Do social skills mediate the relationship between ADHD and depression?

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ABSTRACT
Previous research has demonstrated a link between depression and Attention Deficit Hyperactivity Disorder (ADHD). Researchers have also demonstrated that children with higher social skills have less depression. In addition, sociological scholars have found that those with ADHD have fewer social skills. However, little sociological research has examined whether social skills mediate the relationship between depression and ADHD. Data from the National Survey of Children’s Health (N = 64,076) analyzing children aged 6–17 years, are used to test the relationship between depression and ADHD. Results indicate that adolescents with ADHD have worse social skills as well as significantly higher odds of being diagnosed with depression and that social skills account for a significant part of the association between ADHD and depression. Lastly, the author suggests social interventions designed to increased social ties and social integration among those with ADHD.