

Understood.org's 2024 Women and ADHD Survey

New research from Understood.org finds that ADHD in women is overwhelmingly misunderstood.

Among U.S. adults...

49%

believe that the negative stigma surrounding neurodiversity is stronger than ever.

56%

agree that women with ADHD are perceived differently than men with ADHD, including **75%** of women with ADHD who feel this way.

58% know that women are just as likely as men to have ADHD.

Yet many have misconceptions about ADHD in women.

75% don't know that women with ADHD are less likely than men to be diagnosed.

72% don't know that women with ADHD are more likely than men to be *misdiagnosed*.

87% are unaware of bias against women in ADHD testing tools.

53%

with ADHD prefer to keep their diagnoses to themselves. **66%** of young women prefer to stay silent, compared to **42%** of young men*, signaling an inherent societal bias.

63%

of those with a learning or thinking difference wish they'd been diagnosed earlier in life. Moms of kids under 18 say this more than dads (**70%** vs. **53%**).

Understood.org's Women and ADHD Survey, conducted in May 2024 via The Harris Poll, surveyed 2,100 U.S. adults ages 18+. *Results for young (18–34) women and men diagnosed with ADHD are based on small sample sizes (n<75) and should be interpreted with caution/as directional only.