

más allá del síntoma



ADHD in Women: Symptoms That Are Often Missed

During decades, ADHD was conceptualized primarily based on behavioral presentations more frequently observed in boys, particularly visible hyperactivity and impulsivity. This historical perspective has contributed to many women and girls remaining underdiagnosed or receiving delayed diagnoses, even when experiencing a significant impact on their emotional, academic, and interpersonal functioning.

Recent literature shows that many women first receive diagnoses of anxiety, depression, or emotional exhaustion before considering the possibility of ADHD. This phenomenon, known as “diagnostic overshadowing,” can delay

clinical recognition for years

Unlike the more externalizing presentations frequently observed in boys, symptoms in women often manifest in a more internalized and silent manner. Some commonly reported experiences include:

- Difficulty sustaining attention
- Constant sense of mental overload
- Organizational difficulties
- Emotional exhaustion
- Persistent distractibility
- Excessive effort to appear in control

Many women develop masking strategies to adapt socially, which can make identification of the disorder even more difficult. Although these strategies may facilitate adaptation in certain contexts, they are also often accompanied by guilt, frustration, low self-esteem, and psychological exhaustion.

Evidence also points to a greater risk of anxiety, depression, emotional regulation difficulties, and significant impairment in quality of life when diagnosis and treatment are delayed.

In recent years, research has begun to explore more deeply the hormonal influence on ADHD symptomatology in women. Fluctuations associated with the menstrual cycle, postpartum period, and perimenopause may affect attention, emotional regulation, and executive functioning, contributing to important changes in symptom intensity throughout life.

These findings highlight the need to broaden the clinical perspective on how ADHD presents in women and to increase awareness among professionals, educators, and families.

Our products:



These cards include practical strategies designed to improve attention, organization, self-control, and emotional regulation, especially for individuals with Attention-Deficit/Hyperactivity Disorder (ADHD).

Each tool is based on scientific evidence, Cognitive Behavioral Therapy (CBT), and expert recommendations for ADHD.

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Podcast

