



# ADHD PREVALENCE AMONG WORKING AGE ADULTS EXPERIENCING HOMELESSNESS

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## Background

In 2024 with **771,480 people experiencing homelessness** in the US, an all-time high (de Sousa and Henry, 2024).

ADHD is a neurodevelopmental difference that is characterized by **variable or interest-based attention** and **differences in pacing** (Rosqvist et al, 2023).

People with ADHD can face **barriers to finding and maintaining housing**, including:

- Lack of workplace accommodations (Kattari et al, 2019)
- Microaggressions impacting mental health (Kattari et al, 2019)
- High rates of interpersonal violence (Wymbs et al, 2017)

## Relevance to Texas Panhandle

Homelessness is a significant issue in the Texas Panhandle. In 2024, Amarillo's homelessness rate was nearly 250 per 100,000 residents—almost **three times the Texas statewide rate** of 89 per 100,000 (Rao, 2025).

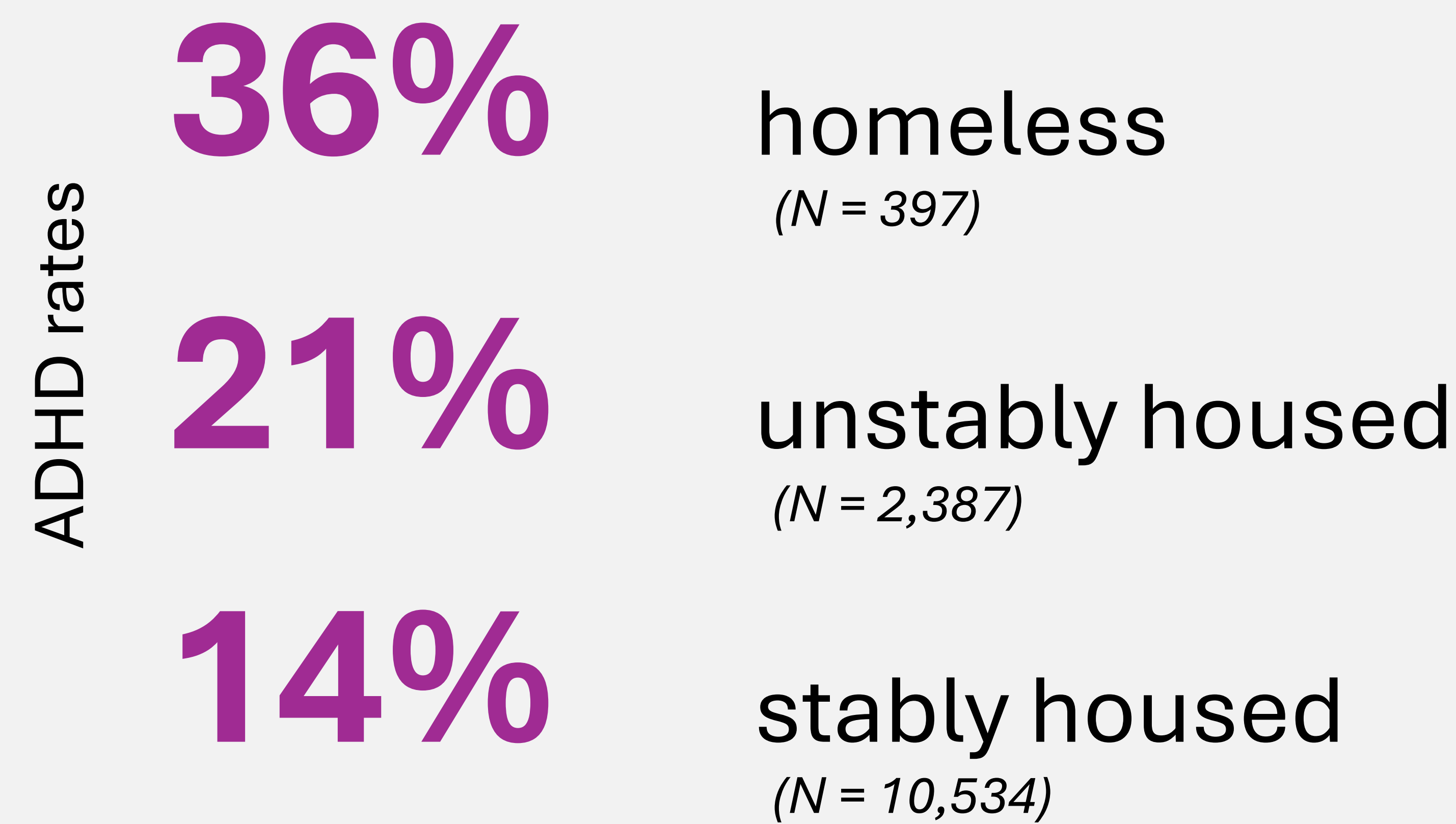
As the primary urban hub of the Panhandle, **Amarillo** may attract individuals experiencing housing insecurity who relocate to access housing and financial services. However, additional, unidentified factors may also contribute to the city's elevated homelessness rate.

## Objectives

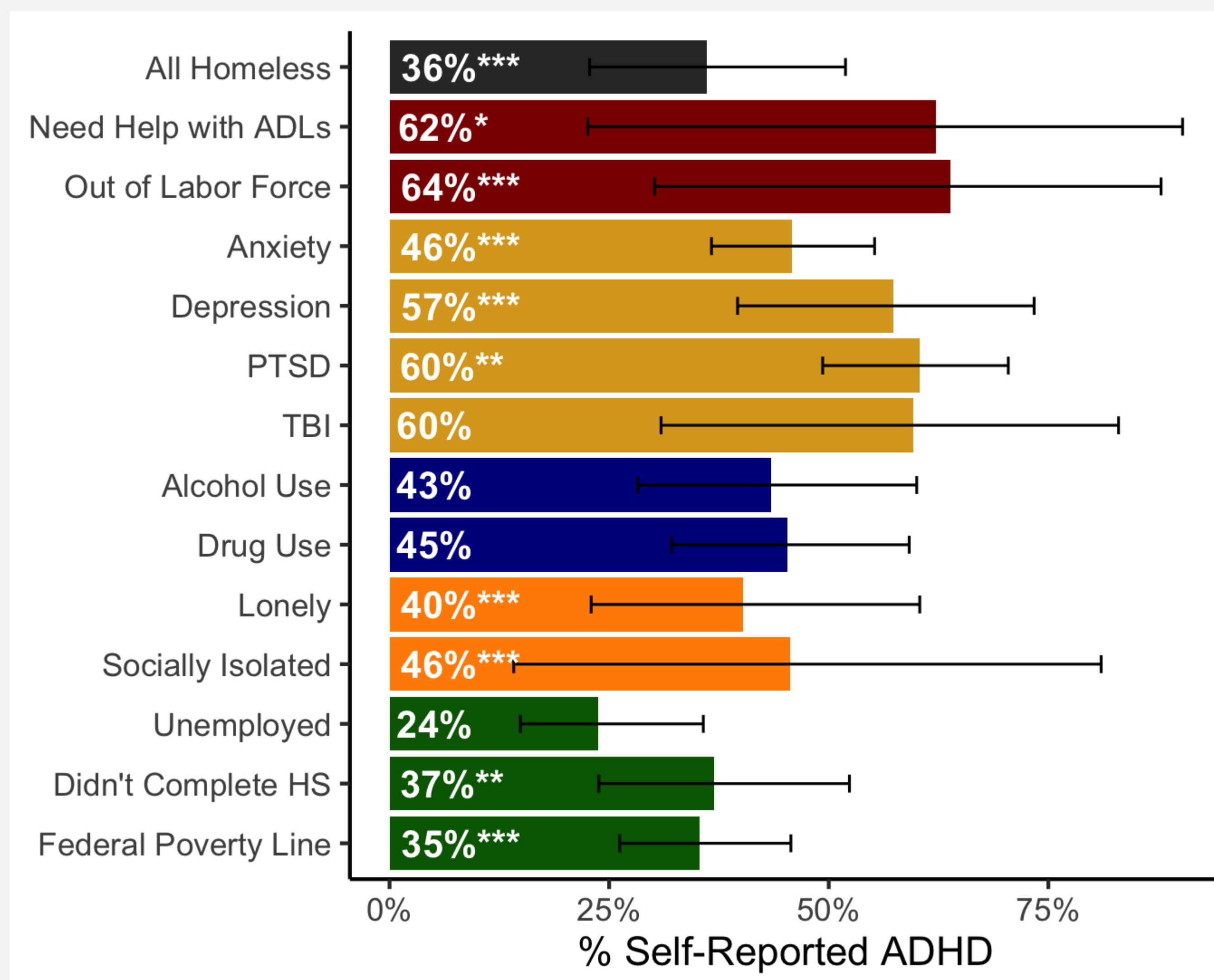
1. Estimating the **prevalence of ADHD** among people experiencing **homelessness**, compared to unstably and stably housed individuals.
2. Exploring **heterogeneity** in ADHD prevalence among people experiencing homelessness, based on **co-occurring psychosocial risk factors**

## Results

ADHD rates are significantly higher among **people experiencing homelessness** ( $p < 0.001$ )



Co-occurring homelessness and **psychosocial challenges** correlated with higher ADHD rates



## Implications

Future practice and research should address structural inequities impacting neurodivergent individuals:

- Invest in **flexible and supportive housing** models for addressing homelessness.
- Shift to **trauma-informed and integrated behavioral health** treatment models for homelessness.
- Address **structural barriers** like lack of workplace accommodations and microaggressions
- **Train workforce** to recognize ADHD and practice neurodiversity affirming therapies.
- Increase awareness about the **diversity of how human minds** can function.

## Methods

**Data:** National Wellbeing Survey (Monnat and Gutin 2025)

- English language survey administered via Qualtrics
- Years: 2023 and 2024 waves
- Population: adults ages 18-64 in the U.S.A.
- N = 6,500 respondents per year

**Measures:**

- Self-reported **ADHD** diagnosis
- Self-reported **housing status:**
  - Homeless (*no permanent housing*)
  - Unstably housed (*housed without paying rent*)
  - Stably housed (*pay rent/mortgage or own*)

## References

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