# Kinri Symptom-to-Diagnosis Mapping Matrix

This document presents a structured view of how user-facing symptom prompts (from the Echo flashcard library) map to various diagnostic categories. This mapping is derived from the embedded tags within each flashcard entry. It is intended for transparency, collaboration, and potential refinement by clinical and research partners.

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| Symptom Prompt (Echo-style) | Mapped Diagnosis | Source File |
| Why is exercise motivation often hard for ADHD brains? | ADHD | exercise\_routine\_flashcards\_001\_adhd\_and\_exercise\_motivation.json |
| Why are routines difficult for ADHD brains? | ADHD | exercise\_routine\_flashcards\_002\_building\_consistent\_routines.json |
| Why is movement especially helpful for ADHD and trauma? | ADHD | exercise\_routine\_flashcards\_003\_movement\_for\_emotional\_regulation.json |
| What is inertia in the ADHD context? | ADHD | exercise\_routine\_flashcards\_004\_overcoming\_burnout\_and\_inertia.json |
| What is task initiation in the context of ADHD? | ADHD | exercise\_routine\_flashcards\_005\_adhd\_and\_task\_initiation.json |
| Why are morning routines helpful for ADHD brains? | ADHD | exercise\_routine\_flashcards\_006\_morning\_routines\_and\_momentum.json |
| Why are evening routines important for ADHD brains? | ADHD | exercise\_routine\_flashcards\_007\_evening\_routines\_and\_winddown.json |
| Why is this important for ADHD and low-motivation states? | ADHD | exercise\_routine\_flashcards\_008\_movement\_as\_dopamine\_replacement.json |
| Why do traditional habit strategies often fail for neurodivergent brains? | ADHD | exercise\_routine\_flashcards\_010\_neurodivergent\_friendly\_habit\_design.json |
| Can ADHD and testosterone interact? | ADHD | hormones\_flashcards\_003\_testosterone\_motivation\_risk.json |
| How does cortisol affect ADHD or trauma brains? | ADHD | hormones\_flashcards\_004\_cortisol\_stress\_burnout.json |
| Why does ADHD increase risk of blood sugar swings? | ADHD | hormones\_flashcards\_005\_insulin\_blood\_sugar\_mood.json |
| How do hormone cycles influence ADHD symptoms? | ADHD | hormones\_flashcards\_006\_hormone\_cycles\_adhd.json |
| What is PMDD and how does it relate to ADHD? | PMDD | hormones\_flashcards\_006\_hormone\_cycles\_adhd.json |
| What is PMDD and how does it relate to ADHD? | ADHD | hormones\_flashcards\_006\_hormone\_cycles\_adhd.json |
| What conditions are often affected by hormone sensitivity? | ADHD | hormones\_flashcards\_007\_neurodivergence\_hormone\_sensitivity.json |
| What conditions are often affected by hormone sensitivity? | Autism | hormones\_flashcards\_007\_neurodivergence\_hormone\_sensitivity.json |
| What conditions are often affected by hormone sensitivity? | PMDD | hormones\_flashcards\_007\_neurodivergence\_hormone\_sensitivity.json |
| What is PMDD? | PMDD | hormones\_flashcards\_008\_pmdd\_perimenopause\_dysregulation.json |
| How does PMDD differ from PMS? | PMDD | hormones\_flashcards\_008\_pmdd\_perimenopause\_dysregulation.json |
| How can ADHD and PMDD overlap? | ADHD | hormones\_flashcards\_008\_pmdd\_perimenopause\_dysregulation.json |
| What’s one danger of unacknowledged PMDD or perimenopause? | PMDD | hormones\_flashcards\_008\_pmdd\_perimenopause\_dysregulation.json |
| How does ADHD impact task prioritization? | ADHD | life\_management\_flashcards\_001\_overwhelm\_and\_task\_prioritization.json |
| What is time blindness? | ADHD | life\_management\_flashcards\_002\_time\_blindness\_and\_future\_planning.json |
| What is 'now vs. not now' thinking? | ADHD | life\_management\_flashcards\_002\_time\_blindness\_and\_future\_planning.json |
| Why do routines often fall apart for ADHD brains? | ADHD | life\_management\_flashcards\_003\_routines\_rituals\_and\_anchors.json |
| What is executive function? | ADHD | life\_management\_flashcards\_004\_executive\_function\_and\_daily\_life.json |
| Why is task initiation hard for ADHD brains? | ADHD | life\_management\_flashcards\_005\_procrastination\_and\_task\_avoidance.json |
| How does ADHD impact working memory? | ADHD | memory\_flashcards\_001\_working\_memory\_and\_adhd.json |
| Why is memory confidence often low in ADHD and trauma? | ADHD | memory\_flashcards\_007\_memory\_confidence\_and\_self\_trust.json |
| What is Borderline Personality Disorder (BPD)? | BPD | mental\_health\_flashcards\_001\_bpd\_core\_traits\_and\_misunderstandings.json |
| What is autism? | Autism | mental\_health\_flashcards\_002\_autism\_core\_traits\_and\_neurodivergent\_strength.json |
| How does BPD affect emotional regulation? | BPD | mental\_health\_flashcards\_003\_emotional\_dysregulation\_in\_bpd\_and\_autism.json |
| How does autism affect emotional regulation? | Autism | mental\_health\_flashcards\_003\_emotional\_dysregulation\_in\_bpd\_and\_autism.json |
| What is identity disturbance in BPD? | BPD | mental\_health\_flashcards\_004\_identity\_masking\_and\_self\_perception.json |
| What is masking in autism? | Autism | mental\_health\_flashcards\_004\_identity\_masking\_and\_self\_perception.json |
| How can identity fluctuate in BPD? | BPD | mental\_health\_flashcards\_004\_identity\_masking\_and\_self\_perception.json |
| What is splitting in BPD? | BPD | mental\_health\_flashcards\_006\_meltdowns\_splitting\_and\_shutdowns.json |
| Why is rejection sensitivity common in BPD and autism? | BPD | mental\_health\_flashcards\_007\_rejection\_sensitivity\_and\_shame\_loops.json |
| Why is rejection sensitivity common in BPD and autism? | Autism | mental\_health\_flashcards\_007\_rejection\_sensitivity\_and\_shame\_loops.json |
| How does BPD affect emotional memory? | BPD | mental\_health\_flashcards\_008\_executive\_function\_and\_emotional\_memory.json |
| How does autism affect memory and emotion integration? | Autism | mental\_health\_flashcards\_008\_executive\_function\_and\_emotional\_memory.json |
| Why are BPD and autism frequently misdiagnosed? | Autism | mental\_health\_flashcards\_009\_trauma\_stigma\_and\_misdiagnosis.json |
| Why are BPD and autism frequently misdiagnosed? | BPD | mental\_health\_flashcards\_009\_trauma\_stigma\_and\_misdiagnosis.json |
| Why is BPD particularly stigmatized? | BPD | mental\_health\_flashcards\_009\_trauma\_stigma\_and\_misdiagnosis.json |
| What is a common autistic support model? | Autism | mental\_health\_flashcards\_010\_tools\_recovery\_and\_support\_models.json |
| Is there a link between the microbiome and conditions like ADHD or autism? | ADHD | microbiome\_flashcards\_002\_gut\_brain\_axis\_and\_mental\_health.json |
| Is there a link between the microbiome and conditions like ADHD or autism? | Autism | microbiome\_flashcards\_002\_gut\_brain\_axis\_and\_mental\_health.json |
| How is the microbiome linked to ADHD and autism? | ADHD | microbiome\_flashcards\_004\_microbiome\_and\_adhd\_autism.json |
| How is the microbiome linked to ADHD and autism? | Autism | microbiome\_flashcards\_004\_microbiome\_and\_adhd\_autism.json |
| Why might individuals with autism have different gut bacteria? | Autism | microbiome\_flashcards\_004\_microbiome\_and\_adhd\_autism.json |
| Why is mindfulness hard for ADHD or trauma brains? | ADHD | mindfulness\_flashcards\_001\_what\_is\_mindfulness.json |
| Why is attention fragile in ADHD or anxiety? | ADHD | mindfulness\_flashcards\_009\_attention\_training\_and\_focus\_recovery.json |
| Why are people with ADHD more vulnerable to nicotine addiction? | ADHD | nicotine\_flashcards\_002\_adhd\_dopamine\_and\_nicotine.json |
| What long-term impact does nicotine have on ADHD brains? | ADHD | nicotine\_flashcards\_002\_adhd\_dopamine\_and\_nicotine.json |
| What’s the cycle of idealization and devaluation in workplace relationships? | BPD | work\_life\_2\_emotional\_resilience\_and\_neurodivergent\_traits.json |
| What is executive dysfunction in ADHD? | ADHD | adhd\_1\_executive\_dysfunction\_and\_task\_paralysis.json |
| Stuck Isn’t Lazy—It’s a Signal | ADHD | adhd\_1\_executive\_dysfunction\_and\_task\_paralysis.json |
| What is time blindness in ADHD? | ADHD | adhd\_2\_time\_blindness\_and\_future\_fog.json |
| What is 'future fog' in ADHD? | ADHD | adhd\_2\_time\_blindness\_and\_future\_fog.json |
| Time Isn’t Just a Clock—It’s a Feeling | ADHD | adhd\_2\_time\_blindness\_and\_future\_fog.json |
| Why do many ADHDers experience chronic shame? | ADHD | adhd\_3\_shame\_rejection\_self\_worth.json |
| Why is dopamine a key issue in ADHD? | ADHD | adhd\_4\_dopamine\_and\_motivation\_struggles.json |
| Why doesn’t willpower work well in ADHD? | ADHD | adhd\_4\_dopamine\_and\_motivation\_struggles.json |
| Why is task initiation hard with ADHD? | ADHD | adhd\_5\_task\_initiation\_and\_finishing.json |
| What is hyperfocus in ADHD? | ADHD | adhd\_6\_hyperfocus\_flow\_and\_focus\_rebounds.json |
| What is Rejection Sensitive Dysphoria (RSD)? | ADHD | adhd\_7\_rejection\_sensitivity\_and\_emotional\_whiplash.json |
| Why do many ADHDers feel most alert at night? | ADHD | adhd\_8\_sleep\_night\_energy\_and\_dysregulated\_rest.json |
| What causes ADHD sleep struggles? | ADHD | adhd\_8\_sleep\_night\_energy\_and\_dysregulated\_rest.json |
| Why is routine hard for ADHD brains? | ADHD | adhd\_9\_routine\_batching\_and\_dopamine\_habits.json |
| What is emotional dysregulation in ADHD? | ADHD | adhd\_10\_emotional\_dysregulation\_and\_shame\_spirals.json |
| Why do small issues feel massive in ADHD brains? | ADHD | adhd\_10\_emotional\_dysregulation\_and\_shame\_spirals.json |
| Why are many ADHDers sensitive to noise, light, or texture? | ADHD | adhd\_11\_sensory\_sensitivity\_and\_nervous\_system\_overload.json |
| Why is anxiety common in ADHD brains? | ADHD | adhd\_12\_anxiety\_racing\_thoughts\_and\_loop\_breaking.json |
| Why can relationships be intense for ADHDers? | ADHD | adhd\_13\_relationships\_intensity\_and\_emotional\_needs.json |
| What is masking in ADHD? | ADHD | adhd\_14\_masking\_burnout\_and\_identity\_fatigue.json |
| What is ADHD burnout? | ADHD | adhd\_15\_burnout\_and\_cycle\_awareness.json |
| What does 'frequency' refer to in the context of ADHD and the body? | ADHD | adhd\_flashcards\_239\_frequency\_and\_body.json |
| Why do people with ADHD often struggle with sleep? | ADHD | adhd\_flashcards\_240\_sleep\_and\_adhd.json |
| What is delayed sleep phase syndrome and how is it related to ADHD? | ADHD | adhd\_flashcards\_240\_sleep\_and\_adhd.json |
| Why do racing thoughts at night affect ADHD sleep? | ADHD | adhd\_flashcards\_240\_sleep\_and\_adhd.json |
| What is overstimulation in the context of ADHD? | ADHD | adhd\_flashcards\_242\_overstimulation (1).json |
| What is overstimulation in the context of ADHD? | ADHD | adhd\_flashcards\_242\_overstimulation.json |
| Why is dopamine important for people with ADHD? | ADHD | adhd\_flashcards\_243\_purely\_dopamine\_focus.json |
| How are body image issues connected to ADHD? | ADHD | adhd\_flashcards\_244\_body\_issues.json |
| Why do some people with ADHD struggle with clothing or textures? | ADHD | adhd\_flashcards\_244\_body\_issues.json |
| How do hormones influence ADHD symptoms? | ADHD | adhd\_flashcards\_246\_hormones\_and\_adhd.json |
| How is memory affected in ADHD? | ADHD | adhd\_flashcards\_247\_memory\_and\_adhd.json |
| How can ADHD, BPD, and autism overlap in symptoms? | ADHD | adhd\_flashcards\_249\_mental\_health\_bpd\_autism.json |
| How can ADHD, BPD, and autism overlap in symptoms? | BPD | adhd\_flashcards\_249\_mental\_health\_bpd\_autism.json |
| How can ADHD, BPD, and autism overlap in symptoms? | Autism | adhd\_flashcards\_249\_mental\_health\_bpd\_autism.json |
| What makes emotional regulation difficult in both ADHD and BPD? | BPD | adhd\_flashcards\_249\_mental\_health\_bpd\_autism.json |
| What makes emotional regulation difficult in both ADHD and BPD? | ADHD | adhd\_flashcards\_249\_mental\_health\_bpd\_autism.json |
| How does sensory sensitivity differ between ADHD and autism? | Autism | adhd\_flashcards\_249\_mental\_health\_bpd\_autism.json |
| How does sensory sensitivity differ between ADHD and autism? | ADHD | adhd\_flashcards\_249\_mental\_health\_bpd\_autism.json |
| What does ‘double empathy problem’ mean in autism? | Autism | adhd\_flashcards\_249\_mental\_health\_bpd\_autism.json |
| What is the microbiome and how is it related to ADHD? | ADHD | adhd\_flashcards\_251\_microbiome.json |
| How can ADHD affect romantic relationships? | ADHD | adhd\_flashcards\_255\_relationship\_advice.json |
| Why is sleep often disrupted in ADHD? | ADHD | adhd\_flashcards\_257\_sleep\_and\_rest\_extended.json |
| Why are stress and anxiety common in ADHD? | ADHD | adhd\_flashcards\_260\_stress\_and\_anxiety.json |
| How can supplements support ADHD symptoms? | ADHD | adhd\_flashcards\_261\_supplements\_and\_lifestyle.json |
| Why do people with ADHD often struggle with body image? | ADHD | body\_issues\_flashcards\_001\_adhd\_and\_body\_image.json |
| Can body image improve even with ADHD? | ADHD | body\_issues\_flashcards\_001\_adhd\_and\_body\_image.json |
| How does impulsivity in ADHD affect eating habits? | ADHD | body\_issues\_flashcards\_002\_impulsivity\_eating\_and\_shame.json |
| How does ADHD affect interoception? | ADHD | body\_issues\_flashcards\_003\_interoception\_and\_body\_awareness.json |
| Why does clothing affect some neurodivergent people more than others? | ADHD | body\_issues\_flashcards\_004\_sensory\_sensitivities\_and\_clothing.json |
| Why is emotional eating common in ADHD? | ADHD | body\_issues\_flashcards\_005\_emotional\_eating\_and\_regulation.json |
| Why is movement helpful for ADHD regulation? | ADHD | body\_issues\_flashcards\_006\_movement\_and\_self\_confidence.json |
| Why is self-care difficult for people with ADHD? | ADHD | body\_issues\_flashcards\_007\_self\_care\_struggles.json |
| Why is body neutrality helpful for ADHD or trauma survivors? | ADHD | body\_issues\_flashcards\_008\_body\_neutrality\_and\_acceptance.json |
| Why do people with ADHD or low self-esteem struggle with comparison? | ADHD | body\_issues\_flashcards\_009\_social\_comparison\_and\_rejection.json |
| What is rejection sensitivity dysphoria (RSD)? | ADHD | body\_issues\_flashcards\_009\_social\_comparison\_and\_rejection.json |
| Why is communication often difficult for people with ADHD? | ADHD | communication\_flashcards\_007\_adhd\_and\_communication.json |
| Why can traditional classrooms be challenging for students with ADHD? | ADHD | effective\_teacher\_flashcards\_002\_adhd\_in\_the\_classroom.json |
| Why is shame so common in ADHD students? | ADHD | effective\_teacher\_flashcards\_002\_adhd\_in\_the\_classroom.json |