

What are the risk factors during the coronavirus pandemic for ADHD?



Social isolation may be particularly severe for people with ADHD, who often have few close friends or may have trouble getting motivated to set up social activities.

Online school and work environments demand more self-discipline, which can reduce concentration and motivation.



High stress situations (such as safety concerns, economic hardship, or increased family conflict during confinement) can trigger increased severity of ADHD symptoms and create risks for depression.

To best cope with COVID-19, individuals with ADHD and their family members can ensure academic support, prioritize social interaction, practice stress reduction behaviors, and reach out to mental health providers early on.



Learn more at ADHDAwarenessMonth.org