

Understanding

Factors Influencing RSD

Introduction to RSD

Rejection Sensitive Dysphoria affects many individuals with ADHD (70-90%), impacting their self-esteem and social interactions.



Impulsivity and Inattentiveness

Social slip-ups are more common due to ADHD-related impulsivity and inattentiveness, leading to misunderstandings.

Negative Messaging

By age 12, 20 000 more negative messages than neurotypical peers on average



Imaginary Audience

Adolescents often experience heightened concern about being judged, influenced by the imaginary audience phenomenon.

Peer Judgement

Individuals with ADHD are more likely to face judgment from peers, amplifying their feelings of inadequacy.



Internalized Shame

A feedback loop forms, reinforcing a narrative of shame and the belief that something is wrong with them.

Trauma amplifies

Trauma turns up the dial on the "radar" for rejection



For more information, contact your healthcare professional.