ADHD vs Autism

ADHD

Overlap

Stimming

Autism

Craves novelty

Difficulty regulating attention and focus

Difficulty with social cues due to focus and attention issues

Hyperactivity and impulsivity

> Inhibition difficulties

Sensory differences

Interoception issues

Impluse control difficulties

Emotional regulation difficulties

Higher rates of substance abuse, suicidality, depression, eating disorders, anxiety, bipolar and OCD

ND communication patterns

(info-dumping, connecting over shared interests, story-swapping)

Webbed/interconnected thought patterns

Executive functioning difficulties

Increased risk of victimisation

Special interests and passions

Task-switching difficulties

Neurodivergent masking

Eye contact differences

Craves familiarity

Comfort in repetitive behaviours & routines

Difficulty reading allistic social cues intuitively

Strict adherence to routines

High need for verbal context

Disclaimer: This diagram represents common patterns or trends associated with autism and ADHD. However, these are generalisations and will not resonate with everyone's individual experiences. There is a lot of diversity among Autistic and ADHD people and each person's journey is different.

