The Troubles of ADHD and Autism

ADHD and Autism are some of the world's more uncommon mental disorders, and they usually end up being more noticeable too. Unlike other disorders, ADHD and Autism are usually diagnosed relatively early in a person's life. About 1 in 9 young children have ADHD, and 1 in 36 for Autism. Both of these disorders tend to make it difficult for the person to focus in class, or work. Speaking from experience, ADHD not only makes it difficult to focus on schoolwork, but also my hobbies. The reason I bring these points up today is because many teenagers with undiagnosed ADHD or Autism are often seen as lazy and rebellious, because of not being able to control their focus.

I spent a majority of my life undiagnosed, only being diagnosed with ADHD at 15 in 2025. From grades 7-9, I could never pay attention in class and rarely was able to succeed because of it. The way that ADHD works, I was left wondering what was wrong with me. Many students and adults alike with ADHD and Autism will tell the same story, although the experiences of the disorders are not uniform. This, in my opinion, shows that people with these disorders are not treated the same as more successful people in our society.

I feel like ADHD and Autism are underdiagnosed, leaving a lot of room for parents, bosses, and managers to call people lazy and unproductive on their own volition, despite that simply not being the case. Laziness stems from a lack of a desire to work, but many people with ADHD and Autism tell you that they would like to work, but struggle to grasp the concept of what it is they're supposed to work on. Sometimes, rarely, but sometimes, people that are lazy are misdiagnosed with ADHD or Autism. The main thing that separates pure laziness from a disorder is how the person feels. People with ADHD and Autism often feel useless, where chronically lazy people simply do not want to work.