

Neurodiversity is the idea that differences in how people's brains function are natural variations of human diversity, rather than disorders that must always be "fixed."

The term was popularised by Australian sociologist Judy Singer in the late 1990s.

What it means

Neurodiversity recognises that conditions such as:

- Autism
- ADHD
- Dyslexia
- Tourette syndrome

are part of normal variation in the human population.

People whose brains function in these ways are often described as **neurodivergent**, while people whose brains function in more typical ways are described as **neurotypical**.

Key idea

Instead of viewing these differences only through a medical lens (as deficits or disorders), neurodiversity emphasises:

- Strengths and unique abilities
- Inclusion and accommodation
- Acceptance rather than stigma

In short:

Neurodiversity = **brain differences are diversity, not defects.**

We recently recognised that NWCL Coaches, umpires and scorers need a document to refer to on details about Autism, ODD and ADHD and their relationships. This may help with their experiences with their players, opposition players they may experience during matches and beyond cricket:

Is ODD related to ADHD ?

What is the difference?

- **Attention-Deficit/Hyperactivity Disorder (ADHD)**

A neurodevelopment disorder involving:

- Inattention
- Hyperactivity
- Impulsivity

- **Oppositional Defiant Disorder (ODD)**

A behavioural disorder involving:

- Frequent anger or irritability
- Arguing with adults/authority figures
- Defiance and refusal to follow rules
- Deliberate annoyance of others

How are they related?

- About **40–60% of children with ADHD** also meet criteria for ODD.
- ADHD does *not* cause ODD, but:
 - Impulsivity and frustration from ADHD can increase conflict.
 - Difficulty with emotional regulation (common in ADHD) can look like defiance.
 - Chronic negative feedback from adults can worsen oppositional behaviours.

Think of it this way:

- ADHD = difficulty with **self-control and attention**
- ODD = pattern of **defiant and oppositional behaviour toward authority**

They overlap in emotional regulation problems.

Why this matters

When both are present:

- Behaviour problems can be more intense.
- School and family stress may be higher.
- Treatment often needs to address *both* attention regulation **and** behaviour patterns.

Treatment Differences

- ADHD: Often treated with behavioural therapy and sometimes medication.
- ODD: Parent management training, therapy focused on emotional regulation and behaviour strategies.

When ADHD is treated effectively, ODD symptoms sometimes improve — especially if defiance is driven by frustration.

Example:

Oppositional Defiant Disorder (ODD) - following rules issues either way, struggle with change, confidence up and down, keep reassuring people to keep them happy, overthinking, things take time to sink in, patience needed. Also if someone puts ODD people under pressure they tend to be defiant and do the opposite. Needs consistency and positive reinforcement by setting clear boundaries. Create routine. Don't promise anything unless it's followed through. Structured support. Tell ODD people when they've done something wrong. Be up front, they prefer it.

Is ODD related to ADHD and Autism ?

Yes — **Oppositional Defiant Disorder (ODD)** is related to both ADHD and autism, but in different ways. They are separate diagnoses, yet they often overlap.

ODD and ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) and **Oppositional Defiant Disorder (ODD)** frequently co-occur.

- Around **40–60% of children with ADHD** also meet criteria for ODD.
- ADHD-related impulsivity, emotional dysregulation, and frustration can increase oppositional behaviour.

- When ADHD symptoms improve, ODD symptoms sometimes decrease — especially if the defiance was driven by overwhelm.

ADHD + ODD together often means:

- Strong emotional reactions
- Frequent power struggles
- Difficulty with authority

ODD and Autism

Autism Spectrum Disorder (ASD) can also overlap with ODD — but this relationship is more complex.

Some autistic children may:

- Refuse demands
- Seem argumentative
- Have intense reactions to rules or transitions

However, in autism, this behaviour is often due to:

- Sensory overload
- Anxiety
- Rigid thinking
- Difficulty with sudden changes
- Trouble understanding social expectations

This can *look like* ODD, but the underlying reason is different.

Important Distinction

- **ODD** = pattern of *intentional* oppositional behaviour toward authority.

- **Autism-related refusal** = often driven by distress, overwhelm, or need for predictability — not defiance for its own sake.

Because of that, clinicians are careful when diagnosing ODD in autistic children. Sometimes what looks like ODD is actually:

- Emotional dysregulation
- Demand avoidance
- Burnout
- Anxiety

All Three Together?

It is possible for someone to have:

- ADHD
- Autism
- ODD

ADHD + autism together already increase emotional regulation challenges, which can increase oppositional behaviours.