ADHD and the Development of Depression: Commentary on the Prevalence, Proposed Mechanisms, and Promising Interventions

Michael C. Meinzer, Andrea Chronis-Tuscano

Current Developmental Disorders Reports March 2017, Volume 4, Issue 1, pp 1–4
DOI: 10.1007/s40474-017-0106-1

Abstract

Attention-deficit/hyperactivity disorder (ADHD) has been identified as a significant risk factor for the development of later depression. Furthermore, their comorbid presentation results in greater levels of impairment than either disorder in isolation. Research has pointed to several causal mechanisms by which ADHD co-occurs with depression including the persistence of ADHD symptoms, reward responsivity, and emotion dysregulation as well as parenting/family factors and maternal depression. Stemming from this mechanistic research, interventions have been developed in recent years that aim to prevent depression in youth with ADHD. The Behaviorally Enhancing Adolescents Mood (BEAM) Program and The Integrated Parenting Intervention for ADHD (IPI-A) have both demonstrated promising results. Directions for future research are discussed with an emphasis on neurobiological mechanisms and the dissemination/implementation of interventions to reduce the risk for depression among youth with ADHD in community care settings.