Quality of Life and Dietary Assessment of Attention-Deficit Hyperactivity Disorder (ADHD) Patients.

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Abstract

Introduction:
Attention-deficit hyperactivity disorder (ADHD) is a common neuro developmental disorder among children. It comprises of a range of behavioural problems that can have adverse effects on academic performance, vocational success, and social-emotional development. Because of the rise in ADHD and other psychological disorders, the focus is shifting toward the potential role that the diet and nutrition may play that can be positively or negatively related with the disease. Many dietary interventions have been proposed since ADHD children have many food sensitivities which may enhance the symptoms of the disorder if dietary regimen is not followed strictly.

Objective:
Keeping in mind the lack of awareness among parents specially residing in Saudi Arabia regarding a proper diet in ADHD children, this study was carried out to assess ADHD children’s dietary habits and their impact of their quality of life.

Methodology:
A sample of 74 subjects (age 4-10 yrs) were randomly selected from Human Development Centre in Riyadh, Saudi Arabia with a prior approval from the Centre and a consent from participants. The dietary intake was assessed using a food frequency questionnaire and their quality of life was evaluated using Weiss Functional Impairment Rating Scale Questionnaire.

Results:
The food frequency questionnaire results showed most of the subjects were not adhering to the diet recommended by Feingold’s diet for ADHD children and most of them were consuming foods low in essential fatty acids, Vitamin B complex, and high in preservatives, artificial flavours and colours.

Conclusion:
There is no awareness among the caretakers regarding proper diet for ADHD children which seems to show signs of an impact in their quality of life.