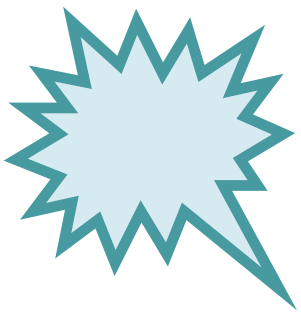
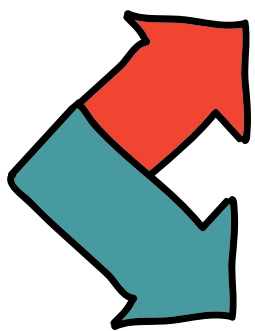


## What is the relationship between ADHD and emotional regulation?



Evidence exists that people with ADHD are highly likely to show low frustration tolerance, impatience, quickness to anger, and being easily excited to emotional reactions more generally.

Many, if not most, cases of ADHD involve problems with emotional impulsiveness (EI) and deficient emotional self-regulation (DESR).



Understanding the role of EI/DESR in ADHD would greatly assist with differential diagnosis of ADHD from mood disorders and reduce misdiagnosing problems with emotional regulation in ADHD.

Clinicians should evaluate EI/DESR symptoms inherent in ADHD and develop psychosocial and medical interventions to address all aspects of the person's ADHD.



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Learn more at [ADHDAwarenessMonth.org](https://ADHDAwarenessMonth.org)