



Part 1

ADHD and Anxiety Symptom Checklist

- Why your child's inattentive or hyperactive symptoms may be symptoms of anxiety. Or why her worry and trouble sleeping may point to ADHD. And how to ensure an accurate diagnosis.

ADHD AND COMORBIDITIES

50% ADHD children

also have a learning disability

mood disorder

obsessive-compulsive disorder (OCD)

anger-control difficulties

motor tic disorder

BPD

anxiety disorder.

- Symptoms may also look similar.



ADHD and Anxiety

- A child who seems to have ADHD — she's hyperactive, impulsive, and inattentive — may have an anxiety disorder instead. Children who display classic symptoms of anxiety disorder may have ADHD. Distinguishing between [ADHD and anxiety](#) in children requires a full evaluation by a professional who is willing to dig deep.



Part 2

Focus and Fear

Stimulant medication for ADHD MAY NOT IMPROVE.

trouble falling asleep

Difficulty written work and reading aloud in class

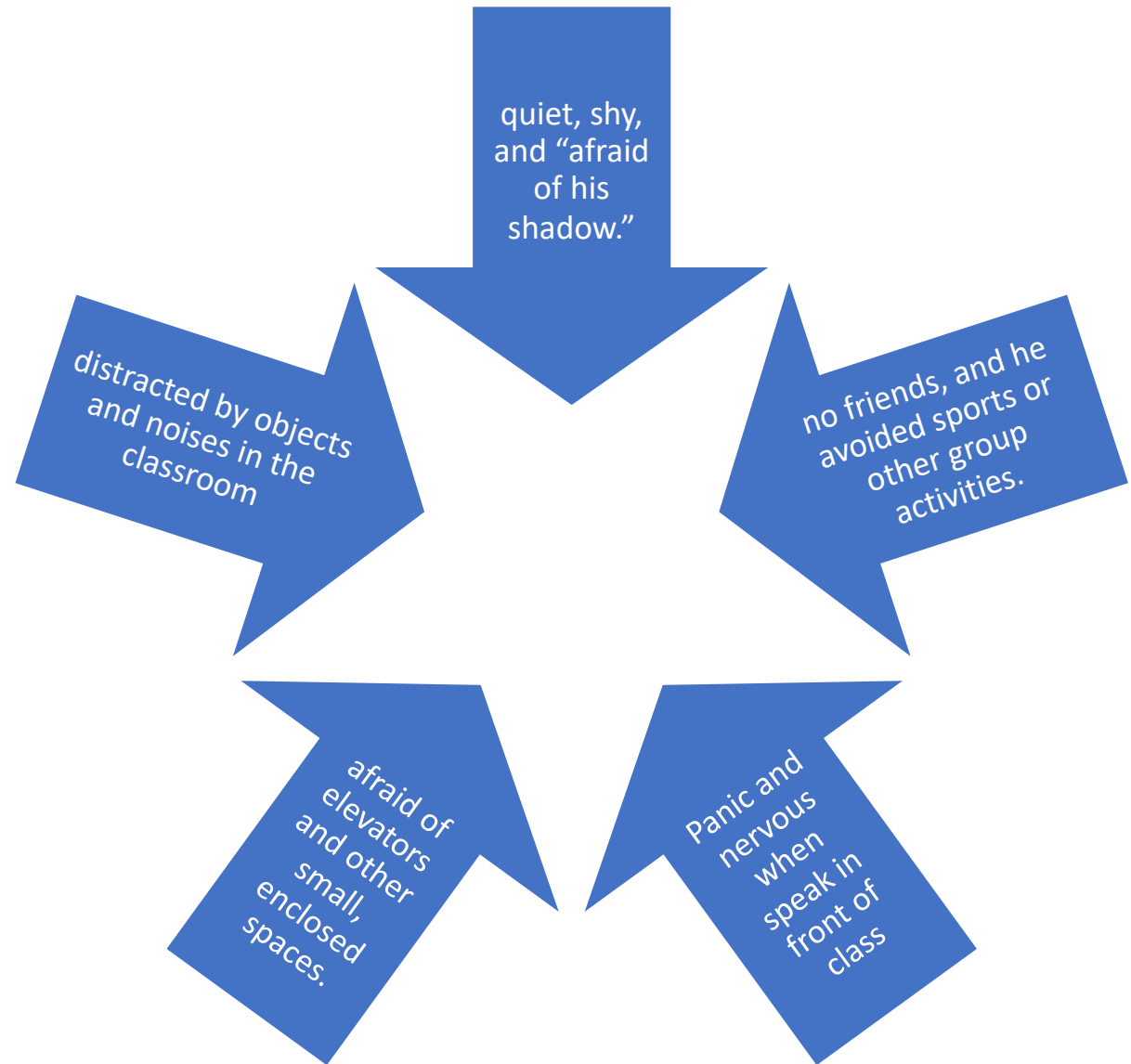
May not have ADHD –

- learning disability that caused her to be anxious at home and in school



Part 3

Easily Distracted and Intimidated





Part 4

Anxiety: The Cause or Effect?

“Chicken or the egg”

Some anxiety helps children push themselves to succeed at home, with peers, and in school.

normal to be anxious when taking a test or performing in the school play

When the level of anxiety is greater than expected, we suspect that there is an [anxiety disorder](#).

suggest that the child has ADHD, when he really has an anxiety disorder.

primary or secondary.



Anxiety: The Cause or Effect?

- **primary or secondary.**
 - difficulty regulating stress and anxiety since early childhood
 - one or both parents remember being anxious in early childhood
 - diagnosis of anxiety is almost certain. Anxiety disorders are often genetic.



Part 5

Which Do You Treat First?

- discovering the causes of observed behaviours
- child (or adult) has ADHD, and his anxiety is secondary to the frustrations, failures, and negative feedback he experiences in school or at work, at home, and with peers
 - treat the ADHD while working to address the social, emotional, and family problems associated with the anxiety disorder.
- ADHD *and* an anxiety disorder
 - treat both disorders to maximize success



Treatment

- Treatment might include medication, behavioural therapy, individual therapy, social skills groups, and/or family counselling. Parents should remember that an effective treatment plan always flows from an accurate diagnosis.



Part 6

Treatment for ADHD can make anxiety worse

Anxiety worse

Cannot sleep

Over worry about parents' health.

sometimes anxiety disorder is so minimal (Subclinical)
“Unmasked”

Taking a stimulant, however, may exacerbate a low-level
condition

Then, deal with anxiety first.

Once that is treated, it is generally safe to reintroduce the
stimulant without causing a flare-up of anxiety