

ADHD Fact Sheet

ADHD is a neurodevelopmental disorder - not a behavioral disorder -
that can be diagnosed across the lifespan

Quick Facts:

- Not all children have all symptoms, and they must be present for at least 6 months and impact functioning in more than just one setting (i.e, school AND home or school AND in the community)
- More commonly diagnosed in males compared to females (12.9% compared to 5.6%)
- The onset of symptoms must be present before the age of 12 years old
- ADHD can present itself differently in adults
- Prevalence Rate: Children (5%) and Adults (2.5%)



Subtypes:

Inattentive Type:
6 or more symptoms of inattention and less than 6 symptoms of hyperactivity

Combined Type:
6 or more symptoms in both inattention and hyperactivity domains

Hyperactive Type:
Less than 6 symptoms of inattention; 6 or more symptoms of hyperactivity

There are Three Types of ADHD:

Predominantly inattentive presentation

Common symptoms involve: Difficulty paying attention, distractibility, forgetfulness, difficulty engaging in age-appropriate problem-solving, overwhelmed with developmentally appropriate expectations and tasks

Predominantly hyperactive-impulsive presentation

Common symptoms involve: Fidgetiness, difficulty sitting still for long periods of time, restlessness, interrupting others

Combined presentation

Symptoms of inattention and hyperactivity/impulsivity are both present



Co-Occurring:

Learning disorders, anxiety, depression, behavioral disorders (Oppositional Defiant Disorder, Conduct Disorder), later substance use in adolescents/early adulthood

Differential Diagnoses:

- Autism Spectrum Disorder
- Learning Disabilities
- Anxiety
- Trauma
- Oppositional Defiant Disorder

Risk Factors:

- Low birth weight
- Tobacco use during pregnancy
- Premature delivery
- Brain injury
- Trauma

Treatment:

- The American Academy of Pediatrics (AAP) recommends behavioral therapy as the first line of treatment for children under 6 years of age
- Behavioral therapy in conjunction with community intervention (i.e., parenting support, family therapy, school accommodations, extra-curricular activities, routine/structure) can be very effective
- Behavioral therapy in conjunction with medications can be beneficial for elementary-aged children and beyond



Sources:

<https://www.additudemag.com/latest-mta-results-putting-adhd-treatment-data-in-context/>

https://childmind.org/guide/parents-guide-to-adhd/#block_9d0afd49-2e49-47aa-9b17-1575b175cc13

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American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorder* (5th ed.). Washington, DC