

Factchecking Before Sharing

Before sharing ADHD information:

- Identify who wrote or recorded it.
- Look for at least one reputable ADHD or medical site that says something similar.
- Avoid posts that promise a cure, blame everything on one factor, or only exist to sell a product.
- If you're not sure, it's okay not to share.

One of the most helpful things you can do for someone with ADHD is share good information. One of the most harmful things you can do is share bad information that sounds good.

The internet is full of ADHD content. Some of it is excellent. Some of it is dangerously wrong. And the algorithm does not care which is which. A post with a million views is not more accurate than a post with twelve. A confident voice is not the same as a credible one. A claim that feels true because it matches your experience is not automatically supported by evidence.

Before you share anything about ADHD online, in a group text, from a pulpit, or across a kitchen table, take 60 seconds and run it through these five filters.

1. Who is saying this?

Look at the source. Is it a licensed clinician, a peer-reviewed researcher, a recognized ADHD organization, or a person with professional credentials in the field? Or is it an anonymous account, a lifestyle influencer, or someone selling a course? Credentials do not guarantee accuracy, but they are a reasonable starting point. If you cannot identify who created the content or what qualifies them to speak on it, that is a reason to pause.

2. Can you find at least one reputable source that says something similar?

Check whether the claim lines up with what established ADHD and medical organizations are saying. Trustworthy sources include CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder), the National Institute of Mental Health (NIMH), ADDitude Magazine, the American Academy of Pediatrics, and peer-reviewed research published in medical journals. If a claim appears nowhere on any of these sites, treat it with serious skepticism. If it directly contradicts what these organizations say, do not share it.

3. Does it promise a cure, a single cause, or a simple fix?

ADHD is a complex neurological condition. Anyone who tells you it is caused by one thing (screens, sugar, bad parenting, gluten, spiritual weakness) is oversimplifying in a way that causes real harm. Anyone who promises a cure (this supplement changed everything, this

diet eliminates ADHD, this app will fix your brain) is either misinformed or trying to sell you something. Legitimate ADHD information acknowledges complexity. It talks about management, support, and strategies. It does not promise miracles.

4. Is it trying to help you understand, or is it trying to sell you something?

Follow the money. If the post, video, or article exists primarily to drive you toward a product, a subscription, a supplement, or a paid program, the information is shaped by that goal whether the creator admits it or not. That does not mean every paid resource is bad. It means you should separate the sales pitch from the science and verify the claims independently before you trust them or share them.

5. If you are not sure, it is okay not to share.

This is the most important filter. You do not have to pass along everything that crosses your feed. Sharing bad information does not become harmless just because you meant well. If you are not confident that a claim is accurate, supported by evidence, and coming from a credible source, the most responsible thing you can do is leave it alone. The person you were about to send it to deserves better than a guess.

A note about personal stories

Personal experiences matter. When someone shares how ADHD affects their daily life, their relationships, or their sense of self, that is valuable and worth listening to. But personal experience is not the same as medical evidence. One person's success with a particular supplement, diet, or routine does not mean it will work for everyone, and it certainly does not mean it is a substitute for professional evaluation and treatment.

When you share personal stories, frame them honestly: "This is what worked for me" or "This is what helped our family." That is generous and useful. "This is the answer everyone is missing" is a different claim entirely, and it requires a different level of proof.

What to do when someone shares bad information with you

You will encounter ADHD misinformation from people you care about. A family member will forward a post claiming ADHD is caused by food dyes. A friend will share a video promising that a specific supplement eliminates symptoms. A well-meaning person at church will suggest that more prayer and discipline is the real answer.

You do not have to start a debate. You can simply say: "I have seen some different information from ADHD medical organizations. I can send you a link if you are interested." That is calm, factual, and respectful. It does not attack the person. It opens a door without forcing anyone through it.

If they are not interested, let it go. You planted a seed. That is enough.