A dyad approach to the treatment of attention deficit hyperactivity disorder

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Abstract

AIM:
To study anxiety in adolescents with attention deficit hyperactivity disorder (ADHD) and their mothers and to evaluate the efficacy of a dyad approach (simultaneous treatment of the mother and the child) to ADHD treatment.

MATERIAL AND METHODS:
Thirty-four adolescents, aged 12-15 years, with ADHD and their mothers were studied. All participants of the study received anxiolytic treatment: children were treated with noophen (500 mg per day 45 days) and their mothers received adaptol (1500 mg per day 45 days). In the comparison group with the same clinical/psychological characteristics, anxiolytic therapy with noophen was used only in adolescents.

RESULTS:
Symptoms of anxiety were found in 61.7% of adolescents with ADHD and in 79.4% of the mothers. After the dyad therapy, an improvement was noted in 73.5% of adolescents and 69.7% of the mothers. There was an improvement in 63.3% of patients in the comparison group.

CONCLUSION:
The results demonstrate the high efficacy of the dyad approach in the treatment of ADHD with comorbid anxiety disorders.