

ADHD and it's 20 most common associated conditions

ADHD Co-morbidities	Approximate %	Brief Summary
Anxiety Disorders	25-40%	Anxiety disorders, including generalized anxiety disorder, social anxiety disorder, and panic disorder, often coexist with ADHD, manifesting in excessive worry, fear, and avoidance behaviours.
Depression	20-30%	Symptoms of depression, such as persistent sadness, low energy, and changes in appetite or sleep patterns, frequently occur alongside ADHD.
Oppositional Defiant Disorder (ODD)	30-50%	ODD involves a pattern of defiant, disobedient, and hostile behaviour toward authority figures and is common among children and adolescents with ADHD.
Conduct Disorder	20-50%	Conduct disorder is characterized by persistent patterns of behaviour that violate societal norms and the rights of others, including aggression, deceitfulness, and rule-breaking.
Autism Spectrum Disorder (ASD)	Up to 30%	ASD and ADHD often co-occur, though the exact relationship is complex and not fully understood, with both conditions involving difficulties in social interaction and communication.
Learning Disabilities	20-40%	Learning disabilities, such as dyslexia and dyscalculia, frequently coexist with ADHD, contributing to academic difficulties in individuals with both conditions.
Sensory Processing Disorder (SPD)	Not well-defined	SPD involves atypical responses to sensory stimuli and may occur alongside ADHD, with symptoms ranging from hypersensitivity to hyposensitivity.
Tourette Syndrome	20-60%	Tourette syndrome, characterized by motor and vocal tics, commonly coexists with ADHD, though the exact prevalence varies.

ADHD Co-morbidities	Approximate %	Brief Summary
Bipolar Disorder	20-30%	Bipolar disorder involves mood dysregulation, and individuals with ADHD may be at increased risk for developing bipolar disorder, experiencing episodes of mania and depression.
Substance Use Disorders	15-40%	ADHD is associated with higher rates of substance use and abuse, including alcohol, tobacco, and illicit drugs, potentially exacerbating symptoms and impairing functioning.
Obsessive-Compulsive Disorder (OCD)	20-30%	OCD involves intrusive thoughts and repetitive behaviours, which may occur alongside ADHD, causing significant distress and impairment in daily life.
Sleep Disorders	25-50%	Sleep disorders, such as insomnia and sleep apnoea, are more prevalent among individuals with ADHD, contributing to difficulties in sleep initiation and maintenance.
Borderline Personality Disorder (BPD)	Not well-established	BPD is characterized by unstable relationships, self-image, and emotions, and may occur alongside ADHD, though the exact prevalence is not well-defined.
Post-Traumatic Stress Disorder (PTSD)	10-30%	PTSD can coexist with ADHD, particularly in individuals who have experienced trauma or adverse life events, leading to symptoms such as flashbacks, nightmares, and hypervigilance.
Intellectual Disabilities	Varies based on population studied	ADHD may occur in individuals with intellectual disabilities, though specific prevalence rates vary based on the population studied and diagnostic criteria used.
Developmental Coordination Disorder (DCD)	30-50%	DCD involves difficulties with motor coordination and planning, commonly coexisting with ADHD and contributing to challenges in activities requiring fine and gross motor skills.
Eating Disorders	10-25%	Eating disorders, such as anorexia nervosa and bulimia nervosa, may co-occur with ADHD, particularly in adolescents and adults, impacting eating behaviours and body image.

ADHD Co-morbidities	Approximate %	Brief Summary
Personality Disorders	Varies based on specific disorder	Various personality disorders, such as borderline and narcissistic personality disorder, may be more common among individuals with ADHD, affecting interpersonal relationships and self-perception.
Nonverbal Learning Disability (NVLD)	Not well-established	NVLD involves difficulties with nonverbal communication and visual-spatial skills and may occur alongside ADHD, though the exact prevalence is not well-established.
Chronic Health Conditions	Varies widely	Chronic health conditions, such as asthma, hay fever, EDS, hypermobility and obesity, are more prevalent in those with ADHD. Probable genetic linkage in embryonic development.