CHAPTER 6

CONCLUSION
The major highlights of the study as already reported appear to converge at certain points on the basis of which the following conclusions may be drawn:

✓ Both behavioural and multimodal therapeutic approaches were found to be effective in reducing the severity of the ADHD core symptoms.

The treatment of ADHD requires expertise in many different modalities. Among the available treatments, stimulant medication and behavioural parents training in child management skills has been found to be effective to reduce the severity of these symptoms and for preparing parents to cope with this disorder.

✓ Mothers of children with ADHD were found to be benefitted more from both the interventions in comparisons to fathers. Mothers benefitted more following multimodal intervention with respect to family pathology and marital quality measures.

Mothers of a child with ADHD are twice more likely to have a psychiatric diagnosis than other mothers. Mothers are the primary caregiver in families with a child with ADHD. Thus mothers are the most affected person in the families. The present research findings reflected the need to generate awareness among the mental health professionals to provide effective management considering the whole family and to give psychological support to the parents especially the mothers of children with ADHD.

✓ Fathers showed more involvement in parenting following multimodal intervention.

Active participation of both the parents in the intervention process and utilization of several non-aversive discipline strategies to handle child’s problem behaviours helped to generate greater
awareness and genuine understanding of the disorder which in turn enhanced engagement of both the parents in the parenting process.

✓ Both behavioural and multimodal therapies helped to reduce parental trait anxiety levels.

Both the therapies aimed at teaching the parents, skills to handle ADHD symptoms, thus, helped the parents to perceive their child’s future as less uncontrollable or unpredictable, which in turn increases parental acceptance and parenting efficacy.

✓ Multimodal therapy showed pronounced efficacy in enhancing general well-being of parents.

General well-being may be defined as a subjective appraisal of one’s life taken as a whole. In the multimodal therapy, the focus was to provide treatment considering different modalities, such as, structural family therapy concepts; peer intervention; cultivation of positive emotions in the communication patterns. Thus, in such therapeutic approach the focus was not only on the child but the family as a whole. This helped in enhancing the perceived general well-being of both the parents of children with ADHD following multimodal intervention.

**Strengths of the Study:**

Structured parent training and attention enhancement games were ensured uniformity in treatment. Special care was taken to derive the maximum benefit by including both the parents for all the treatment sessions. Though the exact nature of neuropsychological mechanism is not known, the attention games were found to be useful. On ethical background, intervention was continued after the period of the study.
Limitations of the Study:

The study had small sample size. Long-term effectiveness of interventions could not be considered. It was difficult to pinpoint that the treatment-associated changes were directly the result of treatment or were due to therapist’s attention, or measurement artifact. No attempt was made to control the children’s medication during the course of the intervention. Another limitation of this study was that it was not possible to generalize its results or conclusions to girls with ADHD due to the low representation of the female participants in the sample. An ongoing additional research is required to go beyond the pre-post changes and include analyses of the treatment process.

Further Research:

The results of this study suggest several areas for continued research:

- Future research should be directed at indentifying developmentally appropriate interventions that integrate the involvement of parents and teachers to effectively address several issues.
- Future research should focus on the resilient-based preventive interventions mostly in home and school-settings, that would increase their children’s’ capacity for resisting adversities and enhance their competencies to acquire resources for positive development.
- Further investigations with longitudinal follow-up are needed to determine the sustainability.
- The results signify the importance of parental mental health assessments and the use of appropriate interventions not only for ADHD children but also for their parents especially mothers.
- The findings also emphasized the need to develop public health awareness programs targeting stigma, myths and misperceptions associated with ADHD and to help to minimize stigmatizing experiences faced by parents and their children. This in turn may promote treatment adherence and improve clinical outcomes.