

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

## Neurodevelopmental Disorders

### Learning Disorder

Prevalence: 1 out of 2

#### Symptoms

- Trouble processing information
- Reading difficulty (dyslexia)
- Handwriting difficulty (dysgraphia)
- Math calculations difficulty (dyscalculia)

#### Treatment Options

- Learning accommodations and modifications
- Special education services

### Tourette's Syndrome

#### Symptoms

- Motor tics
- Vocal tics

#### Treatment Options

- Medication
- Behaviour therapy
- School supports and accommodations

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

### Autism

#### Symptoms

- Issues with social communication and interaction skills
- Repetitive behaviour
- Sensory sensitivities

#### Treatment Options

- Behavioural therapy (parent training)
- Speech therapies

Prevalence: 1 out of 3

### Speech Problems

#### Symptoms

- Issues with word or sound pronunciation
- Stuttering
- Articulation

#### Treatment Options

- Speech therapies

Prevalence: 1 out of 10

### Conduct Disorder (CD)

Prevalence: 1 out of 4

#### Symptoms

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

#### Treatment Options

- Behavioural therapy (Parent training)

### Oppositional Defiant Disorder (ODD)

#### Symptoms

- Quick to lose temper
- Argue with adults
- Deliberately annoy people
  - Anger
  - Vindictive

#### Treatment Options

- Behavioural therapy (Parent training)
- Medication
- Counselling

Prevalence: 1 out of 4

## Other Comorbid Conditions

### Anxiety

#### Symptoms

- Worry excessively about everyday things
- Feel edgy
- Stressed out
- Overly tired
- Tense

#### Treatment Options

- Cognitive Behavioural Therapy (Parent training)

Prevalence: 1 out of 5

### Sleep Problems

Prevalence: 1 out of 2

#### Symptoms

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

#### Treatment Options

- Practice good sleep habits
- Stick to the 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

- Behaviour changes (irritability, depressed mood, nervousness, inattention)
  - Restlessness
- Loss of coordination, changes 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

### Depression

#### Symptoms

- Sadness (or irritability, particularly in children)
- Hopelessness
- Lack of interest in school or social activities

#### Treatment Options

- Suicidal thoughts
- Individual therapy
- Cognitive therapy
- Medication

Prevalence: More than 1 out of 10

### 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

## ADHD and Comorbid Conditions