

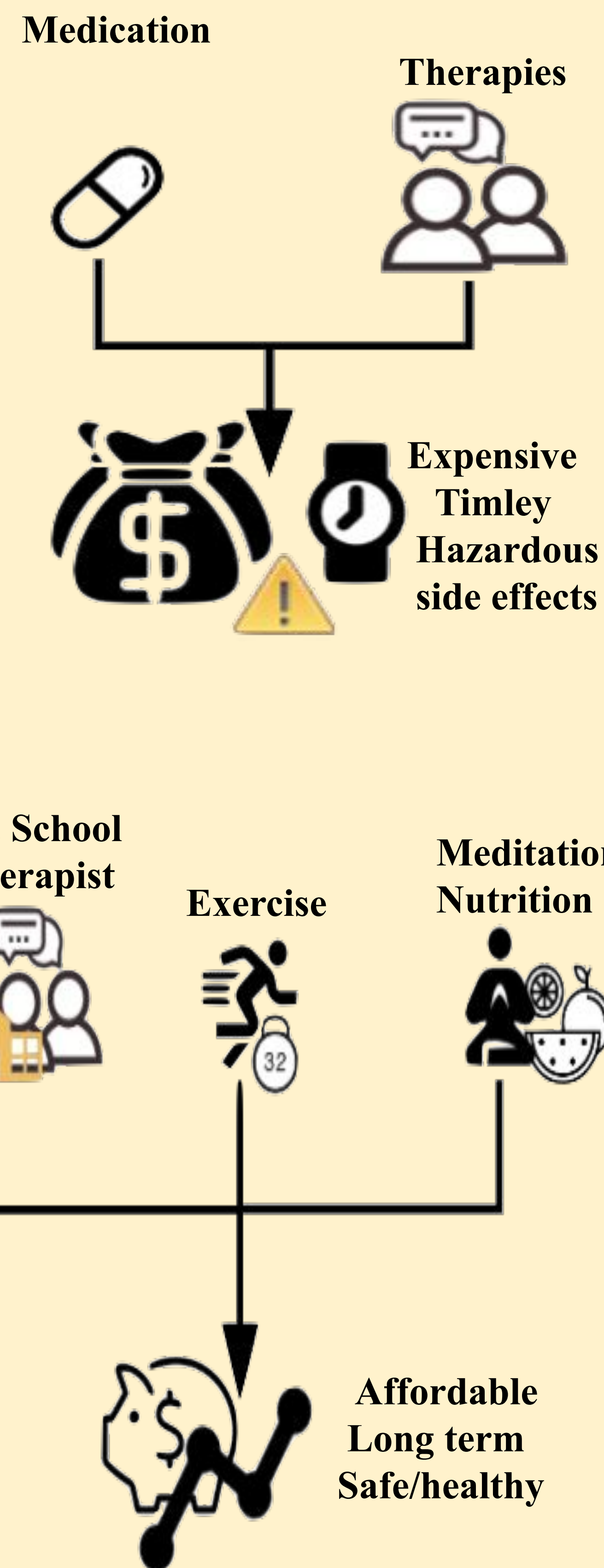
INTRODUCTION

The Issue

ADHD (Attention deficit hyperactivity disorder) is a neurobiological disorder that for many people affect their ability to focus and control impulsive behaviors. About 11 percent of U.S. children have ADHD, and diagnoses among adults continue to grow, although there is little attention to the fact that low-income families are the ones most affected (Cortiella 2014). This is due to a problem with development and awareness of affordable treatments such as exercise, nutrition, and meditation for ADHD.

Addressing the Issue

Surveying doctors about the list/order of treatments they give to their patients with ADHD, the discussion of affordable treatment with patients can be revealed. It also helps determine physicians opinion on nutrition, exercise, and meditation as a treatment. Through sharing the results of the surveys on school websites, gaps in the discussion and knowledge of affordable ADHD treatments can be reduced and more individuals can get the help they need without limiting factors such as expensive costs.



DATA AND FINDINGS

Physicians most common order of treatment for patients diagnosed with ADHD

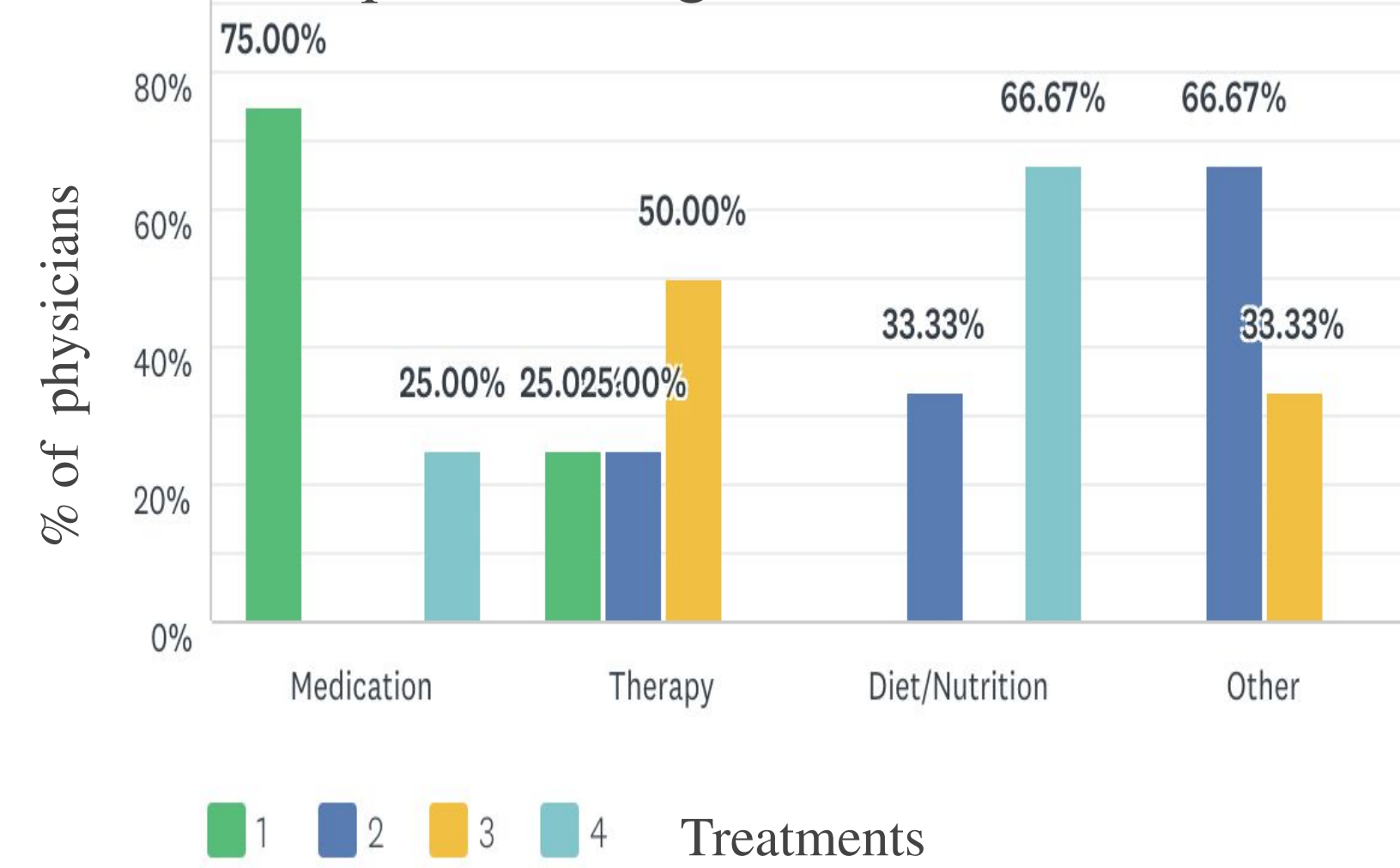


Figure 1. Most common treatment order:

- 1 Medication
- 2 Other
- 3 Therapy
- 4 Diet/Nutrition

How often physicians have discussed nutrition as a treatment/aid in helping manage ADHD with their patients

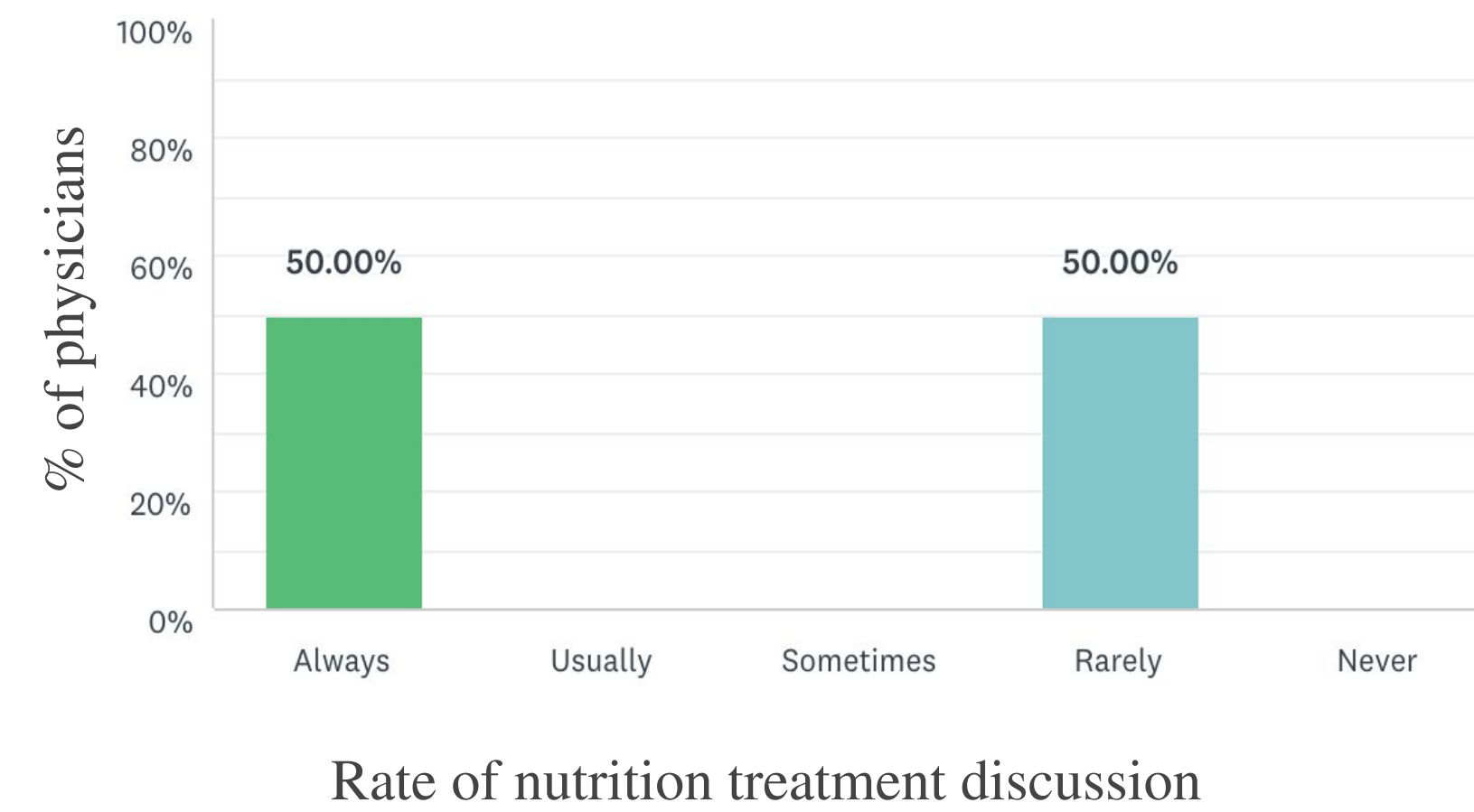


Figure 2. 50% always, 50% rarely discussed nutrition with ADHD patients

Amount of physicians that have referred an ADHD diagnosed patient to a nutritionist

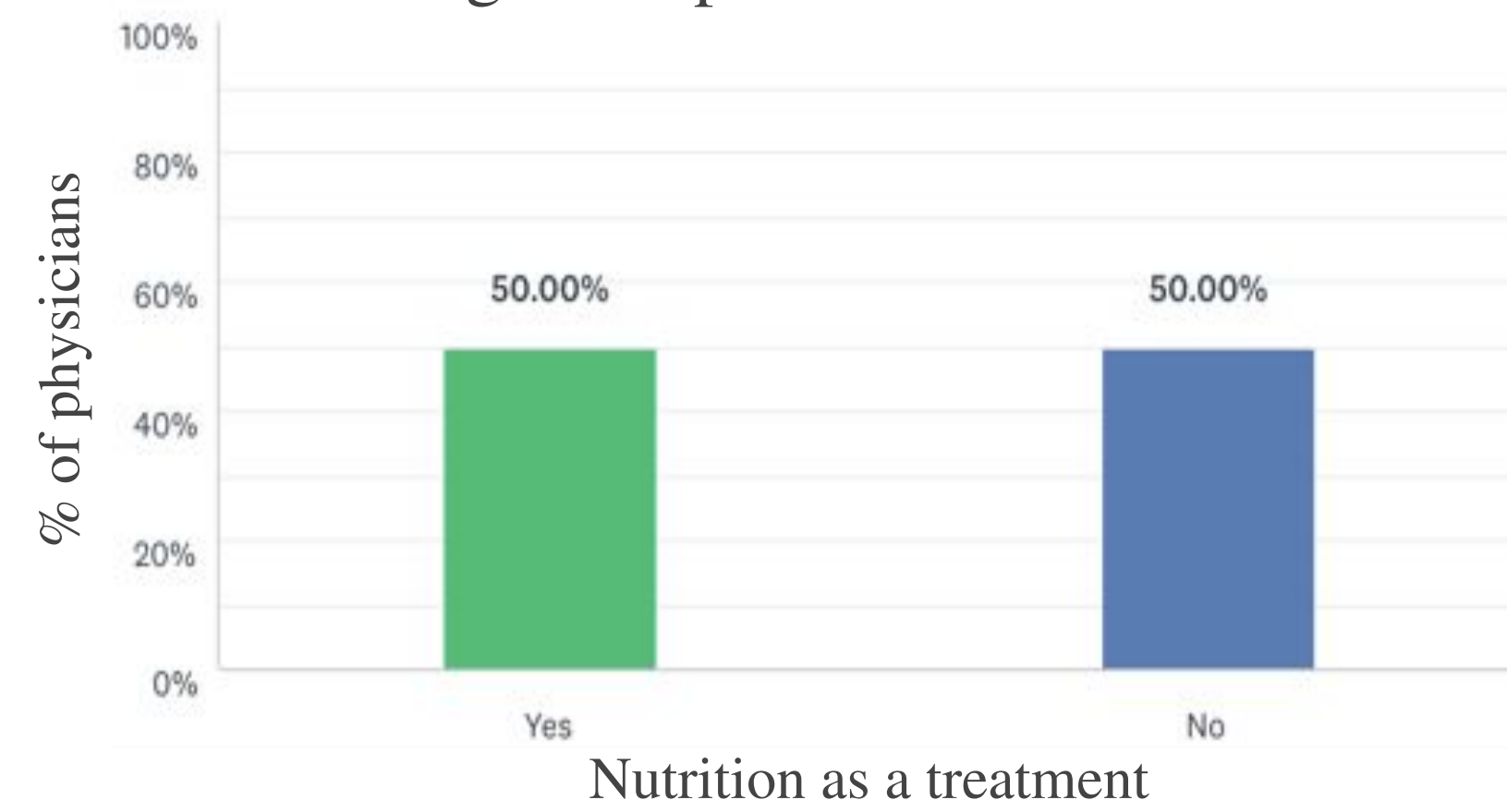


Figure 3. 50% of physicians had referred a ADHD patient to a nutritionist, 50% had not

Treatments that physicians have offered to their patients with ADHD

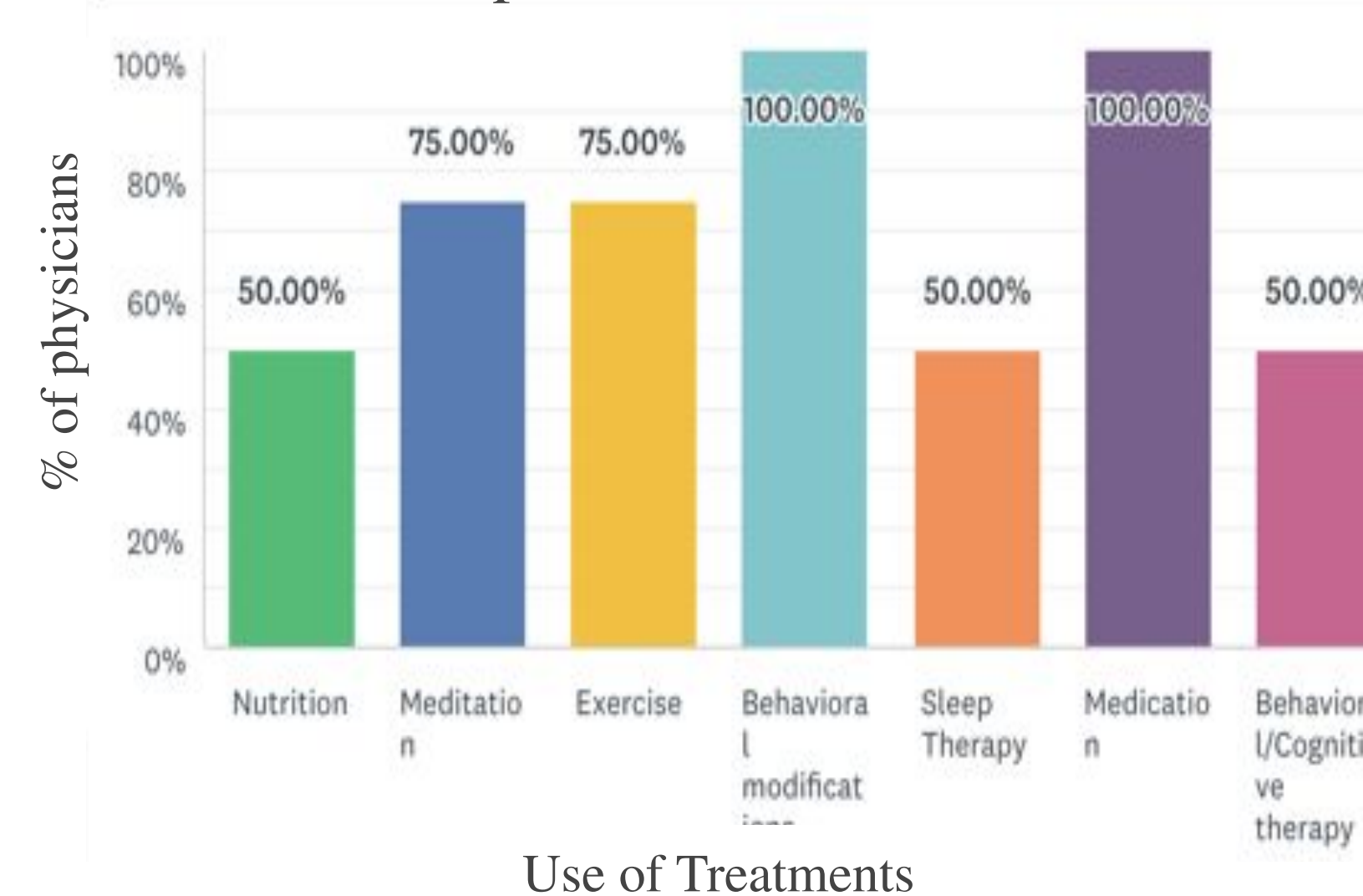


Figure 4. All costly treatments were agreed to be effective at reducing ADHD; Medication & behavioral/cognitive therapy

Exercise & meditation were shown to be the most effective out of the more affordable treatments

CONCLUSIONS AND NEXT STEPS

Conclusions

The data from figure 1 and 2 indicate that affordable treatments like nutrition are the least commonly discussed/used as treatments for ADHD. The data showed the most common treatments to be medication and therapy which are also the most expensive. According to physicians, higher cost means a faster, more noticeable decrease in ADHD behaviors. One physician from the survey also suggested that they would not implement nutrition as a treatment option due to the lack of sufficient research on its effectiveness. This means that not all ADHD patients are shown affordable treatment options leading to a lack of awareness.

Next steps

It is important to know that although there is a lack of awareness and research on nutrition as an ADHD treatment there have however been studies of the effect of exercise and meditation in ADHD patients as relatively effective. Also, majority of the physicians surveyed showed they agreed exercise and medication were the most effective affordable-treatment yet they don't usually discuss this information with patients. The next step for this research is to create a web page with links to helpful websites that can be easily accessible for students with ADHD. The websites will provide information on what ADHD is and insight into affordable and long term solution along with the level of effectiveness. This will allow individuals to get the information and tips they need without any struggle of cost or scary side effects.



Create and link reputable and informative websites that can be accessed by anyone



Provide information on school portals (ex. paly.net)



Spread awareness of the value and accessibility of school counselors

ACKNOWLEDGEMENTS/REFERENCES

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RESEARCH METHODOLOGIES



Research on affordable treatments for ADHD such as nutrition, exercise, and meditation.



Survey emailed to physician regarding ADHD treatment order and discussion with patients.



Sorting themes and results from the surveys to understand treatment options and patient awareness.