

Global Congress on Integrated Healthcare

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Under The Patronage of his Excellency Dr Yousef Goussous

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The Effectiveness of Medication in Dealing with ADHD Children, in Jeddah, Saudi Arabia

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Abstract

Background: As a newly emerging condition, ADHD is questioned in many ways. However, when doctors are prescribing ADHD medication now more than ever before, the question of the medication's effectiveness becomes in need of an urgent answer.

Objective: The aim of this research is to investigate the extent of helpfulness and effectiveness of medication as a way of child ADHD therapy chosen by many professionals in Jeddah, Saudi Arabia.

Method: A cross sectional survey study that was started on the 5th of February, 2018 till 10th of March, 2018. Data was collected from parents and health care professionals who have dealt with ADHD children, in Jeddah, Saudi Arabia.

Results: The results of the present study showed that 63% of the cases recorded had their education strongly impacted by ADHD. It also revealed that general behavior (48.6%) and social skills (42.9%) are majorly affected. 65.7% of the children portrayed disorganization, and 57.1% portrayed aggressiveness. As a form of treatment, 82.9% of the ADHD children targeted take medication (stimulants and non-stimulants). It was proved that the aspect of the children's life that depends on medication the most is education. However, 62.9% reported that the medication resulted in negative side effects, with weight loss (37.1%) and irritability and anger (34.3%) being most common. 54.5% of participants rated the helpfulness of ADHD medication as 80%, while 30% rated it as 60%. Regarding additional therapy methods, the study showed that 65.7% of participants resort to child behavioral therapy, 54.3% resort to parental training, and 54% resort to school accommodations. The participants recorded that the medication was the more effective treatment method in only 29% of the cases. On the other hand, 43% chose behavior therapy as more effective in their child's case, and 28% recorded that both are equally effective.

Conclusion: It was clearly apparent that the medication for ADHD in children is widely used and is effective. However, in the majority of the cases, it cannot stand as the only way of treatment. Alone, medication may not lead to great improvement; yet, when combined with other types of therapy, the medication could be extremely vital to progress in the life of an ADHD child.

Keywords: ADHD - child - behavior - medication



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Biography

I am Sadeen Zein Eddin, a fourth year medical student at Mutah University, college of Medicine, in Al-Karak, Jordan. I have considerable experience in scientific writing and editing. I am currently the chief editor of the national team of Communications and Public Relations Support Division (CPRSD) of IFMSA-Jo, and have been an editor of the magazine for the three previous years. I also have constructive experience in conducting medical research, as I have been working on two big projects thus far, specifically on the topics of ADHD in children and COVID-19 vaccine side effects. Additionally, I have been a volunteer and a coordinator in many medical health projects like blood donation campaigns, non-communicable diseases (NCDs) campaigns, and the National General Assembly (NGA) of IFMSA-JO. I am looking forward to more opportunities and publications over the years to come.