

## Impact of Diet Intervention on the Attention Deficit Hyperactivity Disorder (ADHD) Symptomatology in School Going Children

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**ABSTRACT** Attention Deficit Hyperactivity Disorder is a neurobehavioral disorder which effects school going children. This study is a randomized controlled trial into the effect of diet intervention on the behavior of a random group of school going children who meet the diagnostic and statistical manual of mental disorders (DSM) IV criteria for Attention Deficit Hyperactivity Disorder (ADHD). The recent controlled studies on nutrition and Attention Deficit Hyperactivity Disorder (ADHD) recommends that diets to reduce symptoms associated with Attention Deficit Hyperactivity Disorder (ADHD) include sugar restricted, additive and preservative free, oligoantigene and elimination diet. In the present study, a questionnaire consisting of 25 questions in the form of five-scale rating was administered to the subjects in six sessions to determine the prevalence of Attention Deficit Hyperactivity Disorder (ADHD) symptoms during the diet intervention. Fifty children of the age group of 4-12 years with Attention Deficit Hyperactivity Disorder (ADHD) symptoms were selected. The experimental group consisted of 30 children and the control group consisted of 20 children. Experimental group underwent diet interventions and counseling in six sessions whereas the control group was not subjected to diet intervention. Statistical analysis was carried out using ANOVA and t-test. This study establishes that elimination of chocolates, *maida*, bakery confectionaries, soft drinks, and junk food in the diet and replacing them with highly nutritive value foods as per the Recommended Daily Allowance (RDA) can reduce the ADHD symptoms in school going children of age group 4-12.