

Multimodal Treatment of Children with Attention Deficit/ Hyperactivity Disorder

MTA STUDY 1999

587 kids diagnosed with ADHD in 8 different centers across US
randomized into 1 of 4 groups

Medication Management

Medication determined by 28 days of blind doses and adjusted based on parent and teacher feedback. Methylphenidate primary medication with non-responders given dexedrine. Monthly psychopharmacology visits

Behavioral Intervention

Parent training, child focused treatment, and intensive teacher training. School-based interventions in place as well as home-based interventions

Combined Treatment

Both medication management and behavioral interventions provided

Routine Community Care

Child referred back into the community for treatment as usual.

RESULTS

Med management intervention received superior ratings for effectiveness based on parent and teacher rating scales.

- Kids with co-morbid conditions (particularly anxiety and ODD symptoms/behaviors) benefited slightly more from combined approach (only group with advantage to both)
- Community treatment resulted in medication dosing at 50% lower levels than in the study
- Community treatment and behavioral intervention had similar levels of effectiveness
- Kids with co-morbid conditions (particularly anxiety and ODD symptoms/behaviors) benefited slightly more from combined approach