Restless legs syndrome in patients diagnosed with attention deficit hyperactivity disorder


Rev Neurol. 2017 Apr 1;64(7):299-304.

INTRODUCTION:
Restless legs syndrome (RLS) is a common neurological disease. RLS has been linked to various psychiatric disorders, especially with attention deficit hyperactivity disorder (ADHD).

AIMS:
The main objective was to describe the frequency of RLS in paediatric patients diagnosed with ADHD. Secondary objectives of the study described other sleep disorders in ADHD patients.

PATIENTS AND METHODS:
A multicentre prospective study was conducted in nine Spanish centres. We included children aged 6-18 years diagnosed with ADHD between January and June 2015. Data were collected by 13 researchers doctors through an interview with the parent/caregiver and with the child. To assess the degree of functioning of patients with ADHD we used the Children's Global Assessment Scale. The Sleep Disturbance Scale for Children was applied to screening sleep disorders in childhood.

RESULTS:
A sample of 73 patients was collected. Five patients (6.8%) met diagnostic criteria for RLS: four of them definitive and one probable.

CONCLUSIONS:
RLS is a frequent condition in adulthood but also in adolescence and childhood. ADHD patients have an increased risk of an RLS.