Effectiveness of Multimodal Therapeutic Approach in Treatment of Children with ADHD

Abstract

Attention deficit Hyperactivity Disorder (ADHD) is a frequently diagnosed neurodevelopmental disorder in children, affecting multiple facets of social life. Pharmacological interventions alone may not normalize attention functions, thus multiple treatment methods are required. The present study assessed the comparative efficacy of both multimodal and behavioural treatment approaches on symptoms severity level of children with ADHD as well as on the selected variables: family pathology; parenting style; parents’ trait anxiety level; marital quality of the parents and general well-being of parents. The sample consisted of families involving 20 children with ADHD (Combined type) (6 to 10 years old) and their parents. The families were randomly assigned into 2 groups; one received behavioural intervention and the other received multimodal intervention. The interventions were applied in individual sessions, once a week, for a period of 10 sessions. Children with ADHD were assessed and trained while on ADHD medications. Data analysis revealed that both the therapeutic approaches found to be effective in reducing the severity of the ADHD core symptoms. Mothers of children with ADHD found to be benefitted more following multimodal intervention with respect to family pathology and marital quality measures; whereas fathers showed more involvement in parenting following multimodal therapy. General well-being of both the parents got significantly enhanced following multimodal intervention in comparison to behavioural intervention. The findings indicate that multimodal treatment programs have the better potential to facilitate symptomatic and global ADHD management.

Keywords:
ADHD; behavioural intervention; multimodal intervention.