The Effects of Family-Based Mindfulness Intervention on ADHD Symptomology in Young Children and Their Parents: A Randomized Control Trial

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Abstract

Objective:
The aim of the study is to investigate the feasibility of a family-based mindfulness intervention in improving children with inattention and hyperactivity symptoms.

Method:
A total of 100 children aged 5 to 7 years with ADHD symptoms and their parents were randomly assigned to a family-based mindfulness intervention (n = 50) or a wait-list control group (n = 50).

Results:
Families from intervention group had greater improvements in children’s ADHD symptoms, with medium effect sizes of −0.60 for inattention and −0.59 for hyperactivity; overall behaviors; and parenting stress and well-being than those in wait-list control group.

Conclusion:
The positive results on the child primary outcome measures have provided initial evidence of the family-based mindfulness intervention as a treatment option to ADHD. The reduction of parental stress and increase in psychological well-being has demonstrated the value of mindfulness in enhancing parent’s self-management.