

# ADHD MYTHS **vs.** FACTS

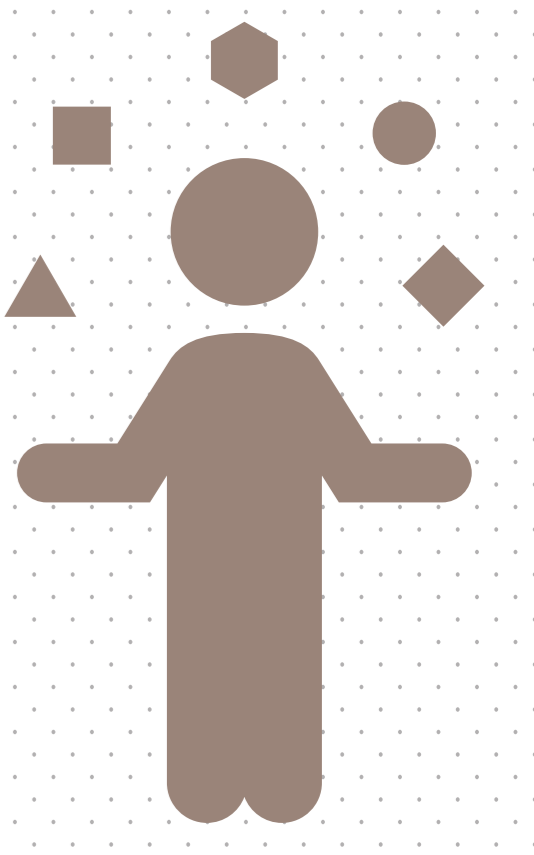
**Attention Deficit Hyperactivity Disorder (ADHD)** is a neurobehavioral disorder<sup>1</sup> that remains misunderstood. Read below for common myths and facts about ADHD.

## MYTH

## FACT

**ADHD isn't a real medical disorder.**

✔ **ADHD is a real medical disorder** defined by impaired levels of inattention, disorganization, and/or hyperactivity-impulsivity.\*<sup>2</sup>



**ADHD is caused by watching too much television or poor parenting.**



✔ **ADHD is one of the most common neurobehavioral disorders in the U.S.**<sup>1</sup> However, environmental factors can worsen symptoms.<sup>2</sup>

**ADHD is a disorder mainly diagnosed in the U.S.**

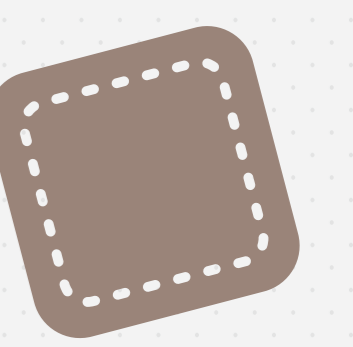


✔ **ADHD occurs worldwide**, with prevalence recently estimated at about 7%.<sup>3</sup> Cultural norms and health care access can impact diagnosis.<sup>4</sup>

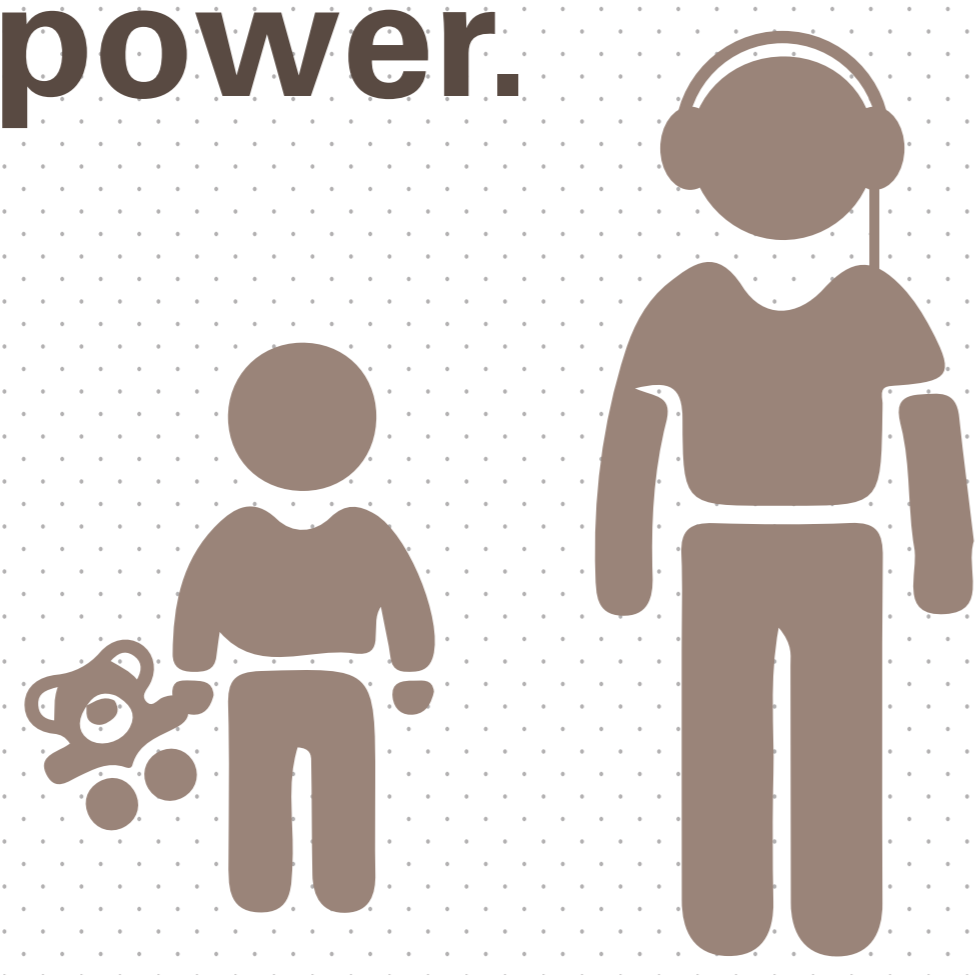
**ADHD can be cured with diet.**



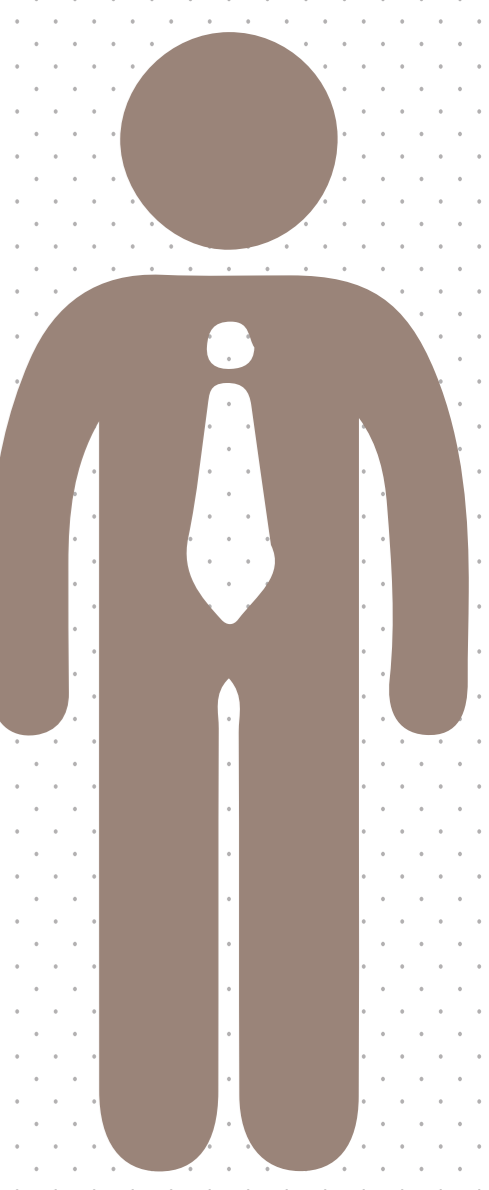
✔ **ADHD cannot be cured with dietary changes.** Experts\* recommend treatment with medicine (i.e., chewable tablets, liquid form, patches, pills) as part of a total treatment plan which may include therapy, counseling and behavioral interventions.



**You can overcome ADHD with willpower.**



✔ **ADHD is one of the most common childhood disorders** and can continue through adolescence and adulthood. Available treatments focus on reducing the symptoms of ADHD and improving functioning.<sup>6</sup>



\*For full diagnostic criteria, please see the *Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5)*.

\*The American Academy of Pediatrics and the American Academy of Child and Adolescent Psychiatrists recommend that ADHD can be treated with medicine as part of a total treatment plan that may include behavioral therapy, counseling and behavioral interventions.<sup>5</sup>

\*The American Academy of Pediatrics and the American Academy of Child and Adolescent Psychiatrists.

### Sources:

1. Wilens T, et al. Understanding Attention-Deficit/Hyperactivity Disorder From Childhood to Adulthood. *Postgrad Med*. 2010 September; 122(5):97–109. doi:10.3810/pgm.2010.09.2206.
2. American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders. Diagnostic Criteria, 5th Edition*. Washington, DC: American Psychiatric Publishing.
3. Thomas R, et al. Prevalence of Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-analysis. *Pediatrics*. 2015; doi: 10.1542/peds.2014-3482.
4. Bailey R, et al. *Sociocultural Issues in African American and Hispanic Minorities Seeking Care for Attention-Deficit/Hyperactivity Disorder. The Primary Care Companion for CNS Disorders*. 2014;16(4) doi: 10.4088/PCC.14r01627.
5. American Academy of Child and Adolescent Psychiatry. ADHD Parents Medication Guide. Retrieved February 4, 2016. [https://www.aacap.org/App\\_Themes/AACAP/docs/resource\\_centers/resources/med\\_guides/adhd\\_parents\\_medication\\_guide\\_english.pdf](https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/resources/med_guides/adhd_parents_medication_guide_english.pdf)
6. National Institute of Mental Health. What is Attention Deficit Hyperactivity Disorder (ADHD, ADD)? <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>.

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

