

Mitigating ADHD by Strengthening Emotion Regulation

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Introduction

- ❖ ADHD runs in families (hereditary). The majority of parents with ADHD have children at high risk of ADHD. ED is highly prevalent in adults with ADHD.
- ❖ The few early intervention studies in young children with ADHD indicated that behavioral intervention is more effective than pharmacotherapy.
- ❖ Preventive intervention in very young children has overall received very little research attention. Currently there are no early preventative treatments available for our study population.

Objectives

1. To reduce the developing ADHD symptoms by offering parents (and toddlers) early intervention that focuses on reducing emotion regulation problems;
2. To examine the effectiveness of a non pharmacological early intervention;
3. Implementation PC-PMT in practice.

Hypothesis

Change in Emotion Dysregulation

We hypothesize that Emotion Dysregulation (ED) -an emotion-driven dysregulated behavioral response- in infants and toddlers is an important causal factor for the subsequent onset of ADHD, and that it is amenable to change.

Methods

- ❖ 1:1 randomized controlled design: N= 134 (randomized in 2 groups);
- ❖ MASTER 1: Parent guidance (PG) or MASTER 2: Parent-child psychomotor therapy (PC-PMT);
- ❖ 1st line intervention: 8-week early intervention.

Therapeutical aims

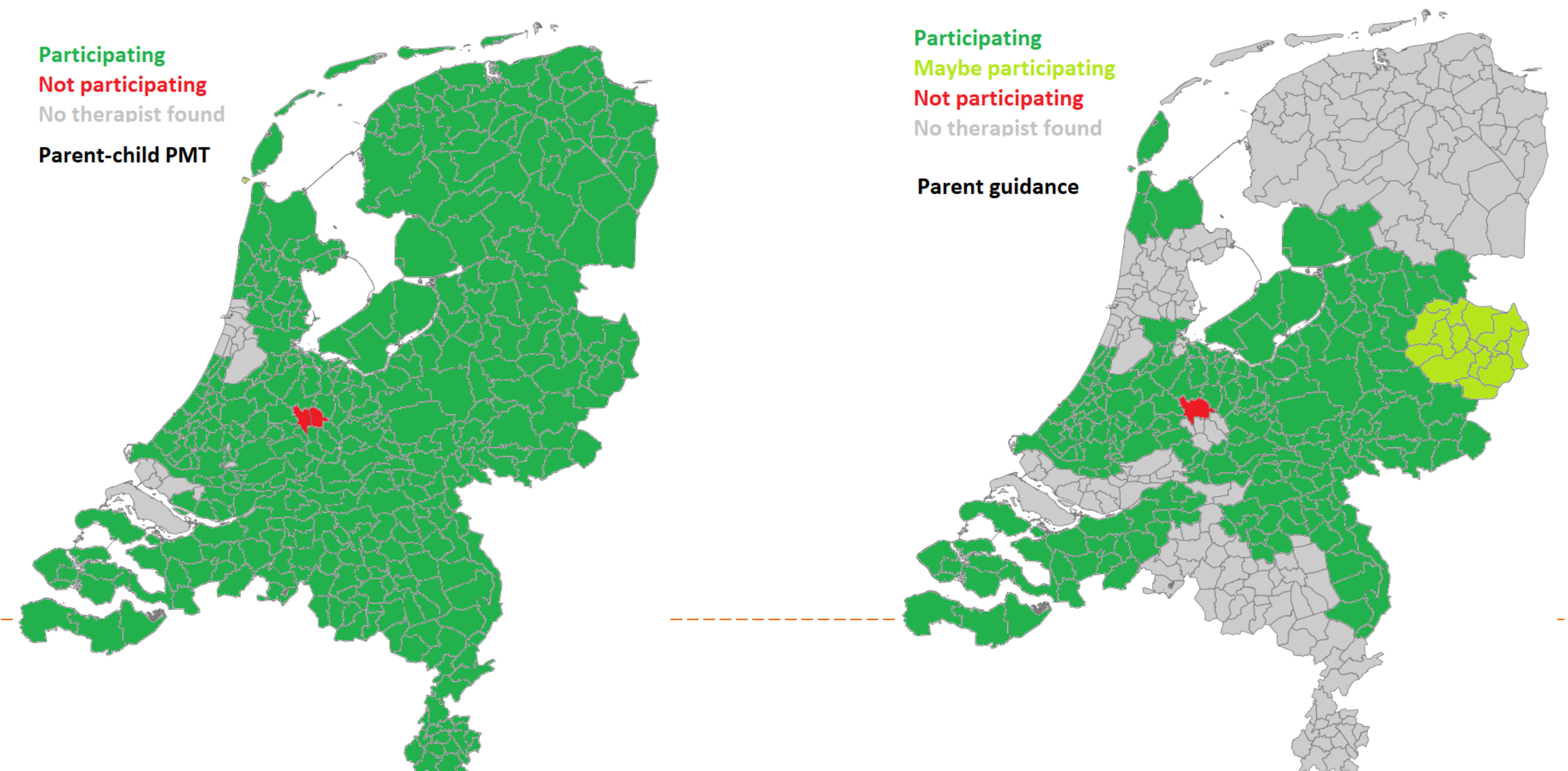
- ❖ Psycho-education
- ❖ Improve co-emotionregulation skills
- ❖ Improve positive parent-child interaction
- ❖ Increase selfconfidence parent
- ❖ Reduce parenting load

Contact information

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Inclusion criteria

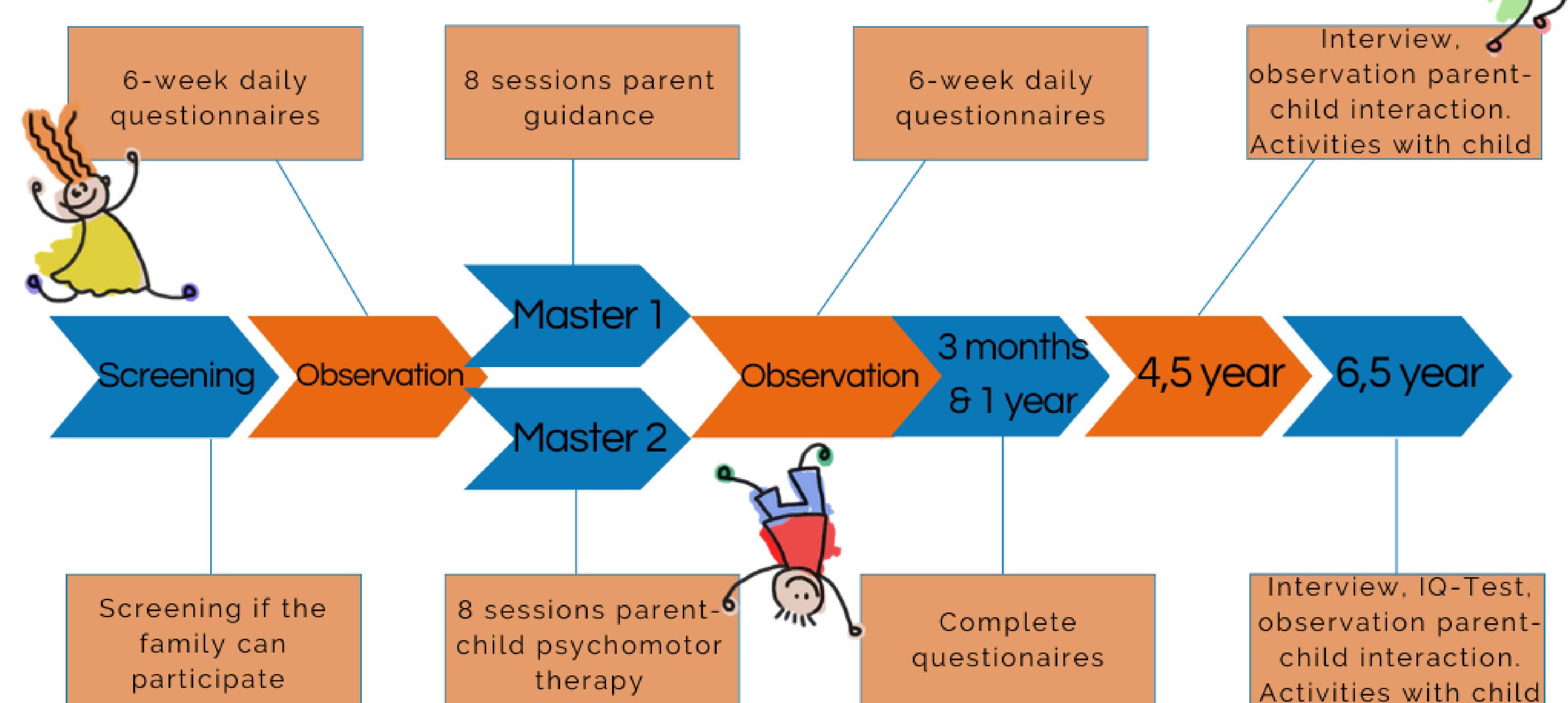
- ❖ Child's age at is 2-3.5 years;
- ❖ Child has clinical levels of ED; sum score of >11 on EDI-YC;
- ❖ At least one of the parents has been diagnosed with ADHD;
- ❖ Parent diagnosed with ADHD is willing to participate in MASTER;
- ❖ *Exclusion:* Parent suffers from a severe (mental) disorder that limits the capacity to participate in the study.



Intervention

MASTER

Early intervention for toddlers (2-3.5year) with emotion dysregulation problems and a high risk of ADHD



	Master 1 - Parent Guidance	Master 2 Parent Child-PMT
1	Intake	Intake
2	PG	PC-PMT
3	Evaluation	Video evaluation
4	PG	PC-PMT
5	PG	PC-PMT
6	PG	PC-PMT
7	Evaluation	Video evaluation
8	PG (after 4 weeks)	PC-PMT (after 4 weeks)

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