

International Women's Day 2022

#BreakTheBias

“ADHD is just naughty boys”

“Autism is more common in boys”

For many years, the gender bias within neurodiversity has been debated

Approx. 3-6 men are diagnosed as autistic compared to females and the ratio of ADHD in men and women is 4:1

Misdiagnosis

Thousands of neurodivergent women remain undiagnosed, which has been attributed to the diagnostic process



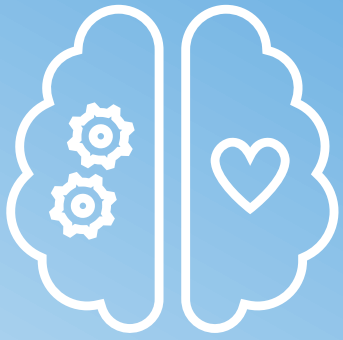
Most, if not all, diagnosis criteria for neurodivergent conditions have been developed using male characteristic presentation



Many autistic women are diagnosed with bipolar, depression and anxiety before receiving an autism diagnosis



Eating disorders are common in neurodivergent women, but there is often no explanation related to neurodivergence



Special interests in autistic girls are more likely to coincide with the enjoyment of activities frequently associated with young girls, like collecting dolls



Some dyspraxic women have reported to struggle applying makeup and wearing high heels

Misunderstood

The way neurodivergent characteristics are displayed in women are often mistaken and misunderstood

Women and girls with ADHD are often 'chatterboxes', compensating for their differences



While some autistic girls can be 'shy', many can have close friendships, as well as an interest in making friends

Neurodivergent women are more likely to avoid drawing attention to themselves

Neurodivergent women are quicker to apologise and appease when they make a social error, covering up their true behaviour

Neurodivergent girls reportedly copy and mimic the personas of their peers and/or fictional characters

Masking

A social coping mechanism, that can lead neurodivergent women being missed altogether

Masking leads to burnout

The way girls are socialized means they are more likely to 'mask' any behaviours that deviate from the norm

Research suggests that neurodivergent women enter study and careers that are based on understanding people (80% of psychology students are women, and female counsellors outnumber males 5:1)

