### ADHD MYTHS vs. FACTS

**ADHD occurs worldwide, with prevalence recently estimated at about 7%.**

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

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

ADHD isn't a real medical disorder.

ADHD is one of the most common neurobehavioral disorders in the U.S.

ADHD can be cured with diet.

You can overcome ADHD with willpower.

**ADHD is a real medical disorder** defined by impaired levels of inattention, disorganization, and/or hyperactivity-impulsivity.*

**ADHD occurs worldwide,** with prevalence recently estimated at about 7%. Cultural norms and health care access can impact diagnosis.

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*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.*

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**Sources:**


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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.