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Monday, 12 November, 2007 18:27 (CST)

Best ADHD Treatment Combines Medication, Behavioral Therapy

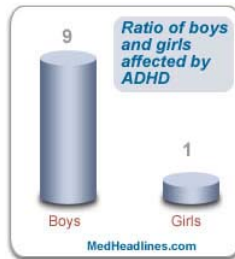
Med Headlines - A recent study suggests that a combination of medication and behavior therapy is the most effective way to treat children with attention deficit hyperactivity disorder (ADHD). The study, which was conducted at the University at Buffalo, also showed that when behavior modification therapy is included in the treatment plan children require significantly lower doses of medication. This comes as welcome news for parents who are concerned about some of the side effects association with conventional ADHD medications.

This study was the first to test the effectiveness of a new drug treatment, a methylphenidate (MPH) patch. (MPH is the stimulant used in pill form in ADHD drugs Concerta and Ritalin.) ADHD researcher William E. Pelham, professor of psychology in the UB School of Medicine, noted that the MPH patch's dosage flexibility could make it the ideal choice for administering lower doses of the drug. Lower doses mean lower risks of long-term drug side effects which can include loss of appetite and stunting of growth.

"Long-term side effects of ADHD drugs are almost always related to dosage levels," said Pelham. "If you want to lower a child's dosage daily and throughout their lifetime, the best way to do that is to combine medication with behavior modification therapy."

According to the study, combined treatment can lower a child's daily medication dose by as much as 67 percent.

The study provides the first research that analyzes the medication and behavior modification relationship that includes the reinforcement a child receives daily from parents, teachers, siblings and peers. The study shows that when you control for outside factors, you get effects with behavior modification that are just as significant as high doses of medication.



Did you know that...

- Literature dating back to 1902 describes conditions similar to what we now call ADHD

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