

## **ADHD-Inattentive vs ADHD-Hyperactive**

ADHD can present in different ways with different symptoms:

- ADHD-Inattentive involves difficulties regulating attention.
- ADHD-Hyperactive involves impulsive and hyperactive behaviour.
- ADHD-Combined involves both inattention and hyperactivity/impulsivity.

## **ADHD-Inattentive**

## **ADHD-Hyperactive**

**Impulsivity** 

Distractability

Overlooks details Sleep issues

Fidgety and restlessness

Forgetfulness

Loses objects

Difficulty regulating attention & focus

Diagnosed later in life

More likely to have internalizing disorders (anxiety & depression)

Listening difficulties

Most common subtype

among adults & females

Sensory processing problems

Self-esteem impacted

Executive functioning Impacted

High rate of co-occurring mood disorders Often completes people's sentences

Difficulty waiting turn

Often "on the go" and has difficulty resting

More likely to have cooccurring externalizing disorders (ODD and CD)

More common among males

Working memory impacted

Often diagnosed in early childhood

Processing speed impacted

Often talks excessively

## **ADHD-Combined**

For more information, visit: <a href="https://neurodivergentinsights.com/misdiagnosis-monday/adhd-vs-adhd">https://neurodivergentinsights.com/misdiagnosis-monday/adhd-vs-adhd</a>

