In people diagnosed with ADHD, the pattern of comorbid disorders changes over the lifespan. Comorbid disorders are mental disorders that are found more frequently than expected by chance.

In childhood, the most frequent comorbid disorders are oppositional defiant disorder (ODD) or conduct disorder (CD). ODD and CD may further develop into antisocial personality disorder and substance use disorders in adulthood.

The most common comorbid disorders found in adults with ADHD are anxiety or mood disorders. Up to 50% of people with adult ADHD experience an episode of major depression at least once in their lives.

Learn more at ADHDAwarenessMonth.org

Information adapted from Professor Andreas Reif