

**‘Specialization in ICTs and Special Education: Psychopedagogy of Integration’
Postgraduate Program
DEMOCRITUS UNIVERSITY OF THRACE Department of Greek Philology
in collaboration with
NCSR DEMOKRITOS Informatics and Telecommunications Institute**

NUTRITION AND ADHD

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POSTGRADUATE
THESIS

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ΚΑΘΗΓΗΤΡΙΑ – ΠΑΝΕΠΙΣΤΗΜΙΟ ΜΑΚΕΔΟΝΙΑΣ

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ABSTRACT

Attention Deficit Hyperactivity Disorder is a multifactorial psychiatric disorder with a neurobiological basis. According to the literature, environmental and nutritional factors increase the likelihood of its occurrence and / or the intensity of its symptoms. The purpose of this review is to expose environmental and nutritional risk factors, their impact on ADHD symptoms, and how diet can help reduce the severity of this symptomatology.

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ΙΣΤΟΣΕΛΙΔΕΣ

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