

ABSTRACT

Objective: To investigate the effectiveness of a parent training programme as an adjunct to routine care in children with Attention Deficit Hyperactivity Disorder.

Method: 100 children with diagnosed attention-deficit/hyperactivity disorder (ADHD) aged 4 to 12 years, attending child psychiatry clinics in Lady Ridgeway Hospital Colombo, were randomly assigned to behavioural parental training plus routine clinical care (n = 50) or to clinical care alone (n = 50). Behavioural parental training consisted of a 2 sessions: one, in one to one basis and the other in a group setting and a printed parental training booklet was provided to the parents. Routine care included usual clinic follow-up and pharmacotherapy when appropriate. Parents who were unable to read and write were excluded, children were included in the study regardless of whether they were prescribed medication or not. Children's ADHD symptoms, were measured using the SNAP IV questionnaire before and after treatment. Initial scores were assessed when the children were recruited to the study. Follow-up score of the intervention group was assessed 8 weeks after the intervention. Analyses was carried out on an intention-to-treat basis using SPSS.

Results: Both intervention and non intervention groups displayed statistically significant improvements on the SNAP IV score. The improvement of the intervention group was superior to clinical care alone group.

Conclusions: Adjunctive parental training given in clinic setting in brief format improves the effectiveness of regular clinic treatment of children with the diagnosis of ADHD

Key words; ADHD, ADHD prevalence, Combined type ADHD, Predominantly inattentive type ADHD, Predominantly hyperactive type ADHD, Behavioural parent training, Routine clinical care.