Skills and Strategies of African American Parents in the Management of ADHD: A Qualitative Study

Alexandria Saulsberry, Melishia Bansa, Daniela DeFrino, Constance M. Dallas

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Abstract

Objective:
The purpose of this study is to use a strengths-based approach to determine African American parents’ skills and strategies for management of children with ADHD.

Method:
Four focus groups were conducted to identify African American parent beliefs about appropriate ADHD management. Sixteen parents participated and reported having a total of 21 children diagnosed with ADHD.

Results:
Participants discussed several parenting challenges but advocated for the child by working closely with the child’s school and physician. They also managed relationships with family members to protect the child from possible physical or emotional harm. However, parents desired more social support for management of ADHD.

Conclusion:
African American parents possess key skills and strategies in their management of children with ADHD. Further research is needed to determine the roles and responsibilities of extended family members for children with this disorder, and to identify the social supports parents access to aid with ADHD management.