

PRESS RELEASE

THE BALANCE sounds the alarm: trauma is the real reason for booming ADHD misdiagnoses

- Confusingly similar: Trauma and ADHD have similar symptoms
- Alarming trend: Many people continue to be mistakenly diagnosed with a behavioral disorder
- Healthcare system overburdened beyond measure

(Mallorca/Zurich, June 2025) Restlessness, lack of concentration, impulsive behavior - the diagnosis of attention deficit/hyperactivity disorder ADHD is all too quickly suspected. However, it is becoming increasingly apparent that symptoms that are hastily classified as ADHD by doctors are actually an expression of deep-seated trauma. Other reasons for the rapid increase in false ADHD diagnoses include a lack of sleep and the misuse of smartphones, as the team of doctors at luxury rehabilitation clinic THE BALANCE RehabClinic has recognized. "Our healthcare system is also overloaded: Doctors and therapists are often working to the limit - there is rarely time for in-depth patient consultations and a comprehensive medical history," says Dr. Sarah Boss, clinical director of THE BALANCE on Mallorca. According to experts, up to 20 percent of all ADHD diagnoses are incorrect on average.

The clinic manager of the luxury rehabilitation clinic, which is based in Zurich and has facilities in Spain and England, among other places, goes one step further and observes: "Our patients can no longer read books. Does that mean I believe that everyone has ADHD? No, absolutely not. In many cases, ADHD symptoms are a coping mechanism - a developmental disorder that can result from trauma." This knowledge quickly raises questions: How accurate are current diagnoses? And what does effective therapy look like when trauma is the real cause?

ADHD - a trend diagnosis?

ADHD seems to be more present today than ever before - in social media, everyday conversations and also in medical practices. The growing attention has led to ADHD becoming a quick explanation for inner restlessness, concentration problems or emotional overload for many. Contrary to the recommendations of specialist associations, such diagnoses are made by GPs in around 90% of cases and without consulting psychiatrists. The use of medication is also increasing significantly. Boss comments: "Treating ADHD with medication is not a permanent solution. It merely masks the symptoms instead of tackling the cause." Many sufferers are diagnosed with ADHD even though their symptoms could have other causes - such as chronic stress or unresolved trauma.

How trauma symptoms "imitate" ADHD

This is partly due to the similar symptoms of trauma and ADHD: sleep disorders, poor concentration, sensory overload, emotional impulsivity and inner restlessness. While ADHD is attributed to a neurobiological disorder, these symptoms of trauma are usually an expression of an overactivated nervous system - a reaction to previous stress. "After a trauma, it is normal for the body to be overactive and hyper-vigilant, constantly searching for possible threats. From the outside, however, this can appear like ADHD. That's why it's important to look at the overall

picture of a client before making a hasty diagnosis,” says Boss. Many doctors and therapists focus on symptom descriptions without fully taking into account the life history of those affected. There is a high risk of misdiagnosis, especially in an overburdened healthcare system with an average of only 20 minutes per patient. Those affected receive medication or behavioral therapy, although they actually need trauma therapy support.

New perspectives from the practice of THE BALANCE

ADHD-like symptoms can have many causes. “We once treated a traumatized soldier who was struggling with his addiction and severe ADHD symptoms. We worked with a combination of different therapies to eliminate the trauma, and the symptoms disappeared. If he hadn't come to us, he would probably have been on medication for the rest of his life without the cause of his symptoms being treated,” says Sarah Boss. In an interdisciplinary setting, specialists and therapists at THE BALANCE examine whether there are unresolved emotional wounds behind the supposed ADHD symptoms. “We use methods such as EMDR (Eye Movement Desensitization and Reprocessing) and somatic trauma therapy,” says Boss. Founder and Managing Director of THE BALANCE, Abdullah Boulad, adds: “First and foremost, we need a rethink in the system - politicians and the healthcare system urgently need to create new structures that allow room for a closer look and ultimately reverse the trend towards misdiagnosis.”

You can find more information about ADHD and its treatment options at www.thebalancerehabclinic/adhd.

About THE BALANCE:

THE BALANCE RehabClinic is a luxury retreat on Mallorca that specializes in exclusive and discreet rehabilitation measures. The founder and managing director of THE BALANCE RehabClinic is the Swiss entrepreneur Abdullah Boulad (45). With a multidisciplinary team of around 150 doctors, psychotherapists, physiotherapists, personal managers and a whole range of complementary therapists, he has created one of the world's most renowned therapy facilities for addiction problems, mental illness and health issues. Here he offers his clients individually tailored cures in luxurious surroundings, which is particularly appreciated by top athletes, celebrities and top entrepreneurs. The offer comprises the three pillars of addiction therapy (alcohol, drugs, medication, sex, etc.), mental illness (anxiety disorders, burn-out, depression, trauma and post-traumatic stress disorder) and health treatments (stress, anti-ageing, chronic pain, sleep disorders, etc.). One focus of THE BALANCE RehabClinic's evidence-based medical concept is also the use of the latest scientific and technology-based therapeutic approaches, such as neuro- and biofeedback systems or transcranial direct current stimulation, for which the company is constantly investing large sums in new technologies and medical equipment. The medical director is Dr. Sarah Boss. THE BALANCE is exclusively for private patients. <https://balancerehazentrum.de/>