What causes ADHD?

ADHD is likely the result of people's genetic make-up (DNA) and early life events (environmental factors).

In an average person with ADHD, 70 - 80% of the inattention and/or hyperactivity can be explained by the contributions of genes.

The more variations in different genes someone has, the higher the risk that they develop ADHD.

Environmental factors, i.e., events occurring before/during birth as well as childhood stress can also play a role in the development of ADHD.

More research is needed to identify these factors and understand how they alter the structure, function, and development of the brain.

Learn more at ADHDAwarenessMonth.org

Information adapted from Professor Barbara Franke