

A Proposal for Combining Mindfulness Intervention with Medication for Treating ADHD in Adolescents

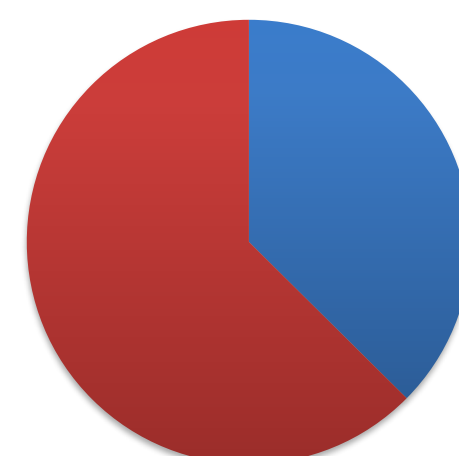
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Background

- National Health Interview Survey reports increase in ADHD prevalence:

■ 1997 (6.1%) ■ 2016 (10.2%)



- First-line therapy → medication (Methylphenidate)
- Challenges → side-effects, short-term effect, and financial burden
- Alternative treatment to manage ADHD symptoms in adolescents → mindfulness-based practices

Methodology

Medication

Advantages and disadvantages of Methylphenidate

Mindfulness

Mindfulness-based research on children and adolescents with ADHD

References

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- Matza, L. S., Paramore, C., & Prasad, M. (2005). A review of the economic burden of ADHD. *Cost Effectiveness and Resource Allocation*, 3(5), 1-9. <https://doi.org/10.1186/1478-7547-3-5>

Literature Review

Medication

- Improved attention
- Reduced hyperactivity/impulsivity
- Side Effects:** insomnia, body pain, stress, headache, dizziness, mood changes, depression risk, and more
- Short-Term Effect:** discontinued medication → symptoms triggered
- Financial Burden:** higher dose for significant results. ~ \$2,200 annual spending for treatment. Hospital/doctor visits. Educational spending. Comorbid disorders (ex. bipolar, anxiety, depression)

Mindfulness

- Increased attention, self-awareness, and self-control
- Strengthened peer relationships
- Improved sleep quality and neurocognitive tasks
- Reduction in disruptive and aggressive behavior
- Reduction in stress and somatic symptoms
- Balancing with Medication:** No reported side effects. Long lasting (6-8 week follow up studies) and cost-effective (at-home practice)

Discussion

- Problem → Limitations in medication
- Possible Solution → Mindfulness-based practices
- Gap in literature → **No** exploration of a combination therapy
- Proposal** → Methylphenidate Medication + Mindfulness-based intervention for adolescents with ADHD



Combination Treatment For ADHD

Future Directions

- (1) Execute the proposal: explore the efficacy of the combination treatment for adolescents with ADHD.
- (2) Evaluate the long-term effectiveness and possible side effects undiscovered in mindfulness-based practice.

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