The Association for Child and Adolescent Mental Health

ADHD Beyond the Core Symptoms: Co-occurring Conditions in Clinical Practice

Co-occurring conditions can shape how ADHD presents, how it is assessed and how care is planned.

Communication and autism

- ADHD has been linked with difficulties in pragmatic language skills (Kang et al., 2024).
- When ADHD and autism co-occur, neither should be overlooked.
- A thorough differential diagnosis helps establish whether ADHD symptoms are better explained by autism before both diagnoses are made.
- Personalised approaches, long-term management and real-world outcomes such as quality of life remain underexplored (Petruzzelli et al., 2025).

Physical health

ADHD has also been linked with (Kang et al., 2024; Marten et al., 2023):

Sleep:	Vision:	Weight:	Breathing:
night awakenings, shorter sleep, daytime sleepiness	astigmatism, hyperopia, strabismus	obesity	asthma

Co-occurring conditions in ADHD extend across development, communication and physical health, which suggests that a broad assessment may support more complete clinical care.



Professor Samuele Cortese will explore these and other complex ADHD presentations in an upcoming ACAMH Clinical Expert Session.

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