

Overview

ADHD is associated with comorbid disorders—including anxiety and depression—that can complicate diagnosis, treatment, and overall ADHD management¹

of adults with ADHD have at least 1 coexisting psychiatric disorder²⁻⁴:

- Anxiety and mood disorders (up to 50%)
- SUDs (~25%)
- Personality disorders (~23%)


Comorbid anxiety and depression are more prevalent in women than in men with ADHD^{5,*}


Anxiety and Depression


The overlapping symptoms between ADHD and other psychiatric disorders, such as anxiety and depression, can lead to misdiagnosis and delay effective treatment⁶

Up to 50% of individuals with ADHD have comorbid anxiety disorders or depression^{7,8,9,10}


Individuals with comorbid anxiety or depression have : ^{2,11}


Lower occupational achievements

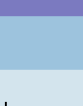
Reduced quality of life

Worse clinical presentation


Comorbid anxiety disorders are associated with ^{8,11}:

Increased rates of hospitalization and psychotic symptoms

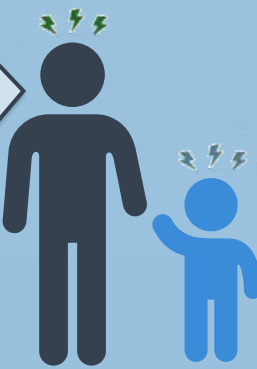
More suicidal behaviors


Propensity for anger

ADHD is significantly comorbid with other psychiatric disorders, including anxiety and depression^{1,9}.

**Adults with ADHD**

- **Up to 50%** have comorbid anxiety disorders ⁷.
- **5-fold increased risk** of comorbid anxiety disorders
- **~50%** have comorbid depression ⁷.
- **4.5-fold increased risk** of comorbid major depressive disorder ¹²



**Children and adolescents with ADHD**

- **Up to 50%** have comorbid anxiety disorders ¹⁰
- Prevalences of GAD and SAD are **~13% and ~5%**, respectively ^{13,†}
- **~2X** the risk of depressive disorder ^{14, †}

Other Common ADHD Comorbidities



Sleep Disturbances

- ~70-80% of individuals with ADHD have insomnia¹⁵⁻¹⁷
- Adults with ADHD experience more sleep disturbances and increased drowsiness^{18*}
- In adolescents, sleep disturbances worsen ADHD symptoms and overall outcomes^{19*}



Substance Use Disorder

- ~25% of individuals with ADHD have a comorbid SUD^{3,4,20}
- Drug and alcohol abuse occurs in 35-70% of adults with ADHD²¹
- SUD risk is increased in ADHD due to impulsivity, poor decision-making, and difficulty with self-regulation^{3,4,20*}

Additional Comorbidities²²

- Oppositional defiant disorder
- Conduct disorder
- Disruptive mood dysregulation disorder
- Intermittent explosive disorder
- Personality disorders
- Obsessive-compulsive disorder

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