

ADHD IN GIRLS



ARE YOU MISSING
THE SIGNS?

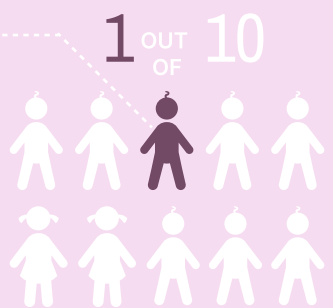
ADHD (Attention Deficit Hyperactivity Disorder)
is a common neurodevelopmental condition

People with **ADHD** have **brain** differences compared to those without it



**6.1
Million**

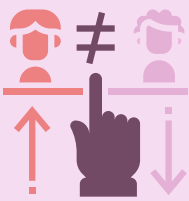
6.1 million American children —
about 1 in 10 —
have ADHD



Yet boys are 3 times
more likely to receive
a diagnosis than girls



Girls are significantly
**Diagnosed
Later**



**A Systemic
Gender Bias -**
in medical research
may contributed to
later diagnosis in
girls.



**PRESENTATION
DIFFERENCE**

Other Causes



**MIS-
DIAGNOSIS**



**LACK OF
AWARENESS**

Possible Presentations of ADHD in Girls

Forgetful
Spacey
Makes careless mistakes
Does not appear to listen
Often appear overwhelmed

INATTENTIVE

Girls are most
commonly
diagnosed with the
Inattentive ADHD
compared to boys

But they could
also be
hyperactive
or the combination
of both

Racing Thoughts
Fidgeting
Impulsive with decisions
Intense verbal activity
Emotional Dysregulation

HYPERACTIVE

**Failing to recognize and intervene in cases of ADHD in girls
can lead to significant consequences in later lives:**



**ANXIETY
AND
DEPRESSION**



**LOW
SELF-ESTEEM**



**VULNERABLE TO
BULLYING**



**RISK TO
EATING
DISORDER**



**ACADEMIC
UNDER-
ACHIEVEMENT**

IF YOU ARE CONCERNED

KEEP TRACK OF ✓
Potential Symptoms



COLLECT FEEDBACK
From those close
to you or your child



**FIND OUT IF YOUR
CHILD MAY HAVE ADHD**

Talk to your child's
doctor to learn more
about evaluation



LEARN MORE ABOUT **GIRLS WITH ADHD** AT
<https://adhdgirlsandwomen.org/resources/>

References

Resources - Duke: Girls and Women with ADHD. (2023, June 6). Duke: Girls and Women with ADHD. <https://adhdgirlsandwomen.org/resources/>

Young, S., Adamo, N., Ásgeirsdóttir, B.B. et al. (2020). Females with ADHD: An expert consensus statement on girls and women with ADHD. BMC Psychiatry, 20(1). <https://doi.org/10.1186/s12888-020-02707-9>

*The infographic is designed by Xiaoyu Zhang.

The Duke Center for Girls & Women with ADHD primarily helps girls and women living with ADHD by providing educational resources for them, their families, educators, clinicians and the general public.