

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

Neurodevelopmental Disorders

Other Comorbid Conditions

ADHD and Comorbid Conditions

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

Prevalence: 1 out of 2



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

Prevalence: 1 out of 3

Autism

Symptoms

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

Treatment Options

- Behavioural therapy (parent training)
- Speech therapies

Speech Problems

Symptoms

- Issues with word or sound pronunciation
- Stuttering
- Articulation

Treatment Options

- Speech therapies

Prevalence: 1 out of 10



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

Conduct Disorder (CD)

Symptoms

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

Treatment Options

- Behavioural therapy (Parent training)

Prevalence: 1 out of 4



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

Prevalence: 1 out of 5

Anxiety

Symptoms

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

Treatment Options

- Cognitive Behavioural Therapy (Parent training)

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
 - Suicidal thoughts

Treatment Options

- 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

Behavioural Disorders

Mood Disorders