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LIFE STYLE IN ADHD CHILDREN - COMPARATIVE STUDY

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Introduction: Attention Deficit Hyperactivity Disorder (ADHD) is the ADHD is the most commonly diagnosed behavioral disorder of childhood. It affects about 3 - 5% of school aged children. ADHD is diagnosed more often in boys than in girls. ADHD has a wide range of symptoms. It may affect cognitive and executive functions; it may also lead to behavioral problems and further psychiatric symptoms and disorders. Currently it has been hypothesized that ADHD may also lead to specific lifestyle that is influenced by core symptoms of ADHD. This specific lifestyle may negatively influence or even induce further mental and somatic problems.
Objectives and aims: The aim of the study was to compare lifestyle of ADHD and non ADHD boys in age of 6 - 10 years.
Methods: We have assessed a group of ADHD boys (n=50) and non ADHD boys (n=50) with structured interview oriented to life style in nutrition and health and free time and social life.
Results: In our pilot study we identified that lifestyle of ADHD boys substantially differs from non ADHD boys - in most of all monitored areas, especially in nutrition and way of spending free time. ADHD life style is characterized by lower level of organization.
Conclusions: Upon the presented study we may suggest that ADHD may lead to specific lifestyle that is characterized by lack of organization and stability. This may lead to further mental or even somatic problems. Clinicians and researchers should pay more attention to these questions.

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