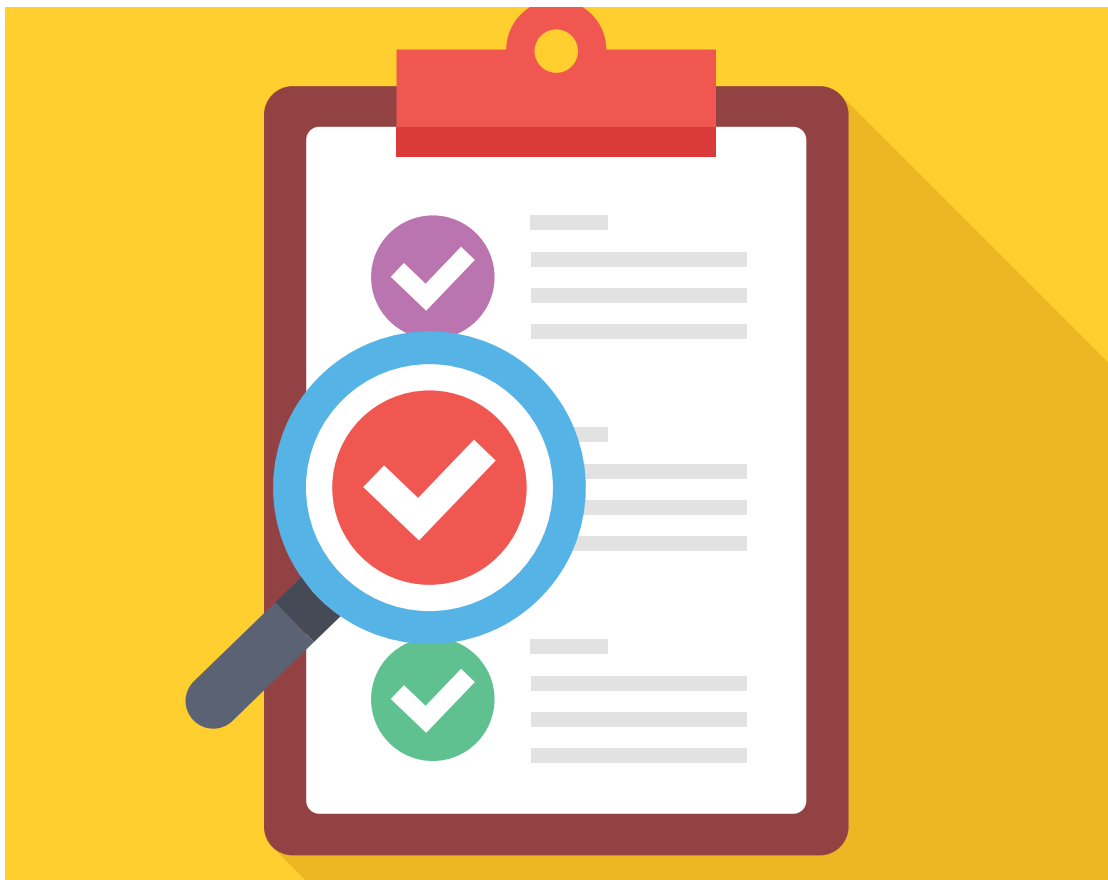


9 Conditions Often Linked to ADHD



From the ADHD Experts at

ADDITUDE

Strategies and Support for ADHD & LD

ADDITUDE

Strategies and Support for ADHD & LD

A trusted source of advice and information for families touched by attention-deficit disorder—
and a voice of inspiration to help people with ADHD find success at home, at school, and on the job.

ADDitudeMag.com

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9 Conditions Often Linked to ADHD

An overwhelming majority of individuals with ADHD — up to 90 percent of children and approximately 85 percent of adults — are diagnosed with at least one other psychiatric and/or developmental disorder sometime during their lifetime. About half of all children with ADHD have at least two additional, co-existing conditions, called ‘comorbidities.’

A comorbid condition is a separate condition that exists alongside ADHD, compounding an individual’s cognitive, psychological, and social impairment. These conditions, when found alongside ADHD, warrant special consideration and a unique treatment plan.

This reference chart names the 9 conditions most commonly found in individuals with ADHD, plus the symptoms, common treatments, and recommended resources for each.

If you think you or your child may have one or more of these conditions, speak with your primary care physician. To find a specialist, we recommend the following directory resources:

- directory.additudemag.com
- psychologytoday.com

- goodtherapy.org
- doctor.webmd.com
- healthychildren.org
- aacap.org
- aota.org

To learn more about each of the 9 conditions presented here, plus other common diagnoses among individuals with ADHD, visit <http://additu.de/related-conditions>

Anxiety At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> • 25–40% of people with ADHD may also have an anxiety disorder. • 10% of people with anxiety are diagnosed with comorbid ADHD. 	
Suggestive Symptoms	<ul style="list-style-type: none"> • Difficulty controlling feelings of worry • Feelings of powerlessness • Restlessness, twitching, or sweating; tense muscles • Increased heart rate • Fatigue 	<ul style="list-style-type: none"> • Irritability or edginess • Trouble concentrating • Sleep difficulties • Trouble breathing or inability to stay in confined spaces • Panic attacks of intense fear, dizziness, heart palpitations, or shortness of breath
Professional to See	A psychologist can provide therapy. Your primary care physician or a psychiatrist will need to prescribe any medication. For children, see a child and adolescent psychiatrist.	
Treatments & Medications	<ul style="list-style-type: none"> • Therapy, as well as relaxation and self-calming techniques • Anti-anxiety medications, such as buspirone (Buspar) 	<ul style="list-style-type: none"> • Benzodiazepines, such as clonazepam (Klonopin), alprazolam (Xanax), or diazepam (Ativan) • Antidepressants
Recommended Resources	<ul style="list-style-type: none"> • adaa.org • freedomfromfear.org • <i>Worry</i>, by Edward M. Hallowell, M.D. • <i>The Anxiety and Phobia Workbook</i>, by Edmund J. Bourne, Ph.D. 	<ul style="list-style-type: none"> • <i>Freeing Yourself from Anxiety</i>, by Tamar E. Chansky, Ph.D. • <i>Worried No More</i>, by Aureen Pinto Wagner, Ph.D. • <i>Seven Steps to Help Your Child Worry Less</i>, by Sam Goldstein, Ph.D., Kristy Hagar, Ph.D., and Robert Brooks, Ph.D.

Autism Spectrum Disorder At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> Nearly one third of children with ASD also meet the diagnostic criteria for ADHD. Children with ADHD are 20 times more likely to exhibit some signs of autism spectrum disorder than neurotypical peers. 	
Suggestive Symptoms	<ul style="list-style-type: none"> Delayed speech and learning gestures Tendency to avoid eye contact Difficulty imitating the actions of others Preference for solitary play Failure to respond to social cues Failure to seek comfort when upset Trouble understanding the perspective of others 	<ul style="list-style-type: none"> Trouble creating sentences Tendency to repeat words or phrases Arranging objects in a particular order Repetitive behaviors like twirling or rocking Wiggling fingers or flapping hands <p>In adults, lack of understanding of facial expressions, body language, or social cues; difficulty interpreting what others are thinking or feeling; inflection that does not reflect feelings; difficulty regulating emotion</p>
Professional to See	<p>Diagnosis and treatment should be conducted by a qualified developmental and behavioral pediatrician, child and adolescent psychiatrist or neurologist.</p>	
Treatments & Medications	<ul style="list-style-type: none"> Behavioral therapy for children coupled with parent-training Atypical neuroleptics including aripiprazole (Abilify), quetiapine fumarate (Seroquel), and risperidone (Risperdal) 	
Recommended Resources	<ul style="list-style-type: none"> autismspeaks.org autism.com <i>Autism Spectrum Disorder</i>, by Chantal Sicile-Kira <i>Early Intervention and Autism</i>, by James Ball, Ed.D. 	<ul style="list-style-type: none"> <i>Ten Things Every Child with Autism Wishes You Knew</i>, by Ellen Notbohm <i>The Autistic Brain</i>, by Temple Grandin <i>The Reason I Jump</i>, by Naoki Higashida <i>Life, Animated</i>, by Ron Suskind

Bipolar Mood Disorder At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> • 25–40% percent of people with bipolar disorder have ADHD. • 5–7% of people with ADHD will be diagnosed with bipolar disorder at some time in their lives. 	
Suggestive Symptoms	Depressive Phases: <ul style="list-style-type: none"> • Feelings of sadness, hopelessness, and apathy • Extreme feelings of guilt and regret • Sharp decrease in energy • Distorted appetite—either noticeably increased or diminished • Loss of interest in favorite activities • Noticeably poor performance in work or school • Thoughts of suicide 	Manic Phases: <ul style="list-style-type: none"> • Feelings of euphoria • Severe, uncharacteristic irritability • Unusually high self-esteem • Poor judgment (particularly when it comes to risky behavior like Drug or alcohol use, gambling, or promiscuous sex) • Rapid speech—often to the point that the listener is unable to follow • Behaving aggressively or too exuberantly • Decreased need for sleep • Dramatic boost in sex drive • In very extreme cases, psychosis—breaking from reality—which can include delusions or hallucinations
Professional to See	Your primary care physician or a psychiatrist will need to prescribe any medication. For children, see a child and adolescent psychiatrist	
Treatments & Medications	<ul style="list-style-type: none"> • Psychotherapy, such as cognitive-behavioral therapy (CBT), family therapy, interpersonal, or social rhythm therapy • Lithium, or another mood stabilizer • Atypical antipsychotics, such as aripiprazole (Abilify), quetiapine fumarate (Seroquel), or lurasidone (Latuda) 	
Recommended Resources	<ul style="list-style-type: none"> • dbsalliance.org • ibpf.org • <i>The Bipolar Disorder Survival Guide</i>, by David J. Miklowitz, Ph.D. • <i>An Unquiet Mind</i>, by Kay Redfield Jamison • <i>The Bipolar Child</i>, by Demetri Papolos, M.D. and Janice Papolos • <i>What Works for Bipolar Kids</i>, by Mani Pavuluri, M.D., Ph.D. 	

Depression At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> Nearly three times more common in people with ADHD than in the general population; by some estimates, as many as 70% of people with ADHD will be treated for depression at some point in their lives. The rate in children with ADHD is lower, estimated between 10–30%. Roughly 30-40% of children and adults with depression also have ADHD. 	
Suggestive Symptoms	<ul style="list-style-type: none"> Loss of interest in activities Change in appetite Difficulty sleeping, or sleeping more than usual Fatigue or lack of energy Agitation or irritability Feelings of worthlessness, hopelessness, guilt or inadequacy Difficulty concentrating or making decisions Unexplained aches and pains Recurrent thoughts of death or suicide In children, a sudden drop in grades or apathy about the future 	
Professional to See	A psychologist can provide therapy. Your primary care physician or a psychiatrist will need to prescribe any medication. For children, see a child and adolescent psychiatrist.	
Treatments & Medications	<ul style="list-style-type: none"> Cognitive-behavioral therapy (CBT) or talk therapy Antidepressants, such as fluoxetine (Prozac), citalopram (Celexa), escitalopram (Lexapro), or bupropion (Wellbutrin) Stimulant medications may be used as augmenters, regardless of whether the patient has ADHD 	
Recommended Resources	<ul style="list-style-type: none"> adaa.org dbsalliance.org aacap.org <i>Undoing Depression</i>, by Richard O'Connor <i>Feeling Good</i>, by David D. Burns, M.D. <i>The Noonday Demon</i>, by Andrew Solomon <i>The Childhood Depression Sourcebook</i>, by Jeffrey A. Miller, Ph.D. <i>More Than Moody</i>, by Harold S. Koplewicz, M.D. 	

Learning Disabilities At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> • About 50% of people with ADHD have a comorbid oral language deficit. • 20–60% of children with ADHD have one or more learning disabilities or language problems. 	
Suggestive Symptoms	<p>Reading Disabilities:</p> <ul style="list-style-type: none"> • Difficulty associating or recognizing sounds that go with letters • Difficulty separating the sounds within words • Difficulty sounding out words • Delayed speech development • Trouble rhyming • Problems understanding and using words and grammar • Poor spelling or reverses letters • Short attention span • Difficulty following directions • Trouble distinguishing letters, numerals or sounds <p>Language/Auditory Processing Disorders:</p> <ul style="list-style-type: none"> • Difficulty following spoken directions • Difficulty following multi-step directions • Difficulty expressing self verbally; recalling words or translating thoughts into words • Poor working memory • Extreme difficulty focusing or paying attention in noisy environments • May hear, and thus speak, imprecisely (saying “dat” instead of “that”; running words together) • Difficulty following and participating in conversations • Poor reading comprehension • Poor written output 	<p>Written Language Disabilities:</p> <ul style="list-style-type: none"> • Handwriting is slow and/or illegible • Inconsistent spacing, or running out of space on the paper; irregularly sized letters • Speaking the words out loud while writing • Omitted words in sentences • Difficulty with grammar and syntax structure • Avoidance of writing tasks • Difficulty organizing thoughts when writing them down <p>Math Disabilities:</p> <ul style="list-style-type: none"> • Slow to develop counting and math problem-solving skills • Trouble understanding positive versus negative value • Difficulty recalling number sequences • Difficulty computing problems • Problems with time concepts • Poor sense of direction • Difficulty completing mental math
Professional to See	<p>Evaluation should be conducted by a school psychologist or special education professional. School supports may be provided by special education professionals and/or your child’s classroom teacher. Parents may hire an educational advocate to help them secure services. Children with dysgraphia should see an occupational therapist (aota.org).</p>	
Treatments & Medications	<ul style="list-style-type: none"> • No medication to treat learning disabilities • Child may qualify for an Individualized Education Program (IEP) to receive special-education services or accommodations 	

Learning Disabilities At a Glance (continued)

Recommended Resources

- ldaamerica.org
- ncld.org
- understood.org
- ldonline.org
- asha.org
- wrightslaw.com
- [*Facing Learning Disabilities in the Adult Years*](#), by Joan Shapiro and Rebecca Rich
- [*Overcoming Dyslexia*](#), by Sally Shaywitz, M.D.
- [*The Dyslexic Advantage*](#), by Brock L. Eide, M.D., and Fernet F. Eide, M.D.
- [*The Misunderstood Child: Understanding and Coping with Your Child's Learning Disabilities*](#), by Larry Silver, M.D.
- [*The Dyslexia Empowerment Plan*](#), by Ben Foss
- [*Childhood Speech, Language & Listening Problems*](#), by Patricia McAleer Hamaguchi
- [*The Source for Nonverbal Learning Disorders*](#), by Sue Thompson
- [*Language Processing Problems*](#), by Cindy Gaulin
- [*When the Brain Can't Hear*](#), by Teri James Bellis, Ph.D.
- [*Learning Outside the Lines*](#), by Jonathan Mooney and David Cole

Obsessive Compulsive Disorder (OCD) At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> • 25–33% of children with OCD are diagnosed with ADHD.
Suggestive Symptoms	<ul style="list-style-type: none"> • Recurrent, unwanted thoughts (obsessions), such as fear of dirt, germs, contamination, or becoming ill/dying; fear of losing control and causing harm to oneself or others; intrusion of perverse, forbidden, or “horrific thoughts; extreme need for order, symmetry, or “perfection” • Repetitive behaviors (compulsions) that are intended to lessen anxiety, such as counting or repeating; checking or questions; arranging and organizing; cleaning or washing; collecting or hoarding; “preening” behaviors
Professional to See	A psychologist can provide therapy. Your primary care physician or a psychiatrist will need to prescribe any medication. For children, see a child and adolescent psychiatrist.
Treatments & Medications	<ul style="list-style-type: none"> • Cognitive-behavioral therapy (CBT) or exposure-response therapy • Antidepressants • Anti-anxiety medications
Recommended Resources	<ul style="list-style-type: none"> • iocdf.org • beyondocd.org • Brain Lock, by Jeffrey M. Schwartz, M.D. • Triggered, by Fletcher Wortmann • Freeing Your Child from Obsessive-Compulsive Disorder, by Tamar E. Chansky, Ph.D. • What to Do When Your Child has Obsessive-Compulsive Disorder, by Aureen Pinto Wagner, Ph.D.

Oppositional Defiant Disorder (ODD) At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> • 25% of boys with ADHD and 10% of girls with ADHD will develop ODD. • About 40% of those children will get progressively worse and develop Conduct Disorder (CD). 	
Suggestive Symptoms	<ul style="list-style-type: none"> • Often loses temper • Often argues with adults • Often actively defies or refuses to comply with adults' requests or rules • Often deliberately annoys people • Often blames others for his or her mistakes or misbehavior 	<ul style="list-style-type: none"> • Often easily annoyed by others • Often angry and resentful • Often spiteful or vindictive <p>In adults, feeling mad at the world, losing temper regularly, relentlessly defending self when criticized or blamed; may present as spousal abuse or road rage</p>
Professional to See	A family therapist or counselor. A child and adolescent psychiatrist will need to prescribe any medication.	
Treatments & Medications	<ul style="list-style-type: none"> • Psychotherapy, including training or counseling for parents • Stimulant medications used for ADHD • Atypical antipsychotics, including aripiprazole (Abilify) or risperidone (Risperdal) 	
Recommended Resources	<ul style="list-style-type: none"> • aacap.org • conductdisorders.com/community • empoweringparents.com • <i>Taking Charge of Anger</i>, by W. Robert Nay, Ph.D. 	<ul style="list-style-type: none"> • <i>Your Defiant Child</i>, by Russell A. Barkley, Ph.D. • <i>Your Defiant Teen</i>, by Russell A. Barkley, Ph.D. • <i>The Explosive Child: Parenting Easily Frustrated, Chronically Inflexible Children</i>, by Ross W. Greene, Ph.D. • <i>The Defiant Child</i>, by Douglas A. Riley, Ph.D.

Sensory Processing Disorder At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> An estimated 40–60% of children with ADHD or SPD also have symptoms of the other condition. 	
Suggestive Symptoms	<ul style="list-style-type: none"> Experiencing muted sights, sounds, and touch, as if a shade has been pulled over the outside world Sensory-seeking behaviors include swinging, spinning 	<ul style="list-style-type: none"> Inability to screen out external stimuli <p>Feelings of sensory overload may be triggered by tags or seams on clothes or coarse fabrics, strong odors, loud noises, right lights, hair brushing, tart or bitter foods, being hugged</p>
Professional to See	Diagnosis and treatment should be conducted by a trained occupational therapist.	
Treatments & Medications	<ul style="list-style-type: none"> No medication can treat learning disabilities An occupational therapist may provide a “sensory diet” to gradually accustom a child to a range of sensations 	
Recommended Resources	<ul style="list-style-type: none"> spdstar.org aota.org <i>Too Loud, Too Bright, Too Fast, Too Tight</i>, by Sharon Heller 	<ul style="list-style-type: none"> <i>The Out-of-Sync Child</i>, by Carol Stock Kranowitz <i>The Out-of-Sync Child Has Fun</i>, by Carol Stock Kranowitz <i>Raising a Sensory Smart Child</i>, by Lindsay Biel and Nancy Peske <i>Sensational Kids</i>, by Lucy Jane Miller

Tourette Syndrome At a Glance

Comorbidity with ADHD	<ul style="list-style-type: none"> • About 7% of children with ADHD have Tourette Syndrome. • 60% of children with Tourette Syndrome have ADHD. 	
Suggestive Symptoms	<ul style="list-style-type: none"> • Simple motor tics, such as blinking or shrugging • Complex tics, such as hopping or touching things • Simple vocal tics, such as snickering, throat clearing, grunts, or barking 	<ul style="list-style-type: none"> • Complex vocal tics, such as repeating words or phrases • Uncommon symptoms: coprolalia, the vocal tic of swearing or saying inappropriate things; copropraxia, the motor tic of making obscene gestures
Professional to See	A child and adolescent psychiatrist will need to prescribe any medication. Child may also benefit from therapy provided by a child psychologist.	
Treatments & Medications	<ul style="list-style-type: none"> • Behavioral therapy to help alleviate tics • Alpha-adrenergic medications, including clonidine (Catapres) and guanfacine (Intuniv) • Anti-psychotic medications, including haloperidol (Haldol) and pimozide (Orap) 	
Recommended Resources	<ul style="list-style-type: none"> • tsa-usa.org • <i>Tics and Tourette Syndrome</i>, by Uttom Chowdury • <i>The Tourette Syndrome & OCD Checklist</i>, by Susan Conners • <i>Coping with Tourette Syndrome</i>, by Sandra Buffolano • <i>Nix Your Tics!</i> by B. Duncan McKinlay, Ph.D. • <i>Front of the Class</i>, by Brad Cohen 	

ADDitude eBooks **Available Now** additudemag.com/shop

Your Complete ADHD Guide

A complete overview of ADHD, outlining every step from diagnosis to treatment – all the way to living successfully with attention deficit.

From the moment you suspect ADHD in yourself or your child, you have hundreds of questions. Which doctor can evaluate symptoms? What medication side effects should you be prepared for? Can diet help? This comprehensive eBook has over 100 pages of expert advice, personal stories, and more to help you become an ADHD expert.

>> Learn more about this eBook: <http://additu.de/adhd-101>

ADHD Medication and Treatment

Everything you need to know about medication options, minimizing side effects, alternative therapies and more.

You're relieved to know, finally, that your child's symptoms have a name. Or that your inability to focus or pay attention in school as a child — or at work as an adult—is due to attention deficit disorder. But now, you have questions about how to treat it. This eBook has answers.

>> Learn more about this eBook: <http://additu.de/treatment>

Mindfulness and Other Natural Treatments

The best non-medical treatments for ADHD, including exercise, green time, and mindful meditation.

Learn how mindfulness works on ADHD brains, and how to begin practicing it today. Plus, research the benefits of other alternative treatments like yoga and deep breathing exercises—including some designed especially for kids—as well as the science behind each natural therapy.

>> Learn more about this eBook: <http://additu.de/mindful>

FREE ADDitude Downloads

4 Parent-Child Therapies for Better Behavior

Many families living with ADHD use behavior therapy and family training programs to break the cycle of bad behavior and defiance.

50 Smart Discipline Tips for Children with ADHD

The best techniques from parenting experts for dealing with dishonesty, getting your child to take you seriously, and much more!

A Routine That Works for Kids with ADHD:

Customize this hour-by-hour routine for your child — and make your day less stressful..

13 Parenting Strategies for Kids with ADHD

What does it take to be a great parent to a child with ADHD? Here's what works, and why.

When You Have ADHD, Too

18 tips for parents with ADHD—advice on balancing career, housework, and childcare when you share a diagnosis.

Homework Help for Children with ADHD

Addressing homework problems is critical – here's how to do it.

You Know Your Child Has ADHD When...

Parents on the funny side to living with ADHD symptoms.

Find these and many more free ADHD resources online at:

<http://additu.de/freedownloads>

Expert Webinar Replays:

What to Treat First?

>> <http://additu.de/6k>

ADHD is frequently accompanied by one or more comorbid conditions, such as depression, anxiety, learning disabilities, or ODD. Dr. Larry B. Silver explains what to look for, and how to treat dual diagnoses in children and adults.

Signs of Anxiety in Adults and Children with ADHD

>> <http://additu.de/xr>

People with ADHD are more likely to develop an anxiety disorder than others. In this audio and slide presentation, hosted by Thomas Brown, Ph.D., find out why, how to spot the six types of anxiety disorders, how to tease it apart from ADHD symptoms, and how to get help.

Managing Mood Disorders and Depression

>> <http://additu.de/mood-ds>

ADHDers are at greater risk for developing major depression than their non-ADHD peers. William Dodson, M.D., explains the tell-tale signs of depression and other mood disorders, why there is no such thing as “minor depression,” plus the most effective treatment options.

Treating Bipolar Disorder in Adults and Kids with ADHD

>> <http://additu.de/bpd-web>

At first glance, ADHD and bipolar disorder seem very much alike: they're both behavioral disorders marked by intense emotions. But despite the symptom overlap, you don't have to settle for a misdiagnosis. In this audio and slide presentation, hosted by William Dodson, M.D., learn how to differentiate between ADHD and bipolar disorder, so you can get the right diagnosis and receive the proper treatment.

The Truth About OCD

>> <http://additu.de/ocd-truth>

There are lots of misconceptions surrounding OCD and ADHD, especially when the conditions coexist. In this audio and slide presentation, host Roberto Olivardia, Ph.D., sets the record straight about this potentially debilitating condition. Learn the truth about obsessive compulsive disorder, so you (or your child) can get the right diagnosis and receive the proper treatment.

FREE ADHD Newsletters from ADDitude

Sign up to receive critical news and information about ADHD diagnosis and treatment, success at school, adult ADHD, and parenting strategies:
<http://additu.de/newsletter>

Adult ADHD and LD (weekly)

Expert advice on managing your household, time, money, career, and relationships

Parenting ADHD and LD Children (weekly)

Strategies and support for parents on behavior and discipline, time management, disorganization, and making friends.

ADHD and LD at School (bimonthly; weekly from August through October)

How to get classroom accommodations, finish homework, work with teachers, find the right schools, and much more.

Treating ADHD (weekly)

Treatment options for attention deficit including medications, food, supplements, brain training, mindfulness and other alternative therapies.