

Common Anxiety Issues in Adult ADHD

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Anxiety is common in ADHD

✍ **20-34% of ADHD kids**
(Hazell, 1997; Takashi, 2003; MTA, 1999)

✍ **23-59% of ADHD adults**
(Millstein et al, 1997; Kessler, 2004)

Case Studies

- ✍ Adam – age 18, ADHD + exam anxiety
- ✍ Robert – age 39, recent depression, anxiety issues, difficulties relating to people, marital issues

Obsessive Compulsive Disorder

- ✍ The “Doubting Disease”
- ✍ Intrusive unwanted thoughts, urges or images
- ✍ Repetitive mental or physical rituals
- ✍ > 1 hour per day
- ✍ Disabling

Social Anxiety Disorder

- ✍ Fear of negative judgement from others
- ✍ Fear of looking anxious / awkward
- ✍ Avoidance of social situations
- ✍ High anxiety in social situations
- ✍ Interferes with performance / life

Generalised Anxiety Disorder

- ✍ Excessive worry
- ✍ Muscle tension / headaches
- ✍ Irritability
- ✍ Insomnia & fatigue
- ✍ Difficulty relaxing
- ✍ Concentration problems
- ✍ Difficulty with decision making
- ✍ 6+ months, disabling

Summary

- ✍ Anxiety disorders are common in adult ADHD
- ✍ Anxiety disorders sometimes misdiagnosed as ADHD
- ✍ Thorough assessment crucial
- ✍ Anxiety disorders are treatable!