

ADHD or PDA?



What is ADHD?

Put simply, ADHD is a lifelong condition impacting people's ability to hold their attention and causing restlessness and impulsiveness. It can present as a mixture of these things or as more inattentive, or more hyperactive

What do ADHD and PDA have in common?

Both ADHD and PDA cause people to avoid doing things, and also share the traits of being sociable and impulsive

Is PDA autism + ADHD?

This idea gets suggested a lot, but neither autism nor ADHD account for the irrational avoidance that's unique to PDA or for PDA's high need for personal control and using creative avoidance strategies

Are ADHD and PDA avoidance different?

ADHD avoidance is caused by the brain finding it difficult to hold attention on anything, including household chores. Trying to force focus can hurt.

PDA avoidance is caused by the brain vetoing anything it interprets as a demand. A PDA person will be hyper aware of the thing they're avoiding yet feel an overwhelming need to avoid it at all costs

Is PDA ever mistaken for ADHD?

ADHD & PDA often co-occur but PDA traits, including avoidance, can be presumed to be part of ADHD because there's no PDA awareness

