

FACT SHEET

PMDD + ADHD

Why the overlap can be confusing for ADHD women.

WHAT WE KNOW

PMDD-like symptoms appear to be more common in people with ADHD than in people without ADHD.

That does not mean every ADHD woman with a hard premenstrual week has PMDD. It does mean the overlap is important and deserves attention.

WHY IT FEELS SO COMPLICATED

ADHD CAN ALREADY INVOLVE

- emotional dysregulation
- executive-function strain
- sleep problems
- overwhelm
- impulsivity or restlessness

PMDD CAN BRING A MONTHLY SPIKE IN

- irritability
- sadness or hopelessness
- anxiety
- trouble concentrating
- exhaustion
- feeling out of control

A USEFUL QUESTION

Ask yourself: What gets clearly worse before my period compared with the rest of the month?

Example: "My ADHD is always there, but before my period I become much more irritable, hopeless, or unable to recover from stress."

ABOUT MEDICATION

Some people notice that their ADHD medication feels less effective before their period. Some clinicians may adjust treatment, but there is not one standard PMDD approach for this. Changes should be made with the prescriber.

If premenstrual symptoms include suicidal thoughts or urges to self-harm, seek prompt help. Severe symptoms deserve serious attention.