



**Title** ADHD – Attention Deficit Hyperactivity Disorder in Girls.  
A Survey of the Scientific Literature

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## Aim

To map and analyze the scientific literature concerning girls with certain psychiatric disturbances, particularly ADHD.

## Conclusions and results

1. Girls with ADHD suffer from the same degree of functional disturbances as boys with ADHD. These girls have poorer performance at school, have difficulties in planning and organizing everyday life, and experience conflicts with other children.
2. ADHD in girls is associated with an increased risk for depression and anxiety disorders compared to girls without ADHD and boys with ADHD. Oppositional defiant disorder and conductive disorder are more common than in girls without ADHD, but less common than in boys with ADHD.
3. The prevalence of ADHD in girls is not completely defined and varies in most studies from 2% to 5% in girls between 6 and 15 years of age. ADHD is 1.3 to 4.0 times more common in boys than in girls.
4. Ten years ago, boys were diagnosed 7 to 9 times more often than girls. Currently, girls constitute 20% to 25% of the ADHD population.
5. Teachers recognize more boys than girls with ADHD, whereas parents identify boys and girls to the same extent.
6. Girls are treated less frequently with pharmaceuticals or behavioral therapy than boys are.

## Methods

Literature review

## Further research/reviews required

- Longitudinal studies on how ADHD influences adult life
- Specific studies on girls with ADHD with emphasis on preschool age and teenage

- Studies concerning possible sex-specific diagnostic criteria
- Studies on long-term effects of centrally stimulating drugs
- Studies on effects of behavioral therapy
- Studies on therapeutic effects on self esteem and prevention of future drug abuse
- Studies on the interaction of female sex hormones and centrally stimulating drugs