Clinical Observation of Xiao’er Zhili Syrup in the Treatment of Attention Deficit Hyperactivity Disorder with Sleep Disorder in Children

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Abstract

Objective:
To observe the efficacy and safety of Xiao’er zhili syrup in the treatment of attention deficit hyperactivity disorder (ADHD) with a sleep disorder in children.

Methods:
90 cases of ADHD with a sleep disorder were separated randomly into treatment group and control group (45 cases for each). The treatment group was given Xiao’er zhili syrup and the control group was given methylphenidate. The treatment course was designed to be 12 weeks. The efficacy was assessed with the ADHD-IV Rating Scale-Parent Version (ADHDRS-IV-P), Parent Symptom Questionnaire (PSQ) and Children Sleep Habit Questionnaire (CSHQ).

Results:
5 patients fell off in the treatment group and 5 fell off in the control group. The scores of ADHDRS-IV-P, PSQ, and CSHQ after treatment in the treatment group were lower than that in control group. The difference was statistically significant (P < 0.05). There were no serious side effects in both groups.

Conclusions:
Xiao’er zhili syrup has obvious effects on ADHD with a sleep disorder and has low adverse drug reactions. It is worthy of application.