODY DOUBLING**": IT'S BASICALLY DOING A TASK IN THE PRESENCE OF ANOTHER PERSON. THE OTHER PERSON MAY HELP WITH THE TASK, SUCH AS WHEN YOU WORK ON A PROJECT TOGETHER. OR YOU MAY WORK ON THE SAME TASK, BUT INDEPENDENTLY, SUCH AS WHEN DOING HOMEWORK TOGETHER.



If you want to learn more about **Body doubling** and ADHD, There are great accounts apps out there that pair you with other people just like you to bodydouble with such as:

**Focusmate**.com



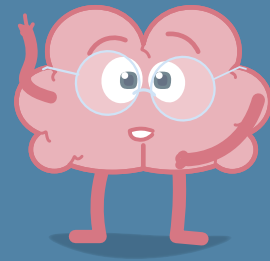
\*If you're reading this before the 1st of August 2022 use code "ADHDOERS522" for a free month.

## TO IMPROVE YOUR STUDY SKILLS YOU CAN:

- ▶ Tackle **tough assignments** early. If you want to learn more about the benefits of this tip, I recommend you read this book.
- ▶ Try to time **breaks** to avoid letting a 10-15 minute break turned into 30-45 minutes.
- ▶ Use little rewards throughout the day (e.g., soda break, snacks, telephone calls, visiting a friend). And bigger rewards for getting big assignments done (e.g., Shopping spree, Have a nice meal out ).

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# WORK



Just like studying...At work, ADHDers may find it difficult to perform their required tasks and duties. They may struggle to get their work done efficiently or have problems getting on with their managers and colleagues. Attendance is sometimes poor and lateness can be an ADHD trait.

You may find it hard to perform but you need to remember that there are things you can do to thrive at work despite your ADHD.

The ultimate solution would be to find an **ADHD-friendly job** that you love.

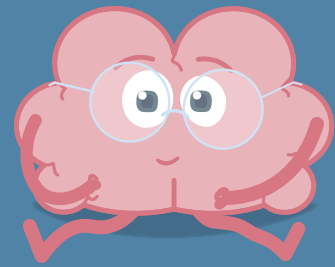
**WHILE THERE ISN'T A ONE-SIZE-FITS-ALL JOB THAT WORKS FOR EVERY ADHDER, YOU CAN FIND YOUR PERFECT JOB USING THE **IKIGAI MODEL****

## IKIGAI

is a Japanese word that means "**reason for being**". It is a simple tool that helps us clearly see how our skills and passions integrate and drive us toward actions that will bring satisfaction and a sense of meaning

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## SO HOW DO YOU FIND A JOB YOU LOVE USING THE IKIGAI METHOD ?

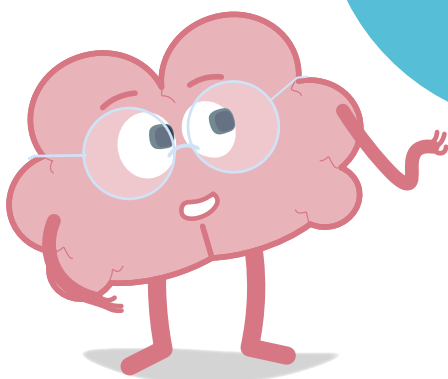
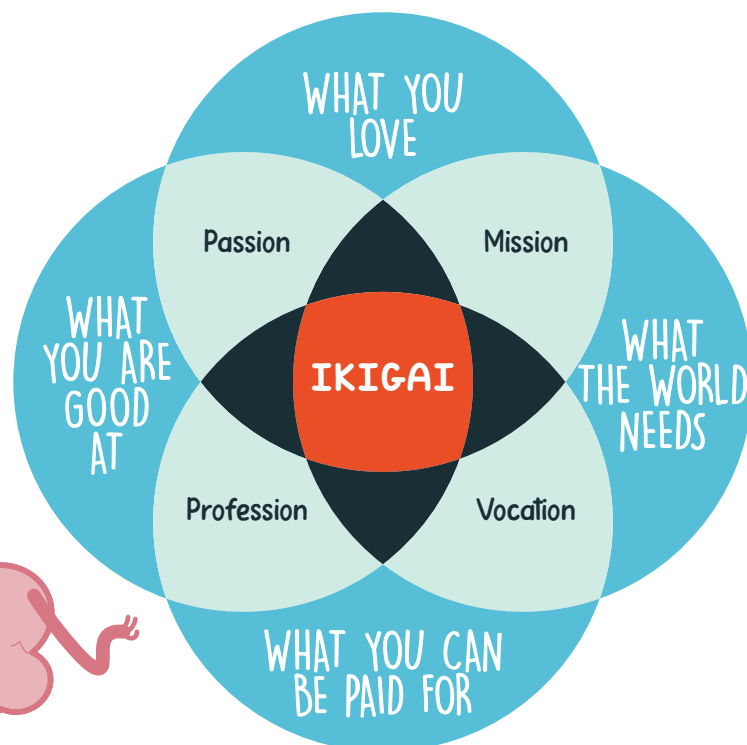


You can start by drawing the **DIAGRAM** and filling it out with **keywords, ideas** or **pictures** that suit you best.

- WHAT ARE YOU REALLY GOOD AT - IS THERE A JOB THAT REFLECTS THESE SKILLS?
- WHAT CAN YOU DO THAT IS OF USE TO OTHERS?
- IS THERE SOMETHING YOU CAN CONTRIBUTE TO THE WORLD?

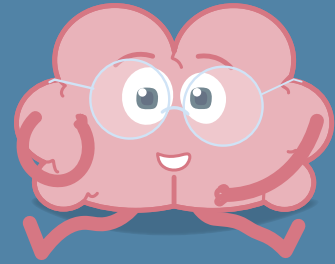
Try to analyze the **point** where all your answers meet together. If you look at the complete diagram, you will find **connections**. Take your time answering these questions.

IT IS IMPORTANT TO KEEP AN OPEN MIND SO THAT YOUR **"IKIGAI"** CAN BECOME CLEAR.





## ONCE YOU HAVE A JOB YOU LOVE, TRY THESE:



- Make sure to always write **everything down**, and update your **to-do lists**.
- Have a **quiet work setup** in your office where **distractions** are limited.
- Team up with a **coworker** who's **well-organized** and can help guide you through projects.
- Keep a **day planner** with a calendar and **list of things to do**. Update them often.
- Make **deadlines visible**, by setting up your smartphone or computer to send you electronic reminders for meetings and due dates.
- Break up your days into a series of **small tasks**, and only try to tackle one at a time.
- **Reward** yourself when you complete big tasks
- **Breaks** are important so get up once an hour and take a **walk**, get some **water**, or talk to a co-worker.

One last time:

# BEWARE OF THE ADHD BURNOUT!

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According to the American Psychological Association, **BURNOUT** is experiencing **physical, emotional or mental exhaustion**. Burnout additionally involves feeling things such as **negative or anxious thoughts** about our performance in different areas of our life.

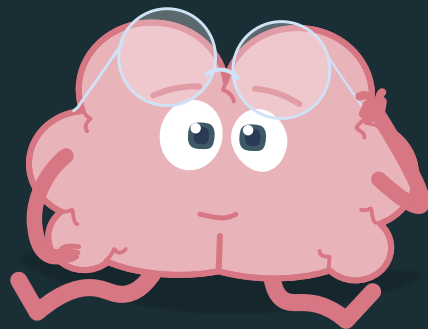
It's also important to realize that burnout can be caused by **situations, people** and many other things.

ADHDers are much more likely to suffer burnout compared to neurotypicals.

We tend to **overcompensate** in order to prove ourselves and avoid being perceived as "**lazy**" as we accumulate more and more tasks, and this, coupled with a feeling of **guilt** about **resting**, inevitably leads into the dead-end wall of burnout.

That's why it's important to **focus** on your needs and to listen to your body and mind if you become overly hard on yourself.

It's also important to know that you're not alone when it comes to **COPING WITH ADHD** burnout, and that if you need help, a therapist will be best equipped to help you <3.



# RELATIONSHIPS

**DISTRACTION**

**DISORGANIZATION**

**MOOD SWINGS**

**PROCRASTINATION**

**FORGETFULNESS**

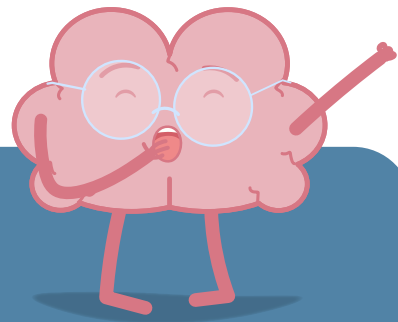
**HERE ARE SOME TIPS  
THAT CAN HELP:**

WORK ON YOUR IMPULSIVITY  
BY ROLE-PLAYING HOW TO  
ACT IN SOCIAL SITUATIONS. OR  
HOW TO WAIT FOR YOUR TURN,  
AND NOT INTERRUPT YOUR  
PARTNER WHILE TALKING...

IF STRONG EMOTIONS DERAIL  
CONVERSATIONS WITH YOUR  
PARTNER, AGREE IN ADVANCE  
THAT YOU NEED TO TAKE A  
TIME OUT TO CALM DOWN AND  
REFOCUS BEFORE CONTINUING

SHOW YOUR PARTNER YOU'RE  
TRYING AND COMMITTED TO  
YOUR RELATIONSHIP

SEEK PROFESSIONAL HELP  
WHEN THINGS GET HARD



# SLEEP

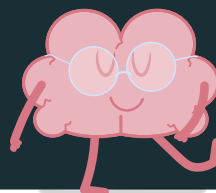
**Sleep disorders** are believed to be one of the most common types of coexisting conditions among adults and children with ADHD.

Researchers aren't exactly sure why **ADHD** and **sleep disorders** often occur together.

However, it's believed that the **symptoms of ADHD** can make it challenging to unwind enough to fall or stay asleep. And Co-existing disorders such as **anxiety**, **depression**, or **substance abuse**, as well as **poor sleep hygiene**, also likely play a role in sleep difficulties.

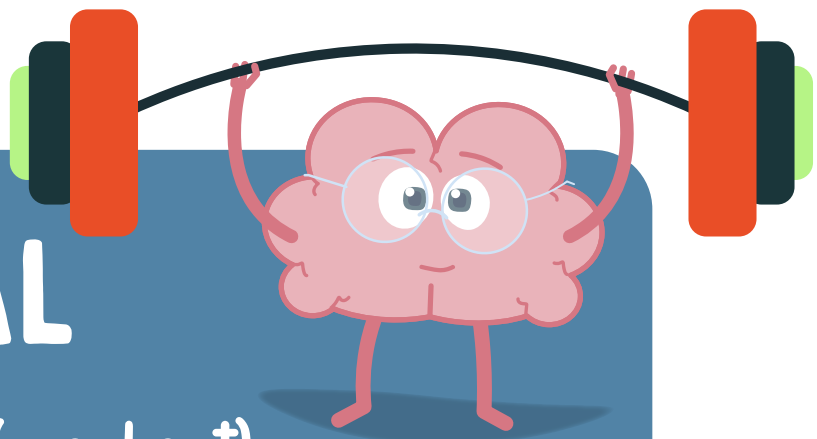
## SOME LIFESTYLE CHANGES AND HOME REMEDIES THAT CAN HELP WITH SLEEP DISORDERS INCLUDE:

- ▶ Going to bed and waking up at the same time every day, even on weekends
- ▶ Avoiding caffeine after 4PM
- ▶ Avoiding the use of electronics before bedtime
- ▶ Using the bed primarily for sleeping and never for activities like working
- ▶ Keeping the bedroom dark, quiet, and cool
- ▶ Getting enough exercise during the day
- ▶ Establishing a relaxation routine before bed, such as reading, doing yoga, or taking a warm bath
- ▶ Use a weighted blanket



## SOME COMMON PSYCHOTHERAPY TECHNIQUES INCLUDE:

- **COGNITIVE BEHAVIORAL THERAPY (CBT)**, which can show you how to manage or eliminate **feelings** of **anxiety** and thoughts that keep you from falling asleep
- **RELAXATION TECHNIQUES**, such as **meditation** and **deep breathing exercises**, which can help reduce stress before bedtime
- **STIMULUS CONTROL**, which can teach you how to limit the time you spend in bed while not sleeping so you only associate your bed with sleep
- **SLEEP RESTRICTION**, where you intentionally limit the time that you spend in bed lying awake or not sleeping



# PHYSICAL HEALTH (workout)

There's an ADHD treatment that doesn't require a prescription or a visit to the doctor...

And It's **EXERCISE**.

Some **Research findings** suggest that getting regular **fitness** can improve thinking ability, and it may improve the symptoms of ADHD.

In fact, it has a similar effect on the **brain** and **body** as common **ADHD medications**.

When you exercise, your brain releases **dopamine**, which helps with attention and clear thinking. ADHDers often have less dopamine than usual in their brain.

The **stimulant medicines** that are often used to treat ADHD work by increasing the availability of **dopamine** in the brain.

So it makes sense that a workout can have many of the same effects as an **ADHD stimulant drug**.

# TIME MANAGEMENT



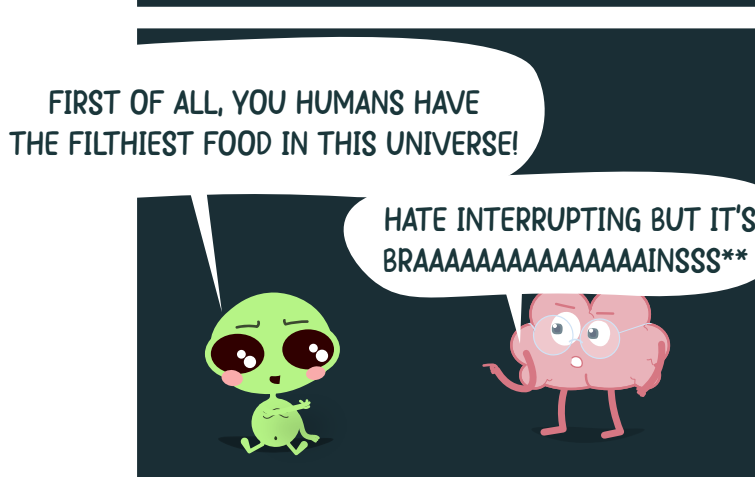
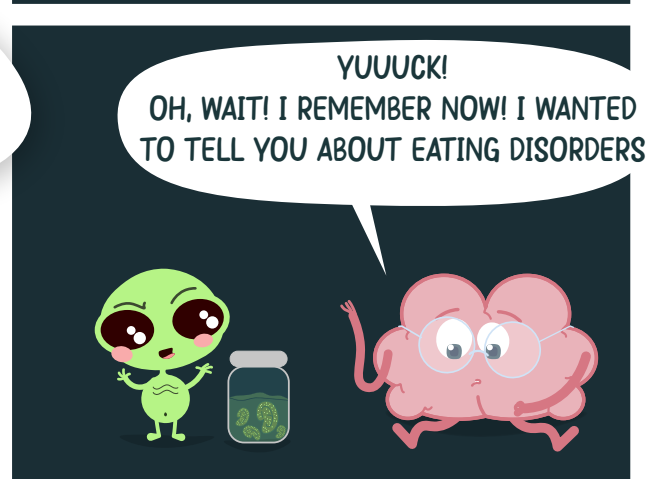
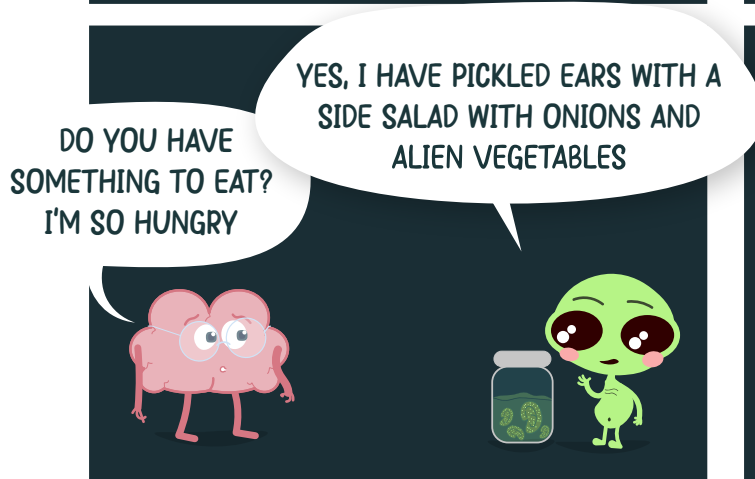
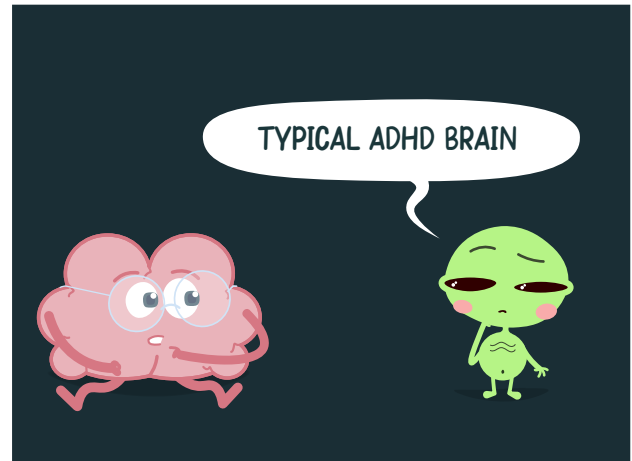
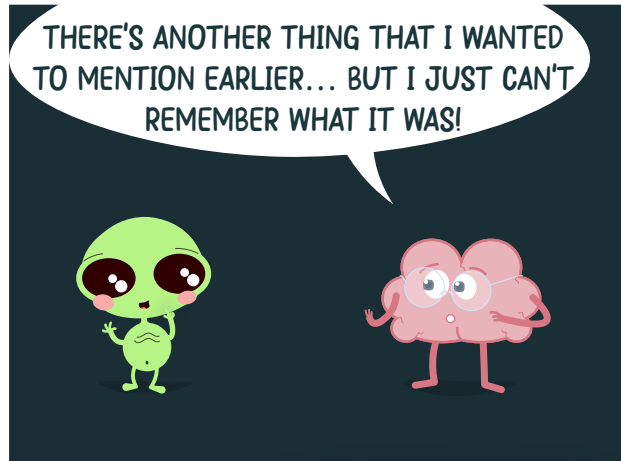
Time management is daunting for ADHDers since It requires planning, executive function, self-discipline, focus . . .

YOU CAN LEARN TO MANAGE YOUR TIME BETTER BY IMPLEMENTING THESE STRATEGIES:

- ▶ Start each day with a list of what **needs to be done** and **prioritize your goals**, for example buying chocolate does not have the same importance as completing your work tasks that are due that day.
- ▶ Do not **overbook** or **overschedule**.
- ▶ **Organize your home** in a way that you know where everything is, so that you don't waste time looking for stuff.
- ▶ Organize time with space for **breaks, rest, exercise, social time**, and **meals**.
- ▶ Use a **daily planner** to write down all important **tasks/activities** for the day.
- ▶ Break down **large tasks** into **small components** and put these in a **planner**. A large task may feel overwhelming, however, when it is broken down into small parts each component is quite manageable.
- ▶ Get into the **habit of writing** things down frequently so you don't end up forgetting about important stuff.

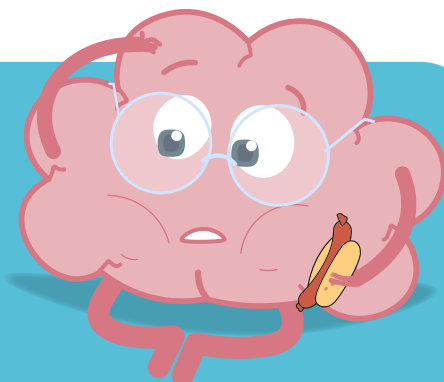
# **ADHD & EATING DISORDERS**





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# EATING DISORDERS



are a **psychological condition** that cause unhealthy eating habits to develop. They might start with an **obsession** with food, **body weight**, or **body shape**.

In severe cases, **eating disorders** can cause serious health consequences. In fact, eating disorders are among the **deadliest mental illnesses**, second to opioid overdose.

## PEOPLE WITH EATING DISORDERS CAN HAVE A VARIETY OF SYMPTOMS. LIKE:

- ▶ Severe restriction of food
- ▶ Food binges
- ▶ Purging behaviors like vomiting
- ▶ Overexercising
- ▶ Complaints of constipation, cold intolerance, abdominal pain, lethargy, or excess energy
- ▶ Denying feeling hungry
- ▶ Expressing a need to "burn off" calories
- ▶ Repeatedly weighing oneself
- ▶ Missing menstrual periods (in people who would typically menstruate)
- ▶ Sleep irregularities

**CONTINUED..**  
(on next page)

### THERE ARE A FEW TYPES OF EATING DISORDERS. THESE INCLUDE:

**ANOREXIA,**

**BINGE  
EATING DISORDER  
(BED),**

**BULIMIA**

Although eating disorders can affect people of any gender at any life stage, they're very common among ADHDers.

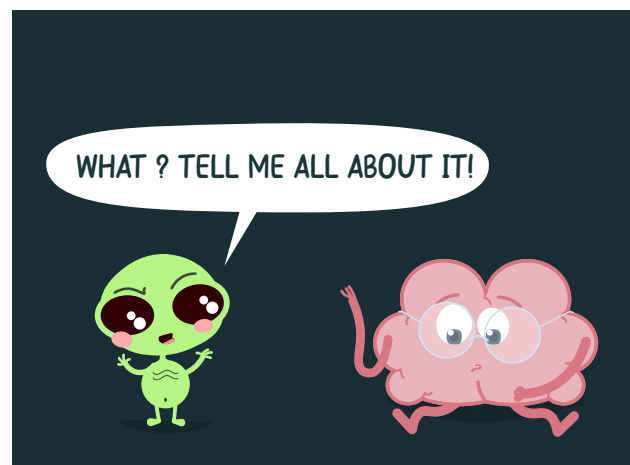
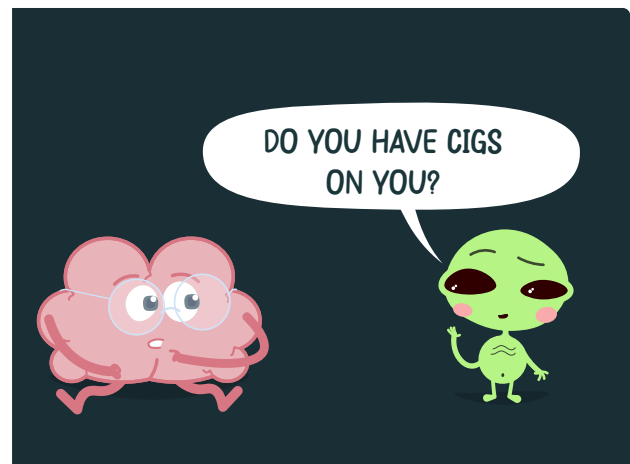
ADHDers often deal with boredom, stress, and intense feelings by overeating in order to soothe themselves. Some ADHDers may be likely to forget to eat and binge later. They may also have trouble planning and shopping ahead, which can result in spur-of-the-moment and uncontrolled eating.

ADHD, eating disorders and mental health issues need to be treated separately. But in some cases, there are treatments that can help with more than just one of the conditions.

Stimulant medication for ADHD may help with binge eating, as it improves self-control and reduces appetite

Keep in mind that It's important to seek professional help for each of the conditions.

# **ADHD & ADDICTIONS**



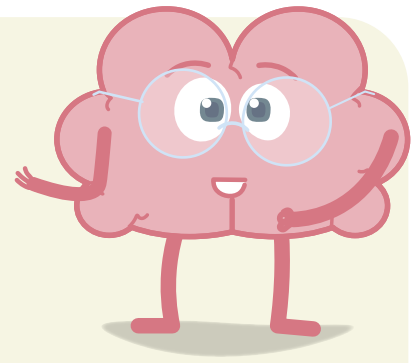
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ADHDERS ARE AT RISK OF DEVELOPING **SUBSTANCE USE DISORDERS**.

A **LITERATURE REVIEW** CITES THAT, COMPARED WITH THE GENERAL POPULATION, ADOLESCENTS WITH SUBSTANCE USE DISORDERS ARE MORE LIKELY ALSO TO HAVE ADHD. FOR EXAMPLE, IN ONE STUDY OF **CANNABIS** USE DISORDERS, 38% OF PARTICIPANTS HAD ADHD.



Experts don't know for sure the reasons behind the link between ADHD and eating disorders, but they have **SEVERAL THEORIES LINKING ADHD AND SUBSTANCE USE, INCLUDING:**

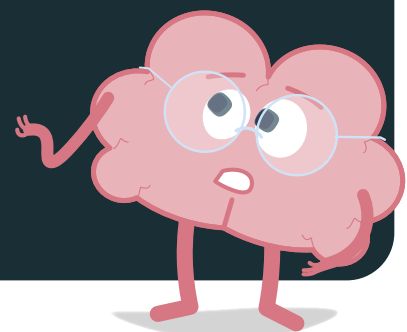


- ▶ THE TRAITS OF ADHD, **INCLUDING IMPULSIVITY, JUDGMENT ISSUES,** AND RESULTING **SCHOOL/WORK CHALLENGES,** MAY INCREASE AN INDIVIDUAL'S LIKELIHOOD OF BEGINNING **SUBSTANCE USE.**
- ▶ A **GENETIC LINK** MAY EXIST BETWEEN ADHD AND THE RISK OF DEVELOPING A SUBSTANCE USE DISORDER.
- ▶ ADHDS MAY FEEL TEMPTED TO TRY **PSYCHOACTIVE DRUGS** TO **SELF-TREAT** ADHD SYMPTOMS.

Treating **ADHD** and **substance abuse** can be hard because the medications used to treat ADHD can also become **habit-forming.**

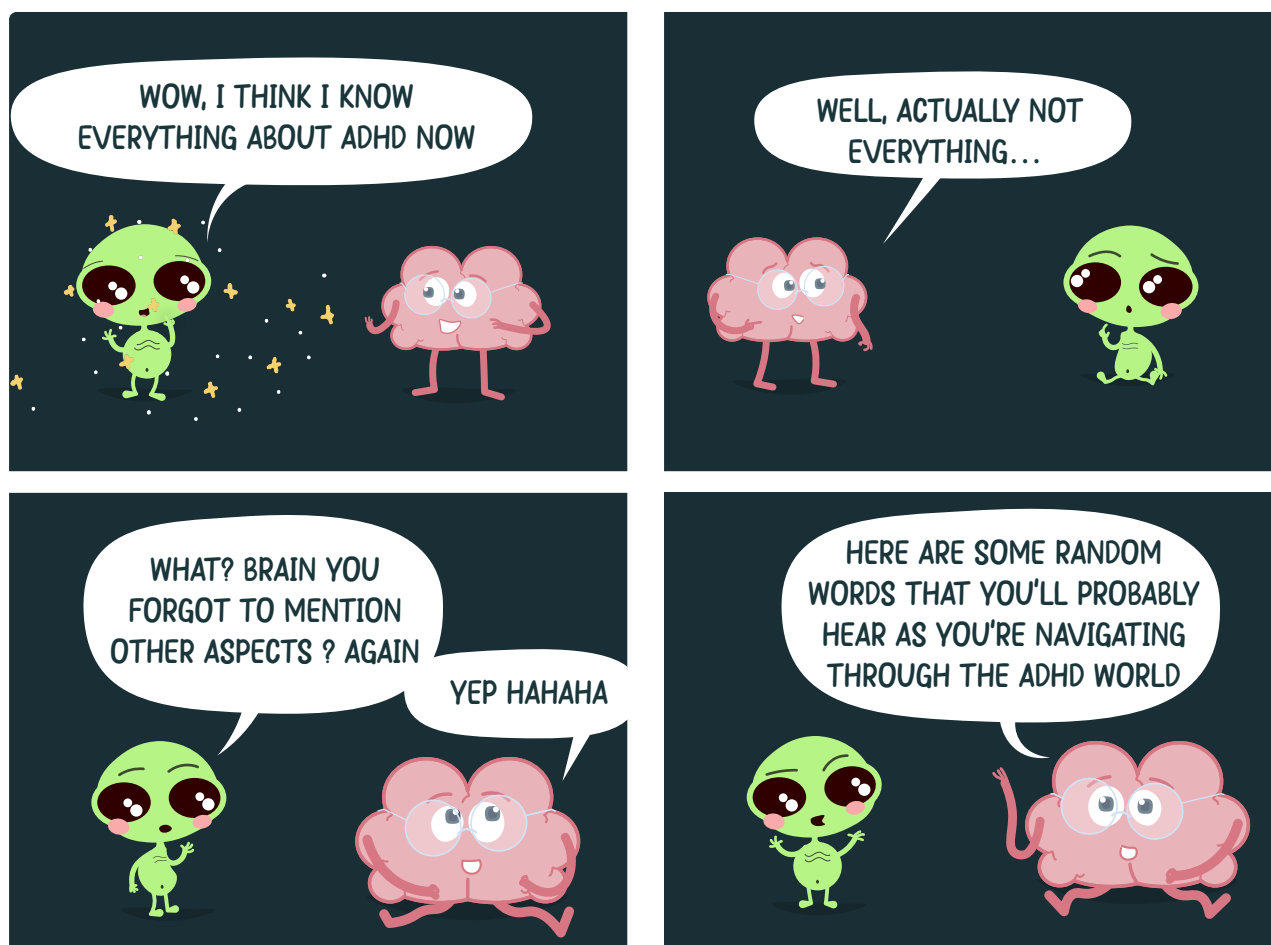
Stimulants like Ritalin and Adderall are often effective at managing symptoms, but they also have a high potential for abuse.

During treatment, it is imperative to monitor both issues at the same time.



# **SOME TERMS USED IN THE ADHD WORLD**

# some terms used in the ADHD world



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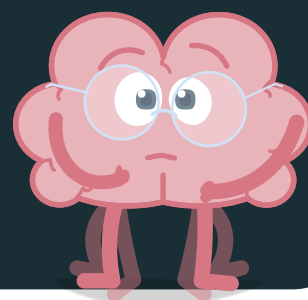
## STIMMING:

Stimming is essentially a self-stimulatory behavior that helps people focus or cope with stress or anxiety. It can involve anything from making repetitive movements to saying specific words or phrases over and over again.

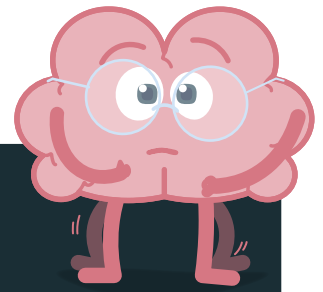
For ADHDeers, stimming can serve as a way to focus their attention and control their impulses. It can also help them calm down when they're feeling overwhelmed or stressed out.

### Stimming can look like:

Fidgeting or tapping fingers/ Spinning around/  
Walking or running in place/ Making repetitive noises,  
such as clicking a pen or humming a song/  
Biting fingernails or lips/ Picking at skin







## FIDGETING:

Fidgeting is a form of stimming, which is basically about making small movements with your body, usually your hands and feet.

Fidgeting can increase your physiological arousal and help you feel more alert.



## HYPERFOCUS:

Hyperfocus is highly focused attention that lasts a long time. You concentrate on something so hard that you lose track of everything else going on around you.

Doctors often see hyperfocus as an ADHD trait, but it's not an official symptom.

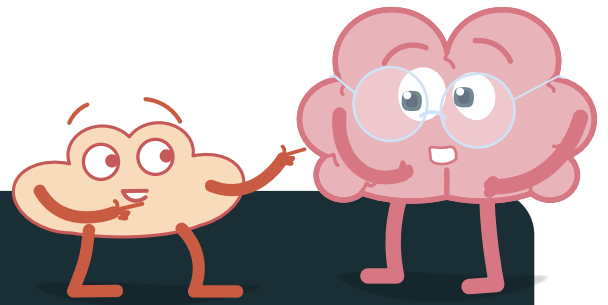
## SENSORY ISSUES:

Sensory processing disorder (SPD) is a condition that affects how your brain processes sensory information (stimuli).

Sensory information includes things you see, hear, smell, taste, or touch.

SPD can affect all of your senses, or just one. SPD usually means you're overly sensitive to stimuli that other people are not.

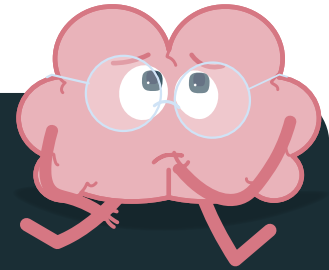




## BODY DOUBLING:

Body doubling simply means doing a task in the presence of another person. The other person may help with the task, or just work on the same task, but independently.

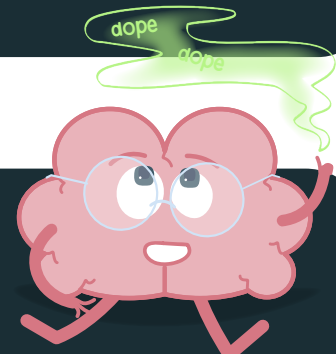
## EXECUTIVE DYSFUNCTION:



Executive dysfunction is a term used to describe the range of cognitive, behavioral, and emotional difficulties which often occur as a result of another disorder.

Individuals with executive dysfunction struggle with planning, problem-solving, organization, and time management.

## DOPAMINE:



Dopamine is an important chemical messenger in your brain that has many functions.

It's involved in reward, motivation, memory, attention, and even regulation of body movements

When dopamine is released in large amounts, it creates feelings of pleasure and reward, which motivate you to repeat a specific behavior

In contrast, low levels of dopamine are linked to reduced motivation and decreased enthusiasm for things that would excite most people

## REJECTION SENSITIVE DYSPHORIA:

RSD is an overwhelming emotional sensation that a person may experience in response to an actual or perceived rejection or criticism. It is a serious condition that can result in low mood and self-esteem and is not a person being overly sensitive. RSD isn't a formal symptom of ADHD in the USA but emotional dysregulation is one of 6 main criterias used to diagnose ADHD in Europe.



## WORKING MEMORY:

Working memory is a cognitive system with a limited capacity that can hold information temporarily. Working memory is important for reasoning and the guidance of decision-making and behavior.

## EXCESSIVE DAYDREAMING:

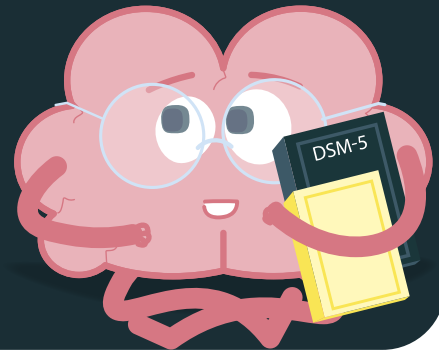
Excessive daydreaming is a disorder also known as maladaptive daydreaming. It happens in people who have vivid, well-thought-out daydreams that go on for hours. This makes maintaining real-life relationships and responsibilities difficult. This disorder is not recognized in standard mental health manuals.



## DSM-5

DSM-5 stands for The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition ,

In the United States, the DSM serves as the principal authority for psychiatric diagnoses. Treatment recommendations, as well as payment by health care providers, are often determined by DSM classifications.



**SOME STATS  
YOU SHOULD  
KNOW:**

# stats 1

Estimated number of US children who ever had a diagnosis of ADHD:



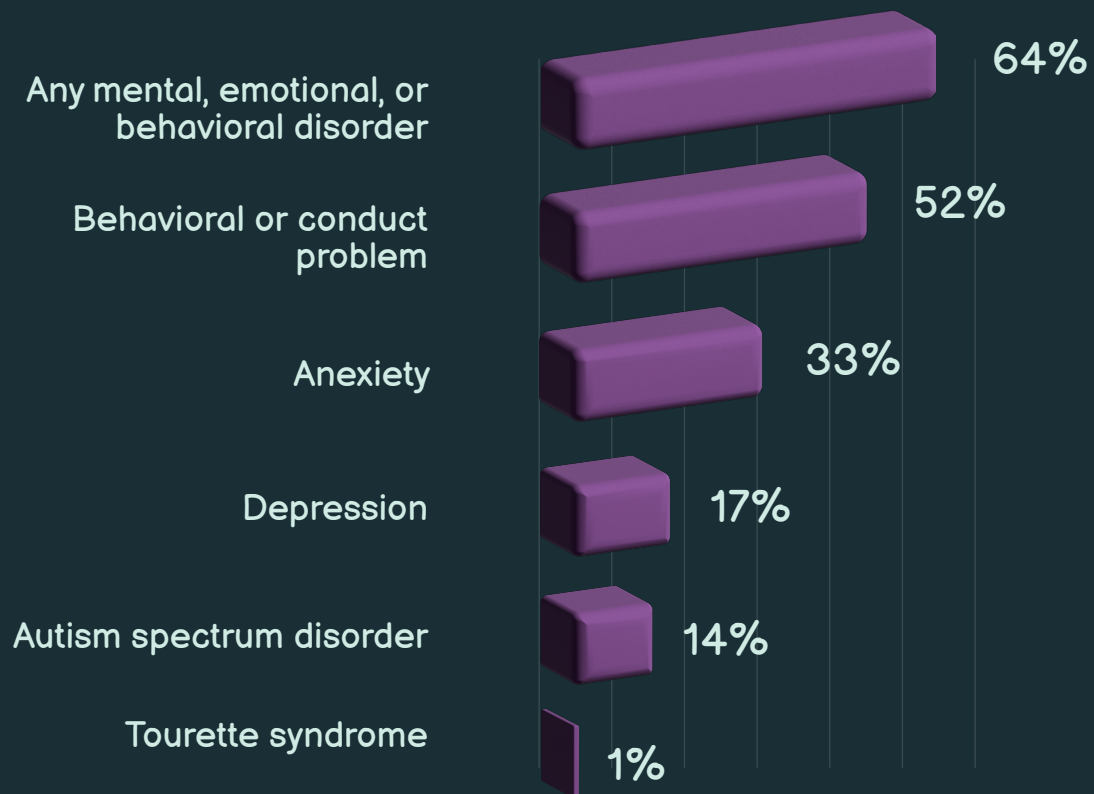
NSCH 2003-2011



NSCH 2016

# stats 2

Percentage of children with ADHD  
and another disorder:



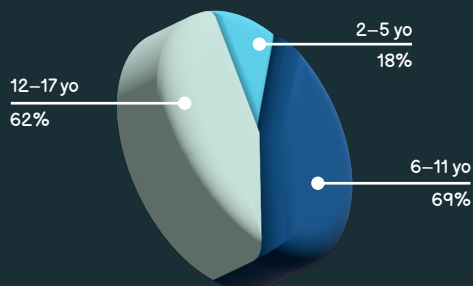
## ADHD & treatment:

# Stats 3

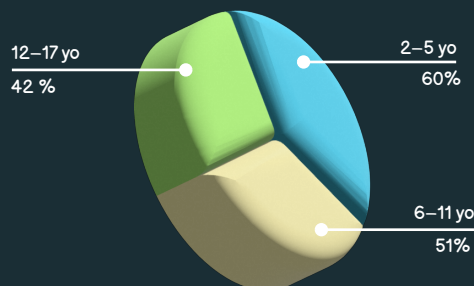
About 3 in 4 US children with current ADHD receive treatment:

A national parent survey from 2016<sup>1</sup> reported on medication and behavioral treatment for children 2-17 years of age with current ADHD:

- 62% were taking ADHD medication:



- 47% received behavioral treatment:



Altogether, 77% were receiving treatment.  
Of these children:

- About 30% were treated with medication alone.
- About 15% received behavioral treatment alone.
- About 32% children with ADHD received both medication treatment and behavioral treatment.
- About 23% of children with ADHD were receiving neither medication treatment nor behavioral treatment.



## ADHD & diagnosis:

### stats 4

Boys are 3x more likely to get diagnosed

### stats 5

Children from primarily English speaking households are 4x more likely to get diagnosed.

### stats 6

#### ADHD in adults:

The worldwide prevalence of ADHD is estimated at 2,8%.

### stats 7

#### Adult ADHD diagnosis rate:

ADHD diagnoses among adults are growing four times faster than are ADHD diagnoses among children in the United States (26.4% increase among children compared to 123.3 percent among adults)

## ADHD & diagnosis:

# Stats 8

**Adult ADHD is underdiagnosed in adults in comparison with children:**

It is estimated that fewer than 20% of adults with ADHD are currently diagnosed and/or treated by psychiatrists

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## ADHD AND ITS COMORBIDITIES:

# Stats 9

Rates of comorbid bipolar disorder in adults with ADHD are estimated between 5.1 and 47.1 percent.

# Stats 10

Studies suggest that 25 to 40 percent of adults with Substance Use Disorder also have ADHD.

# Stats 11

ADHDers are at least 1.5 times more likely to develop substance abuse disorders to substances like nicotine, alcohol, marijuana, and cocaine.

## ADHD & SCHOOL:

# Stats 12

Teen boys with ADHD are more likely to experience problems with attendance, GPA, homework, and more in high school.

Male teens with ADHD miss school 3 to 10 percent of the time, are between 2.7 and 8.1 times more likely to drop out of high school, could fail 7.5 percent of their courses and have GPAs five to nine points lower than those of male teens without ADHD.

# Stats 13

Approximately 2 to 8 percent of college students self-report clinically significant symptoms associated with ADHD.

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## ADHD and Women

# Stats 14

Symptoms of inattentiveness are more common than symptoms of hyperactivity and impulsivity in girls and women with ADHD.

## Stats 15

Even with many symptoms present in their childhood, diagnosis tends to come later in life for a significant proportion of women with ADHD.

## Stats 16

ADHD medication use is lower in girls and women compared to boys and men with ADHD.

## RESOURCES



# REFERENCES

