

Misdiagnosis of ADHD in Black, Indigenous and People of Color

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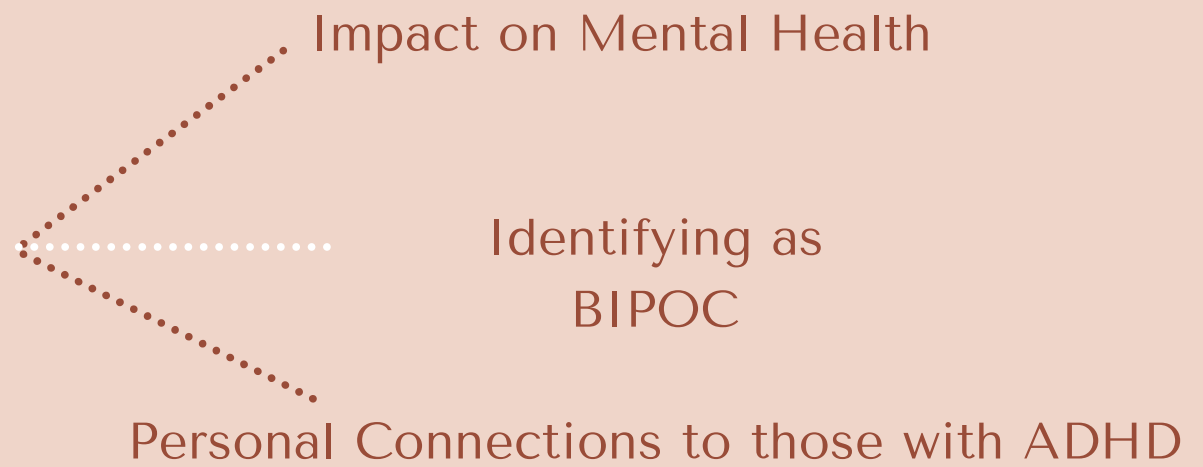
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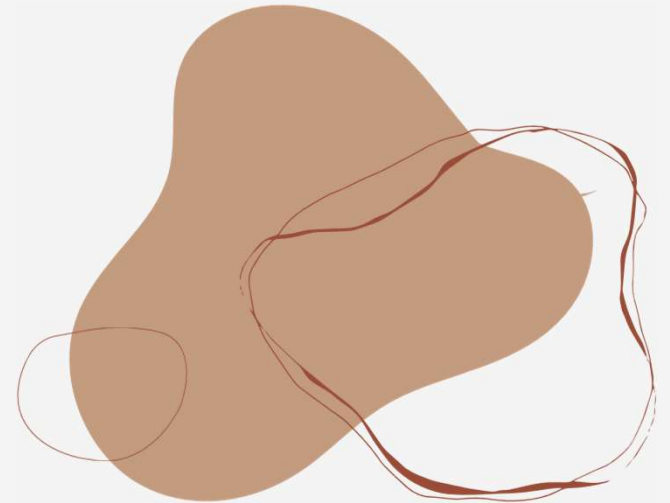


Our Connections



What is a Health Disparity?

Avoidable inequalities faced by a marginalized group, in comparison to other groups, based on various factors including age, sex, ethnicity, and income.



What is ADHD?

ADHD

(Attention-Deficit
Hyperactive Disorder)

Chronic neurodevelopmental disorder that carries into adulthood.

Causes individuals to have trouble with paying attention and controlling impulsive behaviors.

3 Types of ADHD:

- Hyperactive
- Inattentive
- Combined



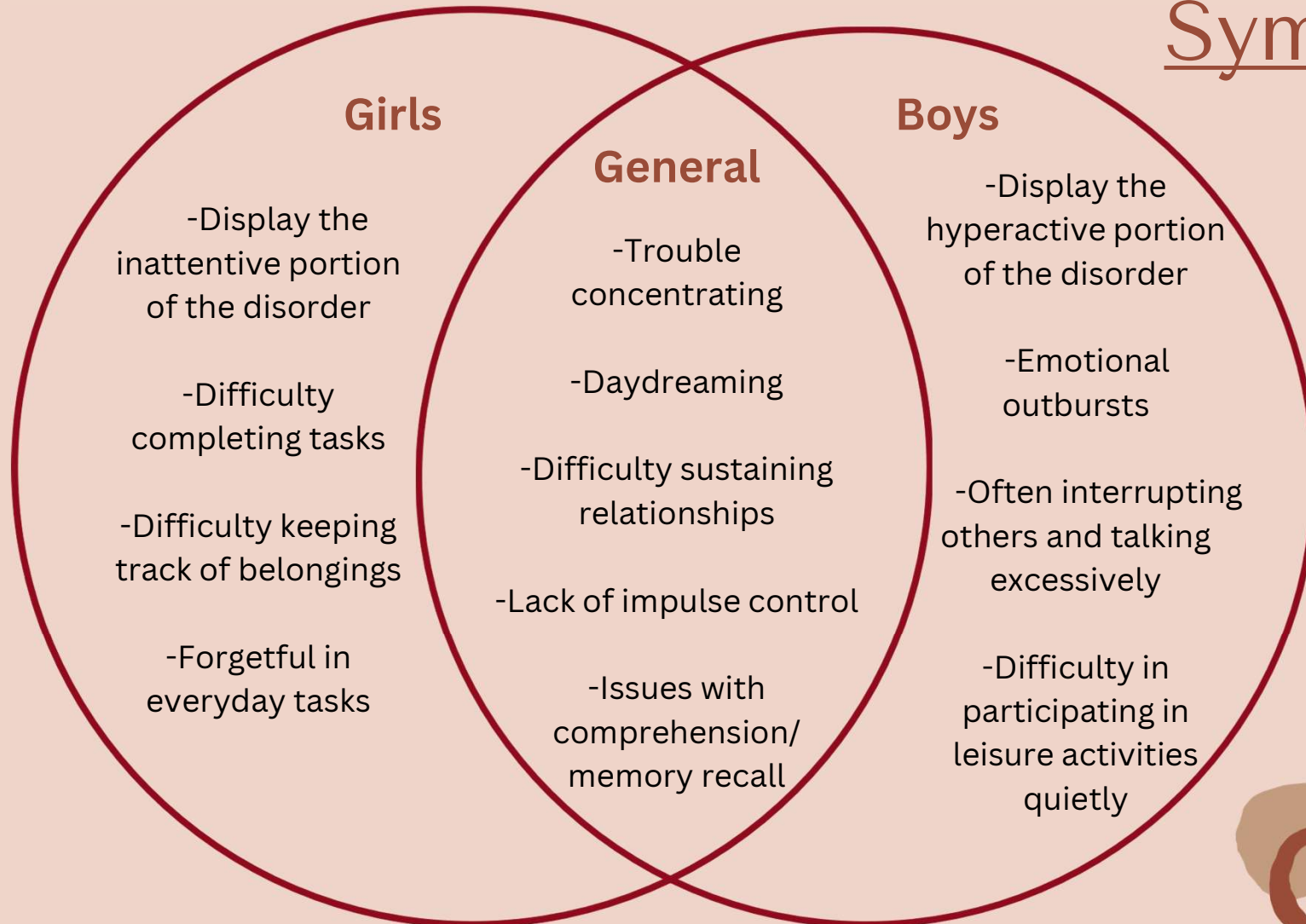
Why is This a Health Disparity?

BIPOC individuals with ADHD are often not given adequate care, are misdiagnosed and not believed, and are recognized less in comparison to white people.

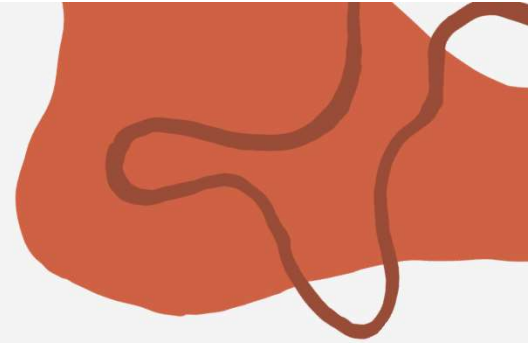
ADHD-linked behaviors are often considered more socially acceptable for males.

ADHD in women is less recognized because research performed on women with ADHD is many years behind.

Symptoms



Diagnosis



How ADHD is diagnosed:

ADHD diagnosis is not a simple process and there is no actual test, but a manual is followed



- American Psychiatric Association's Diagnostic and Statistical Manual

By having each professional follow the same manual, it ensures that all cases of ADHD were diagnosed, following the same standards

Treatments

Stimulants

Stimulants are usually prescribed for ADHD, but they don't work for everybody. The most popular brand medications are Concerta, Ritalin, Adderall, and Dexedrine.



Behavior Therapy

Slowly helps individuals manage the condition by offering rewards for completing goals (*positive reinforcements*) Children usually take medication along with therapy.

Non-stimulants

Non-stimulants do not work as quickly as stimulant medication, however their effects can last up to 24 hours. Popular brand medications include: Straterra, Catapres, and Tenex.

ADHD Inequity

Poor Access to Quality
Evaluation and Treatment

Mistrust

Cultural Stigma
Surrounding Mental
Illness



Religious
Beliefs

Lack of Culturally
Competent
practitioners

cna
INSIDER

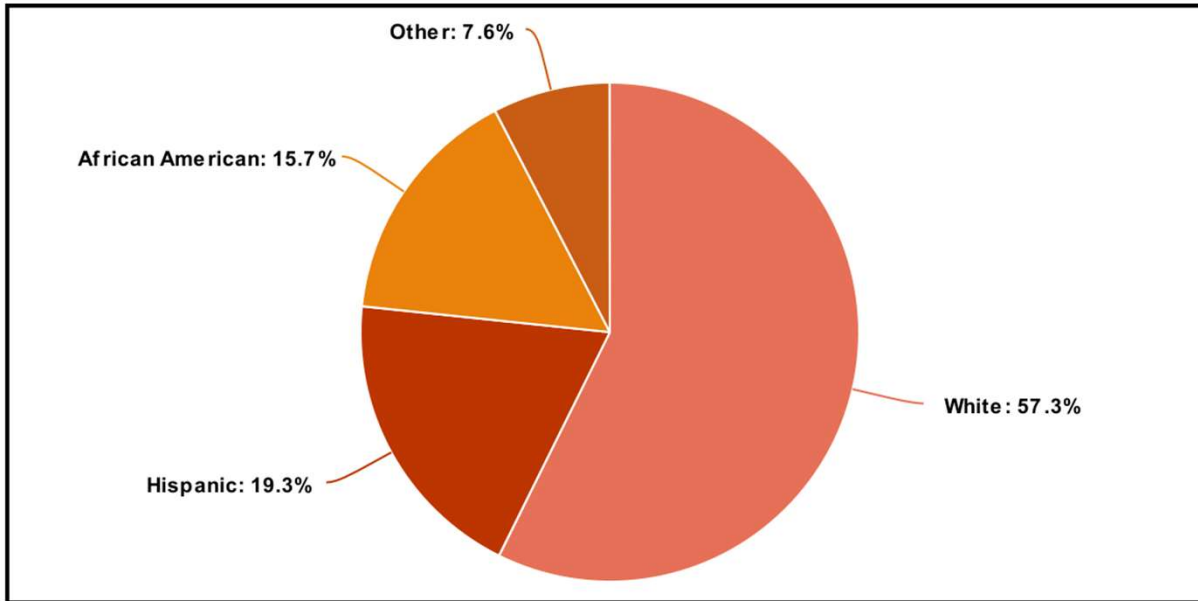


National Data

Prevalence of diagnoses with ADHD by race of individuals presenting similar symptoms

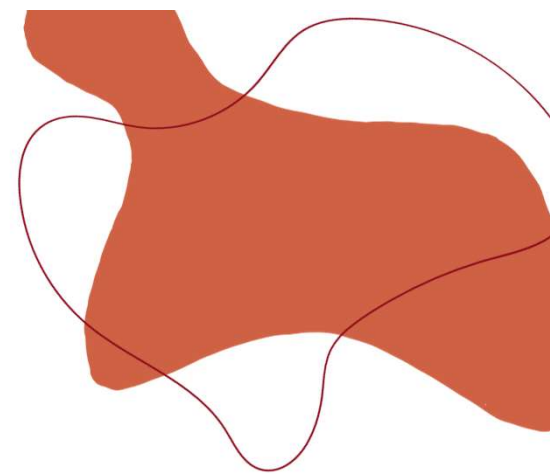
Prevalence of diagnoses with ADHD by race

Morgan, P. L., Staff, J., Hillemeier, M. M., Farkas, G., & Maczuga, S. (2013, July). Racial and ethnic disparities in ADHD diagnosis. *Pediatrics*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3691530/>



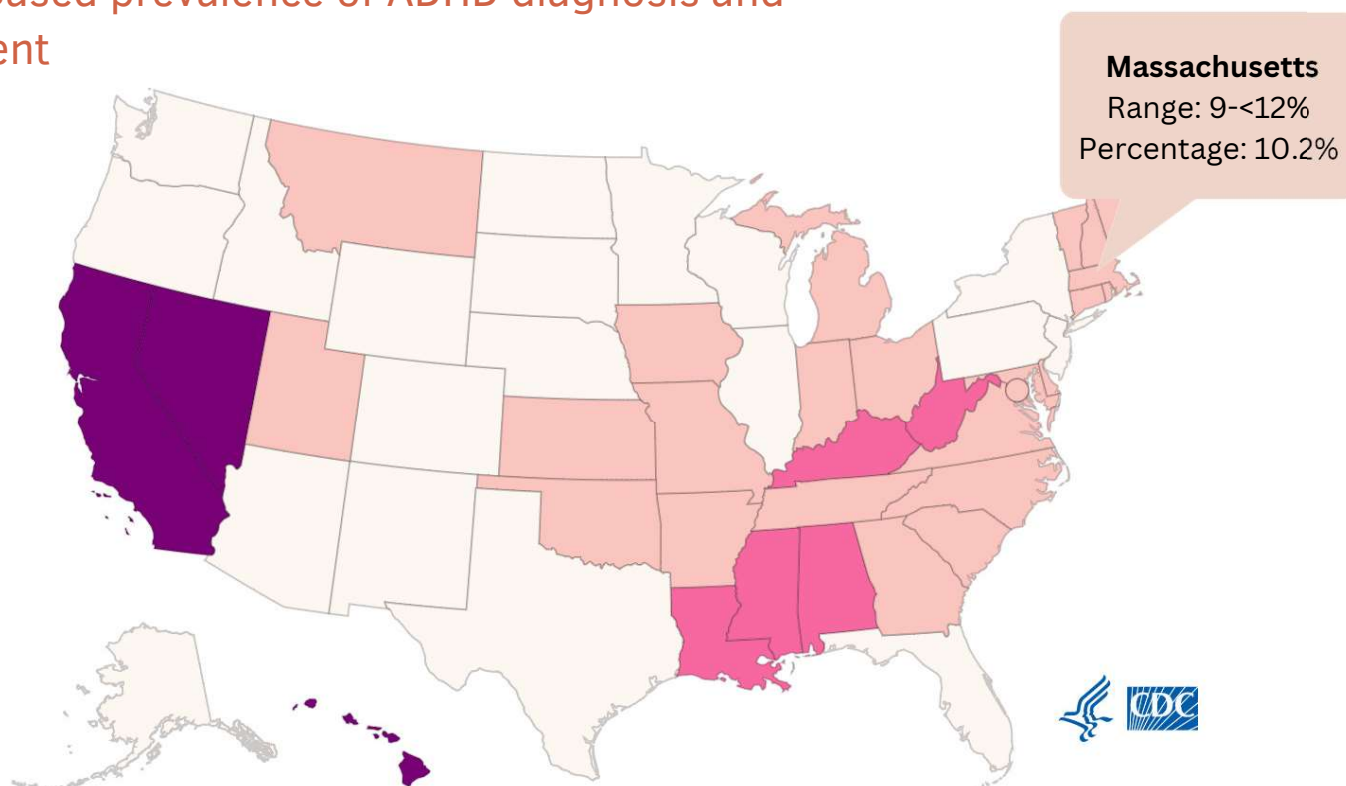
White Hispanic African American Other

meta-chart.com



Massachusetts Connection

State-Based prevalence of ADHD diagnosis and treatment



Centers for Disease Control and Prevention. (2022, October 14). State-based prevalence of ADHD diagnosis and treatment 2016-2019. Centers for Disease Control and Prevention.



Misconceptions vs Facts

"People with ADHD are lazy and un-motivated"

ADHD symptom behaviors may *look* like laziness or lack of motivation, but it stems from real difficulty in functioning. **All** children want to succeed and get praised for their good work.

"People with ADHD are results of bad parenting"

ADHD is caused by brain differences, not bad parenting. *However*, ineffective parenting practices such as inconsistent limit-setting, worsen its expression. A number of **proven** parenting techniques can help children with ADHD manage their behaviors.

"ADHD is a disorder of childhood"

Long-term studies of children diagnosed with ADHD show that ADHD is a **lifespan** disorder. Studies of children with ADHD show that ADHD *persists* from childhood to adolescence in **50%–80% of cases**, and into adulthood in **35%–65% of cases** (Owens et al. 2015).

Misconception: a view or opinion that is incorrect because based on faulty thinking or understanding.

Ways to Combat ADHD

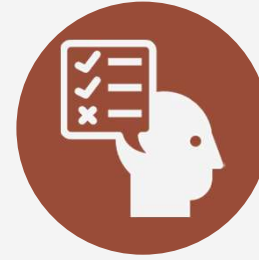
Misdiagnosis in BIPOC Communities



**Diversifying
the healthcare
workforce**



**Acknowledgement
and
awareness**

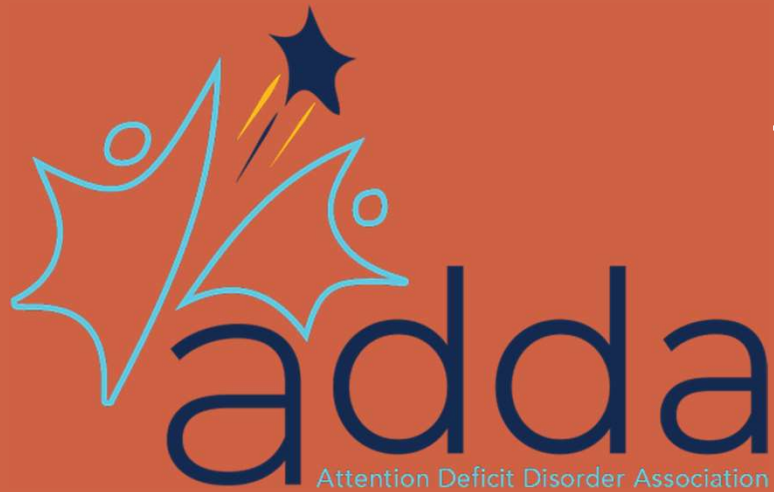


**Establishing and
improving cultural
competence**

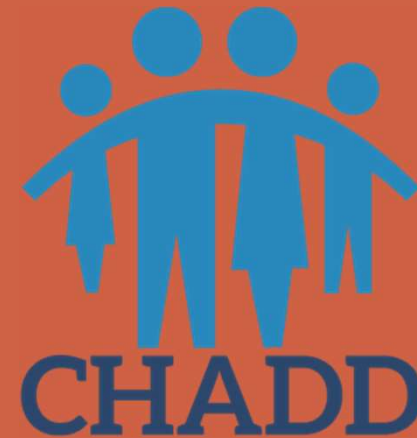


Destigmatization

What has been done to address this inequity



The Attention Deficit Disorder Association is a community of supportive ADHD individuals who pave the way for others struggling with the condition. The ADDA creates an encouraging, welcoming, and safe environment through empowerment and recognition



Children and Adults with attention-deficit/hyperactivity disorder (CHADD) is a group of dedicated volunteers from around the country in order to foster a safe growing environment for individuals struggling with ADHD.

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Questions?