



ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ
ΣΧΟΛΗ ΚΛΑΣΙΚΩΝ ΚΑΙ ΑΝΘΡΩΠΙΣΤΙΚΩΝ ΣΠΟΥΔΩΝ
ΤΜΗΜΑ ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ

σε συνεργασία με το

ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΕΡΕΥΝΑΣ ΦΥΣΙΚΩΝ ΕΠΙΣΤΗΜΩΝ
«ΔΗΜΟΚΡΙΤΟΣ»

ΙΝΣΤΙΤΟΥΤΟ ΠΛΗΡΟΦΟΡΙΚΗΣ ΚΑΙ ΤΗΛΕΠΙΚΟΙΝΩΝΙΩΝ

ΔΙΔΡΥΜΑΤΙΚΟ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ:
ΕΞΕΙΔΙΚΕΥΣΗ ΣΤΙΣ Τ.Π.Ε. ΚΑΙ ΕΙΔΙΚΗ ΑΓΩΓΗ – ΨΥΧΟΠΑΙΔΑΓΩΓΙΚΗ ΤΗΣ ΕΝΤΑΞΗΣ

ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ

ΔΕΠΥ και διατροφή

Δημητριάδου Δέσποινα, **A.M.581**

Μεταπτυχιακή διατριβή που υποβάλλεται στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης του Τ.Ε.Φ. – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

Εγκεκριμένο από την τριμελή επιτροπή:

Επιβλέπων Καθηγητής:

Δρ. ΑΘΑΝΑΣΙΟΣ ΔΡΙΓΚΑΣ, ΕΡΕΥΝΗΤΗΣ Α΄ ΒΑΘΜΙΑΣ,
Ε.Κ.Ε.Φ.Ε. «ΔΗΜΟΚΡΙΤΟΣ»

2^ο Μέλος:

ΔΡ. ΑΓΑΘΗ ΣΤΑΘΟΠΟΥΛΟΥ, ΣΥΝΕΡΓΑΖΟΜΕΝΗ
ΕΡΕΥΝΗΤΡΙΑ Ι.Π.Τ. - Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

3^ο Μέλος

ΔΡ. ΖΩΗ ΚΑΡΑΜΠΑΤΖΑΚΗ, ΣΥΝΕΡΓΑΖΟΜΕΝΗ
ΕΡΕΥΝΗΤΡΙΑ Ι.Π.Τ. - Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

ΠΕΡΙΛΗΨΗ

Η διαταραχή έλλειψης προσοχής και υπερκινητικότητας (ΔΕΠΥ), όπως ορίζεται από το DSM-V και το ICD-11, διακρίνεται από δείκτες όπως οι απροσεξία, υπερκινητικότητα και/ή παρορμητικότητα (American Psychiatric Association, 2013). Αυτοί οι δείκτες επηρεάζονται από διάφορους παράγοντες μεταξύ τους είναι και η διατροφή. Ο βασικός σκοπός της μελέτης είναι η διερεύνηση των διατροφικών προτύπων στα παιδιά με ΔΕΠΥ σε σχέση με τους συνομήλικους τους χωρίς τη διαταραχή. Ακόμη, θα κατανοηθεί πώς τα διατροφικά πρότυπα επηρεάζουν την ανάπτυξη, την εξέλιξη και τη διαχείριση των συμπτωμάτων Αυτό πραγματοποιήθηκε τόσο με την εκτενής βιβλιογραφική ανασκόπηση όσο και με την διεξαγωγή μελέτης με δείγμα 66 παιδιά ηλικίας 5 έως 18 ετών με ΔΕΠΥ και χωρίς. Τα περιγραφικά αποτελέσματα δείχνουν ότι το δείγμα ήταν περισσότερα τα αγόρια (54 έναντι 9) από τα κορίτσια. Ωστόσο, υπήρχαν 30 παιδιά χωρίς ΔΕΠΥ και 33 παιδιά με ΔΕΠΥ. Τα αποτελέσματα αναδεικνύουν τις διατροφικές διαφορές μεταξύ παιδιών με και χωρίς ΔΕΠΥ, με τα παιδιά με ΔΕΠΥ να καταναλώνουν περισσότερα τρόφιμα και ροφήματα πλούσια σε απλά σάκχαρα, λιγότερα μαγειρεμένα λαχανικά και περισσότερα γλυκά. Ακόμη, καταγράφονται διαφοροποιήσεις στην κατανάλωση πρωτεϊνών και επεξεργασμένων τροφίμων, με τα παιδιά με ΔΕΠΥ να καταναλώνουν λιγότερα τρόφιμα πλούσια σε σίδηρο και ψευδάργυρο, στοιχεία που συνδέονται με τον κίνδυνο ανάπτυξης της διαταραχής. Αυτές οι διατροφικές τάσεις ενδέχεται να επηρεάζουν την υγεία και τη διαχείριση των συμπτωμάτων της ΔΕΠΥ.

Λέξεις – κλειδιά: διατροφή, ΔΕΠΥ, διατροφικά πρότυπα, ερωτηματολόγιο συχνότητας τροφών

Βιβλιογραφία

- Achenbach, T.M. & Rescorla L.A. (2003). Εγχειρίδιο για τα ερωτηματολόγια και προφίλ σχολικής ηλικίας του ΣΑΕΒΑ (Επιμ. Ρούσσου, Α.). Ελληνικά Γράμματα.
- Allred, E. N., Dammann, O., Fichorova, R. N., Hooper, S. R., Hunter, S. J., Joseph, R. M., Kuban, K., Leviton, A., O'Shea, T. M., & Scott, M. (2017). Systemic Inflammation during the First Postnatal Month and the Risk of Attention Deficit Hyperactivity Disorder Characteristics among 10 year-old Children Born Extremely Preterm. *Journal of Neuroimmune Pharmacology*, 12(3), 531–543. <https://doi.org/10.1007/s11481-017-9742-9>
- Ambrosino, S., De Zeeuw, P., Wierenga, L. M., Van Dijk, S., & Durston, S. (2017). What can Cortical Development in Attention-Deficit/Hyperactivity Disorder Teach us About the Early Developmental Mechanisms Involved? *Cerebral Cortex*, 27(9), 4624–4634. <https://doi.org/10.1093/cercor/bhx182>
- American Psychiatric Association . (1968). *Diagnostic and statistical manual of mental disorders*. 2nd edition (DSM-II).
- American Psychiatric Association . (1980). *Diagnostic and statistical manual of mental disorders*. 3rd edition (DSM-III).
- American Psychiatric Association . (1987). *Diagnostic and statistical manual of mental disorders*. 3rd edition revised (DSM-3-R)
- American Psychiatric Association . (1994). *Diagnostic and statistical manual of mental disorders*. 4th edition.
- American Psychiatric Association . (2013). *Diagnostic and Statistical Manual of Mental Disorders*. 5th edition.
- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders*. 5th ed. Arlington, VA: American Psychiatric Association.
- American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders (5th ed., text revision)*. Arlington (VA).

- Andersen, C., Thomsen, P. H., Nøhr, E. A., & Lemcke, S. (2017). Maternal body mass index before pregnancy as a risk factor for ADHD and autism in children. *European Child & Adolescent Psychiatry*, 27(2), 139–148. <https://doi.org/10.1007/s00787-017-1027-6>
- Αποστολοπούλου, Κ. (2009). Σύγχρονες Διεθνείς Παράμετροι στην Κλινική Αξιολόγηση και Αντιμετώπιση της ΔΕΠΥ και των Συνοδών Καταστάσεων. Διαταραχή Ελλειμματικής Προσοχής – Υπερκινητικότητα (ΔΕΠΥ): Διεθνή δεδομένα και Ελληνική Πραγματικότητα. *6ο Πανελλήνιο Παιδοψυχιατρικό συνέδριο*.
- Azadbakht, L., & Esmailzadeh, A. (2012). Dietary patterns and attention deficit hyperactivity disorder among Iranian children. *Nutrition*, 28(3), 242–249. <https://doi.org/10.1016/j.nut.2011.05.018>
- Bachmann, C. J., Philipsen, A., & Hoffmann, F. (2017). ADHD in Germany: trends in diagnosis and pharmacotherapy. *DtschArztebl Int*, 114(09), 141–148.
- Becker, A., Daseking, M., & Koerner, J. K. A. (2021). Cognitive Profiles in the WISC-V of Children with ADHD and Specific Learning Disorders. *Sustainability*, 13(17), 9948. <https://doi.org/10.3390/su13179948>
- Becker, A., Steinhausen, H., Baldursson, G., Dalsgaard, S., Lorenzo, M. J., Ralston, S., Döpfner, M., & Rothenberger, A. (2006). Psychopathological screening of children with ADHD: Strengths and Difficulties Questionnaire in a pan-European study. *European Child & Adolescent Psychiatry*, 15(S1), i56–i62. <https://doi.org/10.1007/s00787-006-1008-7>
- Μπίμπου-Νάκου, Ι., Στογιανίδου, Α., Κιοσέογλου, Γ. & Παπαγεωργίου, Β. (2002). *Ερωτηματολόγιο δυνατοτήτων και Δυσκολιών (Strengths and Difficulties Questionnaire)* στο Ψυχομετρικά εργαλεία στην Ελλάδα, Επιμέλεια Έκδοσης Α. Σταλίκας, Σ. Τριλίβα, & Π. Ρούσση. *Ελληνικά Γράμματα*, σ.σ. 411-413
- Bordin, I. a. S., Da Rocha, M. M., De Paula, C. S., Teixeira, M. C. T. V., Achenbach, T. M., Rescorla, L., & Silveira, E. F. M. (2013). Child Behavior Checklist (CBCL), Youth Self-Report (YSR) and Teacher's Report Form (TRF): an overview of the development of the original and Brazilian versions. *Cadernos De Saúde Pública*, 29(1), 13–28. <https://doi.org/10.1590/s0102-311x2013000100004>
- Braun, J. M., Kahn, R. S., Froehlich, T. E., Auinger, P., & Lanphear, B. P. (2006). Exposures to environmental toxicants and attention deficit hyperactivity disorder in U.S.

- children. *Environmental Health Perspectives*, 114(12), 1904–1909. <https://doi.org/10.1289/ehp.9478>
- Breda, V., Cerqueira, R. O., Ceolin, G., Koning, E., Fabe, J., McDonald, A., Gomes, F. A., & Brietzke, E. (2022). Is there a place for dietetic interventions in adult ADHD? *Progress in Neuro-psychopharmacology & Biological Psychiatry*, 119, 110613. <https://doi.org/10.1016/j.pnpbp.2022.110613>
- Brikell, I., Larsson, H., Lu, Y., Pettersson, E., Chen, Q., Kuja-Halkola, R., Karlsson, R., Lahey, B. B., Lichtenstein, P., & Martin, J. (2018). The contribution of common genetic risk variants for ADHD to a general factor of childhood psychopathology. *Molecular Psychiatry*, 25(8), 1809–1821. <https://doi.org/10.1038/s41380-018-0109-2>
- Bujang, M. A., Omar, E. D., & Baharum, N. A. (2018). A review on sample size determination for Cronbach's Alpha Test: a simple guide for researchers. *The Malaysian Journal of Medical Science*, 25(6), 85–99. <https://doi.org/10.21315/mjms2018.25.6.9>
- Chen, M. H., Pan, T., Wang, P. W., Hsu, J. W., Huang, K., Su, T. P., Li, C. T., Lin, W. C., Tsai, S. J., Chen, T. J., & Bai, Y. M. (2019). Prenatal exposure to acetaminophen and the risk of Attention-Deficit/Hyperactivity disorder. *the Journal of Clinical Psychiatry/the Journal of Clinical Psychiatry*, 80(5). <https://doi.org/10.4088/jcp.18m12612>
- Chiorri, C., Hall, J., Casely-Hayford, J., & Malmberg, L. (2015). Evaluating measurement invariance between parents using the Strengths and Difficulties Questionnaire (SDQ). *Assessment*, 23(1), 63–74. <https://doi.org/10.1177/1073191114568301>
- Christensen, J., Pedersen, L., Sun, Y., Dreier, J. W., Brikell, I., & Dalgaard, S. (2019). Association of prenatal exposure to valproate and other antiepileptic drugs with risk for Attention-Deficit/Hyperactivity Disorder in offspring. *JAMA Network Open*, 2(1), e186606. <https://doi.org/10.1001/jamanetworkopen.2018.6606>
- Conners C. K. (1989). *Manual for Conners' Rating Scales*. Multi-Health Systems.
- Conners C. K. (1997). *Conners' Rating Scales—Revised technical manual*. Multi-Health Systems.

- Conners, C. K., Pitkanen, J., & Rzepa, S. R. (2011). Conners Comprehensive Behavior Rating Scale. In *Springer eBooks* (pp. 678–680). https://doi.org/10.1007/978-0-387-79948-3_1536
- Conners, K. C., Pitkanen, J., & Pzepa, S. R. (2008). Conners 3rd Edition. *Encyclopedia of Clinical Neuropsychology*. 675-678.
- Cornu, C., Mercier, C., Ginhoux, T., Masson, S., Mouchet, J., Nony, P., Kassai, B., Laudy, V., Berquin, P., Franc, N., Heuzey, M. L., Desombre, H., & Revol, O. (2017). A double-blind placebo-controlled randomised trial of omega-3 supplementation in children with moderate ADHD symptoms. *European Child & Adolescent Psychiatry*, 27(3), 377–384. <https://doi.org/10.1007/s00787-017-1058-z>
- Crippa, A., Tesei, A., Sangiorgio, F., Salandi, A., Trabattoni, S., Grazioli, S., Agostoni, C., Molteni, M., & Nobile, M. (2018). Behavioral and cognitive effects of docosahexaenoic acid in drug-naïve children with attention-deficit/hyperactivity disorder: a randomized, placebo-controlled clinical trial. *European Child & Adolescent Psychiatry*, 28(4), 571–583. <https://doi.org/10.1007/s00787-018-1223-z>
- Czamara, D., Tiesler, C. M. T., Kohlböck, G., Berdel, D., Hoffmann, B., Bauer, C., Koletzko, S., Schaaf, B., Lehmann, I., Herbarth, O., Von Berg, A., Müller-Myhsok, B., Schulte-Körne, G., & Heinrich, J. (2013). Children with ADHD Symptoms Have a Higher Risk for Reading, Spelling and Math Difficulties in the GINIplus and LISApplus Cohort Studies. *PloS One*, 8(5), e63859. <https://doi.org/10.1371/journal.pone.0063859>
- D’Onofrio, B. M., Class, Q. A., Rickert, M. E., Larsson, H., Långström, N., & Lichtenstein, P. (2013). Preterm birth and mortality and morbidity. *JAMA Psychiatry*, 70(11), 1231. <https://doi.org/10.1001/jamapsychiatry.2013.2107>
- Daley, D. & Birchwood, J. (2010). ADHD and academic performance: why does ADHD impact on academic performance and what can be done to support ADHD children in the classroom? *Child: care, health and development*, 36 (4), 455–464.
- Darabi, Z., Sangouni, A. A., Darand, M., Vasmehjani, A. A., & Hosseinzadeh, M. (2021). Dietary phytochemical index and attention-deficit/hyperactivity disorder in Iranian children: a case control study. *European Journal of Clinical Nutrition*, 76(3), 456–461. <https://doi.org/10.1038/s41430-021-00952-z>

- Darabi, Z., Vasmehjani, A. A., Darand, M., Sangouni, A. A., & Hosseinzadeh, M. (2022). Adherence to Mediterranean diet and attention-deficit/hyperactivity disorder in children: A case control study. *Clinical Nutrition ESPEN*, *47*, 346–350. <https://doi.org/10.1016/j.clnesp.2021.11.014>
- Degremont, A., Jain, R., Philippou, E., & Latunde-Dada, G. O. (2020). Brain iron concentrations in the pathophysiology of children with attention deficit/hyperactivity disorder: a systematic review. *Nutrition Reviews*, *79*(5), 615–626. <https://doi.org/10.1093/nutrit/nuaa065>
- Del-Ponte, B., Anselmi, L., Assunção, M. C. F., Tovo-Rodrigues, L., Munhoz, T. N., Matijasevich, A., Rohde, L. A., & Santos, I. S. (2019). Sugar consumption and attention-deficit/hyperactivity disorder (ADHD): A birth cohort study. *Journal of Affective Disorders*, *243*, 290–296. <https://doi.org/10.1016/j.jad.2018.09.051>
- Del-Ponte, B., Quinte, G. C., Da Cruz, S. H., Grellert, M. N., & Santos, I. S. (2019). Dietary patterns and attention deficit/hyperactivity disorder (ADHD): A systematic review and meta-analysis. *Journal of Affective Disorders*, *252*, 160–173. <https://doi.org/10.1016/j.jad.2019.04.061>
- Demontis, D., Walters, R., Martin, J., Mattheisen, M., Als, T. D., Agerbo, E., Baldursson, G., Belliveau, R., Bybjerg-Grauholm, J., Bækvad-Hansen, M., Cerrato, F., Chambert, K., Churchhouse, C., Dumont, A., Eriksson, N., Gandal, M. J., Goldstein, J. I., Grasby, K. L., Grove, J., . . . Neale, B. M. (2018). Discovery of the first genome-wide significant risk loci for attention deficit/hyperactivity disorder. *Nature Genetics*, *51*(1), 63–75. <https://doi.org/10.1038/s41588-018-0269-7>
- Dong, T., Hu, W., Zhou, X., Lin, H., Lan, L., Hang, B., Lv, W., Qian, G., & Xia, Y. (2018). Prenatal exposure to maternal smoking during pregnancy and attention-deficit/hyperactivity disorder in offspring: A meta-analysis. *Reproductive Toxicology*, *76*, 63–70. <https://doi.org/10.1016/j.reprotox.2017.12.010>
- Edwards, M., & Sigel, B. A. (2014). Estimates of the utility of Child Behavior Checklist/Teacher Report Form Attention Problems Scale in the diagnosis of ADHD in children referred to a specialty clinic. *Journal of Psychopathology and Behavioral Assessment*, *37*(1), 50–59. <https://doi.org/10.1007/s10862-014-9431-4>

- Effatpanah, M., Rezaei, M., Effatpanah, H., Effatpanah, Z., Varkaneh, H. K., Mousavi, S. M., Fatahi, S., Rinaldi, G., & Hashemi, R. (2019). Magnesium status and attention deficit hyperactivity disorder (ADHD): A meta-analysis. *Psychiatry Research*, *274*, 228–234. <https://doi.org/10.1016/j.psychres.2019.02.043>
- Eiraldi, R., Power, T. J., Karustis, J. L., & Goldstein, S. G. (2000). Assessing ADHD and comorbid Disorders in children: The Child Behavior Checklist and the Devereux Scales of Mental Disorders. *Journal of Clinical Child Psychology*, *29*(1), 3–16. https://doi.org/10.1207/s15374424jccp2901_2
- Faraone, S. V., & Larsson, H. (2018). Genetics of attention deficit hyperactivity disorder. *Molecular Psychiatry*, *24*(4), 562–575. <https://doi.org/10.1038/s41380-018-0070-0>
- Faraone, S. V., Asherson, P., Banaschewski, T., Biederman, J., Buitelaar, J. K., Ramos-Quiroga, J. A., Rohde, L. A., Sonuga-Barke, E., Tannock, R., & Franke, B. (2015). Attention-deficit/hyperactivity disorder. *Nature Reviews. Disease Primers*, *1*(1). <https://doi.org/10.1038/nrdp.2015.20>
- Faraone, S. V., Banaschewski, T., Coghill, D., Zheng, Y., Biederman, J., Bellgrove, M. A., Newcorn, J. H., Gignac, M., Saud, N. M. A., Manor, I., Rohde, L. A., Yang, L., Cortese, S., Almagor, D., Stein, M. A., Albatti, T. H., Al-Joudi, H. F., Alqahtani, M. M. J., Asherson, P., . . . Wang, Y. (2021). The World Federation of ADHD International Consensus Statement: 208 Evidence-based conclusions about the disorder. *Neuroscience & Biobehavioral Reviews/Neuroscience and Biobehavioral Reviews*, *128*, 789–818. <https://doi.org/10.1016/j.neubiorev.2021.01.022>
- Faraone, S. V., Banaschewski, T., Coghill, D., Zheng, Y., Biederman, J., Bellgrove, M. A., Newcorn, J. H., Gignac, M., Saud, N. M. A., Manor, I., Rohde, L. A., Yang, L., Cortese, S., Almagor, D., Stein, M. A., Albatti, T. H., Aljoudi, H. F., Alqahtani, M. M., Asherson, P., . . . Wang, Y. (2021a). The World Federation of ADHD International Consensus Statement: 208 Evidence-based conclusions about the disorder. *Neuroscience & Biobehavioral Reviews/Neuroscience and Biobehavioral Reviews*, *128*, 789–818. <https://doi.org/10.1016/j.neubiorev.2021.01.022>
- Faraone, S. V., Banaschewski, T., Coghill, D., Zheng, Y., Biederman, J., Bellgrove, M. A., Newcorn, J. H., Gignac, M., Saud, N. M. A., Manor, I., Rohde, L. A., Yang, L.,

- Cortese, S., Almagor, D., Stein, M. A., Albatti, T. H., Al-Joudi, H. F., Alqahtani, M. M. J., Asherson, P., . . . Wang, Y. (2021). The World Federation of ADHD International Consensus Statement: 208 Evidence-based conclusions about the disorder. *Neuroscience & Biobehavioral Reviews/Neuroscience and Biobehavioral Reviews*, *128*, 789–818. <https://doi.org/10.1016/j.neubiorev.2021.01.022>
- Farsad-Naeimi, A., Asjodi, F., Omidian, M., Askari, M., Nouri, M., Pizarro, A. B., & Daneshzad, E. (2020). Sugar consumption, sugar sweetened beverages and Attention Deficit Hyperactivity Disorder: A systematic review and meta-analysis. *Complementary Therapies in Medicine*, *53*, 102512. <https://doi.org/10.1016/j.ctim.2020.102512>
- Fayyad, J., Sampson, N. A., Hwang, I, et al. (2017). WHO World Mental Health Survey Collaborators. The descriptive epidemiology of DSM-IV Adult ADHD in the World Health Organization World Mental Health Surveys. *Atten Defic HyperactDisord*, *9*(01), 47–65.
- Fotoglou, A., Moraiti, I., Diamantis, A., Stergios, V., Gavriilidou, Z., & Drigas, A. (2022). Nutritious diet, physical activity and mobiles. the game changers of ADHD. *TechniumBioChemMed*, *3*(2), 87–106. <https://doi.org/10.47577/biochemmed.v3i2.6916>
- Franz, A. P., Bolat, G. Ü., Bolat, H., Matijasevich, A., Santos, I. S., De Cássia Dos Santos Silveira, R., Procianoy, R. S., Rohde, L. A., & Maia, C. R. M. (2018). Attention-Deficit/Hyperactivity Disorder and Very Preterm/Very Low Birth Weight: A Meta-analysis. *Pediatrics*, *141*(1). <https://doi.org/10.1542/peds.2017-1645>
- Froehlich, T. E., Lanphear, B. P., Auinger, P., Hornung, R., Epstein, J. N., Braun, J. M., & Kahn, R. S. (2009). Association of tobacco and lead exposures with Attention-Deficit/Hyperactivity Disorder. *Pediatrics*, *124*(6), e1054–e1063. <https://doi.org/10.1542/peds.2009-0738>
- Gan, J., Galer, P. D., Ma, D., Chen, C., & Xiong, T. (2019). The Effect of Vitamin D Supplementation on Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Journal of Child and Adolescent Psychopharmacology*, *29*(9), 670–687. <https://doi.org/10.1089/cap.2019.0059>

- Ge, G. M., Leung, M. T. Y., Man, K. K. C., Leung, W. C., Ip, P., Li, G. H., Wong, I. C. K., Kung, A. W., & Cheung, C. (2020). Maternal Thyroid Dysfunction during Pregnancy and the risk of adverse outcomes in the offspring: A Systematic Review and Meta-Analysis. *the Journal of Clinical Endocrinology and Metabolism/Journal of Clinical Endocrinology & Metabolism*, *105*(12), 3821–3841. <https://doi.org/10.1210/clinem/dgaa555>
- Ghoreishy, S. M., Mousavi, S. E., Asoudeh, F., & Mohammadi, H. (2021). Zinc status in attention-deficit/hyperactivity disorder: a systematic review and meta-analysis of observational studies. *Scientific Reports*, *11*(1). <https://doi.org/10.1038/s41598-021-94124-5>
- Giofrè, D., & Cornoldi, C. (2015). The structure of intelligence in children with specific learning disabilities is different as compared to typically development children. *Intelligence*, *52*, 36–43. <https://doi.org/10.1016/j.intell.2015.07.002>
- Goebel K, Baumgarten F, Kuntz B, Hoelling H, Schlack R. (2018). ADHD in children and adolescents in Germany. Results of the cross-sectional KiGGS Wave 2 study and trends. *Journal of Health Monitoring*, *3*(3), 46–53.
- Gomez, R., Chen, W., & Houghton, S. (2023). Differences between DSM-5-TR and ICD-11 revisions of attention deficit/hyperactivity disorder: A commentary on implications and opportunities. *World Journal of Psychiatry*, *13*(5), 138–143. <https://doi.org/10.5498/wjp.v13.i5.138>
- Gomez, R., Vance, A., & Gomez, R. M. (2014). Analysis of the convergent and discriminant validity of the CBCL, TRF, and YSR in a Clinic-Referred sample. *Journal of Abnormal Child Psychology*, *42*(8), 1413–1425. <https://doi.org/10.1007/s10802-014-9879-4>
- Goodlad, J. K., Marcus, D. K., & Fulton, J. J. (2013). Lead and Attention-Deficit/Hyperactivity Disorder (ADHD) symptoms: A meta-analysis. *Clinical Psychology Review*, *33*(3), 417–425. <https://doi.org/10.1016/j.cpr.2013.01.009>
- Goodman, A., & Goodman, R. (2009). Strengths and Difficulties Questionnaire as a dimensional Measure of Child Mental Health. *Journal of the American Academy of Child and Adolescent Psychiatry*, *48*(4), 400–403. <https://doi.org/10.1097/chi.0b013e3181985068>

- Goodman, A., Lamping, D. L., & Ploubidis, G. B. (2010). When to Use Broader Internalising and Externalising Subscales Instead of the Hypothesised Five Subscales on the Strengths and Difficulties Questionnaire (SDQ): Data from British Parents, Teachers and Children. *Journal of Abnormal Child Psychology*, *38*(8), 1179–1191. <https://doi.org/10.1007/s10802-010-9434-x>
- Goodman, R. (2001). Psychometric Properties of the Strengths and Difficulties Questionnaire. *Journal of the American Academy of Child and Adolescent Psychiatry*, *40*(11), 1337–1345. <https://doi.org/10.1097/00004583-200111000-00015>
- Goodman, R., Ford, T., Simmons, H., Gatward, R., & Meltzer, H. (2000). Using the Strengths and Difficulties Questionnaire (SDQ) to screen for child psychiatric disorders in a community sample. *British Journal of Psychiatry*, *177*(6), 534–539. <https://doi.org/10.1192/bjp.177.6.534>
- Granero, R., Pardo-Garrido, A., Carpio-Toro, I. L., Ramírez-Coronel, A. A., Martínez-Suárez, P. C., & Ortiz, G. G. R. (2021). The Role of Iron and Zinc in the Treatment of ADHD among Children and Adolescents: A Systematic Review of Randomized Clinical Trials. *Nutrients*, *13*(11), 4059. <https://doi.org/10.3390/nu13114059>
- Grigorenko, E. L., Geiser, C., Slobodskaya, H. R., & Francis, D. (2010). Cross-informant symptoms from CBCL, TRF, and YSR: Trait and method variance in a normative sample of Russian youths. *Psychological Assessment*, *22*(4), 893–911. <https://doi.org/10.1037/a0020703>
- Grzebisz, W. (2011). Magnesium – food and human health. *Journal of Elementology*, *2/2011*. <https://doi.org/10.5601/jelem.2011.16.2.13>
- Hai T., Swansburg R., MacMaster F. P., Lemay J. F. (2021). Impact of COVID-19 on educational services in Canadian children with attention-deficit/hyperactivity disorder. *Frontiers in Education*, *6*, 614181. <https://doi.org/10.3389/educ.2021.614181>
- Hall, C. L., Guo, B., Valentine, A., Groom, M. J., Daley, D., Sayal, K., & Hollis, C. (2019). The validity of the Strengths and Difficulties Questionnaire (SDQ) for children with ADHD symptoms. *PloS One*, *14*(6), e0218518. <https://doi.org/10.1371/journal.pone.0218518>

- Hawi, Z., Cummins, T., Tong, J., Johnson, B., Lau, R. W. K., Samarra, W., & Bellgrove, M. A. (2015). The molecular genetic architecture of attention deficit hyperactivity disorder. *Molecular Psychiatry*, *20*(3), 289–297. <https://doi.org/10.1038/mp.2014.183>
- Hemamy, M., Pahlavani, N., Amanollahi, A., Islam, S. M. S., McVicar, J., Askari, G., & Malekhamadi, M. (2021). The effect of vitamin D and magnesium supplementation on the mental health status of attention-deficit hyperactive children: a randomized controlled trial. *BMC Pediatrics*, *21*(1). <https://doi.org/10.1186/s12887-021-02631-1>
- Heward, W. L. (2011). Παιδιά με ειδικές ανάγκες. Μια εισαγωγή στη Ειδική Εκπαίδευση. *Αθήνα: Τόπος*.
- Hill, P. (2001). Current topic: An auditable protocol for treating attention deficit/hyperactivity disorder. *Archives of Disease in Childhood*, *84*(5), 404–409. <https://doi.org/10.1136/adc.84.5.404>
- Hohmann, S., Adamo, N., Lahey, B. B., Faraone, S. V., & Banaschewski, T. (2015). Genetics in child and adolescent psychiatry: methodological advances and conceptual issues. *European Child & Adolescent Psychiatry*, *24*(6), 619–634. <https://doi.org/10.1007/s00787-015-0702-8>
- Hontelez, S., Stobernack, T., Pelsser, L. M., Van Baarlen, P., Frankena, K., Groefsema, M. M., Kleerebezem, M., Pereira, R. R., Postma, E. M., Smeets, P. a. M., Stopyra, M. A., Zwiers, M. P., & Aarts, E. (2021). Correlation between brain function and ADHD symptom changes in children with ADHD following a few-foods diet: an open-label intervention trial. *Scientific Reports*, *11*(1). <https://doi.org/10.1038/s41598-021-01684-7>
- Hu, F. B. (2002). Dietary pattern analysis: a new direction in nutritional epidemiology. *Current Opinion in Lipidology*, *13*(1), 3-9.
- Huang, A., Wu, K., Cai, Z., Lin, Y., Zhang, X., & Huang, Y. (2020). Association between postnatal second-hand smoke exposure and ADHD in children: a systematic review and meta-analysis. *Environmental Science and Pollution Research International*, *28*(2), 1370–1380. <https://doi.org/10.1007/s11356-020-11269-y>
- Huang, L., Wang, Y., Zhang, L., Zheng, Z., Zhu, T., Qu, Y., & Mu, D. (2018). Maternal Smoking and Attention-Deficit/Hyperactivity Disorder in Offspring: A Meta-analysis. *Pediatrics*, *141*(1). <https://doi.org/10.1542/peds.2017-2465>

- Izzo, V. A., Donati, M. A., & Primi, C. (2018). Assessing ADHD through the Multi-Informant Approach: the contribution of the Conners' 3 scales. *Journal of Attention Disorders*, 23(6), 641–650. <https://doi.org/10.1177/1087054718815581>
- Jenabi, E., Bashirian, S., Khazaei, S., & Basiri, Z. (2019). The maternal prepregnancy body mass index and the risk of attention deficit hyperactivity disorder among children and adolescents: a systematic review and meta-analysis. *Korean Journal of Pediatrics/Korean Journal of Pediatrics*, 62(10), 374–379. <https://doi.org/10.3345/kjp.2019.00185>
- Kant, A. K., Graubard, B. I., & Schatzkin, A. (2004). Dietary patterns predict mortality in a national cohort: The National Health Interview Surveys, 1987 and 1992. *the Journal of Nutrition/the Journal of Nutrition*, 134(7), 1793–1799. <https://doi.org/10.1093/jn/134.7.1793>
- Καρασσά, Φ. Β. (2006). Αρχές και μεθοδολογία της συστηματικής ανασκόπησης της βιβλιογραφίας. *ΕλλΠνευματ.*, 17, 289–297.
- Kim, K. M., Lim, M. H., Kwon, H., Yoo, S., Kim, E., Kim, J. W., Ha, M., & Paik, K. C. (2018). Associations between attention-deficit/hyperactivity disorder symptoms and dietary habits in elementary school children. *Appetite*, 127, 274–279. <https://doi.org/10.1016/j.appet.2018.05.004>
- Koskelainen, M., Sourander, A., & Kaljonen, A. (2000). The Strengths and Difficulties Questionnaire among Finnish school-aged children and adolescents. *European Child & Adolescent Psychiatry*, 9(4), 277–284. <https://doi.org/10.1007/s007870070031>
- Kotsi, E., Kotsi, E., & Perrea, D. (2018). Vitamin D levels in children and adolescents with attention-deficit hyperactivity disorder (ADHD): a meta-analysis. *Attention Deficit and Hyperactivity Disorders*, 11(3), 221–232. <https://doi.org/10.1007/s12402-018-0276-7>
- Lange, K. W., Lange, K., Nakamura, Y., & Reißmann, A. (2023). Nutrition in the Management of ADHD: A review of Recent research. *Current Nutrition Reports*, 12(3), 383–394. <https://doi.org/10.1007/s13668-023-00487->
- Lee, K., Choi, Y. J., Lim, Y., Lee, J. Y., Shin, M., Kim, B., Shin, C. H., Lee, Y. A., Kim, J. I., & Hong, Y. C. (2020). Dietary patterns are associated with attention-deficit hyperactivity disorder (ADHD) symptoms among preschoolers in South Korea: a

prospective cohort study. *Nutritional Neuroscience*, 25(3), 603–611. <https://doi.org/10.1080/1028415x.2020.1786789>

López-Vicente, M., Fitó, N. R., Vilor-Tejedor, N., García-Esteban, R., Fernández-Barrés, S., Dadvand, P., Murcia, M., Rebagliato, M., Ibarluzea, J., Lertxundi, A., Fernández-Somoano, A., Tardón, A., López-Sabater, M. C., Romaguera, D., Vrijheid, M., Sunyer, J., & Júlvez, J. (2019). Prenatal Omega-6:Omega-3 ratio and attention deficit and hyperactivity disorder symptoms. *the Journal of Pediatrics/the Journal of Pediatrics*, 209, 204-211.e4. <https://doi.org/10.1016/j.jpeds.2019.02.022>

Maher, G. M., Dalman, C., O’Keeffe, G. W., Kearney, P., McCarthy, F. P., Kenny, L. C., & Khashan, A. S. (2020). Association between preeclampsia and attention-deficit hyperactivity disorder: a population-based and sibling-matched cohort study. *Acta Psychiatrica Scandinavica*, 142(4), 275–283. <https://doi.org/10.1111/acps.13162>

Maher, G. M., O’Keeffe, G. W., Kearney, P. M., Kenny, L. C., Dinan, T. G., Mattsson, M., & Khashan, A. S. (2018). Association of hypertensive disorders of pregnancy with risk of neurodevelopmental disorders in offspring. *JAMA Psychiatry*, 75(8), 809. <https://doi.org/10.1001/jamapsychiatry.2018.0854>

Manzari, N., Matvienko-Sikar, K., Baldoni, F., O’Keeffe, G. W., & Khashan, A. S. (2019). Prenatal maternal stress and risk of neurodevelopmental disorders in the offspring: a systematic review and meta-analysis. *Social Psychiatry and Psychiatric Epidemiology (Print)*, 54(11), 1299–1309. <https://doi.org/10.1007/s00127-019-01745-3>

Martín, I. S. M., Rojo, S. S., Vilar, E. G., Cosano, L. G., De La Campa, R. C., & Olivares, J. a. B. (2019). Lifestyle factors, diet and attention-deficit/hyperactivity disorder in Spanish children – an observational study. *Nutritional Neuroscience*, 24(8), 614–623. <https://doi.org/10.1080/1028415x.2019.1660486>

Marx, W., Moseley, G., Berk, M., & Jacka, F. N. (2017). Nutritional Psychiatry: the present state of the evidence. *Proceedings of the Nutrition Society*, 76(4), 427–436. <https://doi.org/10.1017/s0029665117002026>

Mathai, J., Anderson, P. J., & Bourne, A. (2004). Comparing Psychiatric Diagnoses Generated by the Strengths and Difficulties Questionnaire with Diagnoses Made by Clinicians. *Australian and New Zealand Journal of Psychiatry*, 38(8), 639–643. <https://doi.org/10.1080/j.1440-1614.2004.01428.x>

- McCrary, C., & Layte, R. (2012). Testing competing models of the Strengths and Difficulties Questionnaire's (SDQ's) factor structure for the parent-informant instrument. *Personality and Individual Differences*, 52(8), 882–887. <https://doi.org/10.1016/j.paid.2012.02.011>
- McRae, E., Stoppelbein, L., O'Kelley, S., Fite, P., & Smith, S. (2020). Comorbid Internalizing and Externalizing Symptoms Among Children with ADHD: The Influence of Parental Distress, Parenting Practices, and Child Routines. *Child Psychiatry & Human Development*, 1(5):813-826. <https://doi.org/10.1007/s10578-020-01019-z>
- Merzon E., Weiss M. D., Cortese S., Rotem A., Schneider T., Craig S. G., Vinker S., Golan Cohen A., Green I., Ashkenazi S., Weizman A., Manor I. (2022). The association between ADHD and the severity of COVID-19 infection. *Journal of Attention Disorders*, 26, 491–501. <https://doi.org/10.1177/10870547211003659>
- Mitosis, K., Delihourmouzi, M., & Baiou, A. (2023). Mini Synoptic Review of Psychometric Tools that Evaluate Attention Deficit Hyperactivity Disorder (ADHD). *International Journal of Research Publication and Reviews*, 4(4), 2200–2202. <https://doi.org/10.55248/gengpi.2023.4.4.34956>
- Mohr Jensen, C., & Steinhausen, H. C. (2015). Time trends in incidence rates of diagnosed attention-deficit/hyperactivity disorder across 16 years in a nationwide Danish registry study. *J Clin Psychiatry*, 76 (03), e334–e34.
- Momany, A. M., Kamradt, J. M., & Nikolas, M. A. (2017). A Meta-Analysis of the association between birth weight and attention Deficit Hyperactivity Disorder. *Journal of Abnormal Child Psychology*, 46(7), 1409–1426. <https://doi.org/10.1007/s10802-017-0371-9>
- Momany, A. M., Kamradt, J. M., & Nikolas, M. A. (2017b). A Meta-Analysis of the association between birth weight and attention Deficit Hyperactivity Disorder. *Journal of Abnormal Child Psychology*, 46(7), 1409–1426. <https://doi.org/10.1007/s10802-017-0371-9>
- Mostofsky, S. H., Cooper, K. L., Kates, W. R., Denckla, M. B. & Kaufmann, W. E. (2002). Smaller prefrontal and premotor volumes in boys with attention-deficit/hyperactivity disorder. *Biological Psychiatry*, 52, 785–794

- Musser, E. D., Willoughby, M. T., Wright, S., Sullivan, E. L., Stadler, D., Olson, B. F., Steiner, R. D., & Nigg, J. T. (2016). Maternal prepregnancy body mass index and offspring attention-deficit/hyperactivity disorder: a quasi-experimental sibling-comparison, population-based design. *Journal of Child Psychology and Psychiatry and Allied Disciplines*, *58*(3), 240–247. <https://doi.org/10.1111/jcpp.12662>
- Nigg, J. T., Elmore, A. L., Natarajan, N., Friderici, K. H., & Nikolas, M. A. (2015). Variation in an iron metabolism gene moderates the association between blood lead levels and Attention-Deficit/Hyperactivity disorder in children. *Psychological Science*, *27*(2), 257–269. <https://doi.org/10.1177/0956797615618365>
- Nilsen, F. M., & Tolve, N. S. (2020). A systematic review and meta-analysis examining the interrelationships between chemical and non-chemical stressors and inherent characteristics in children with ADHD. *Environmental Research*, *180*, 108884. <https://doi.org/10.1016/j.envres.2019.108884>
- Obel, C., Zhu, J. L., Olsen, J., Breining, S., Li, J., Grønberg, T. K., Gissler, M., & Rutter, M. (2015). The risk of attention deficit hyperactivity disorder in children exposed to maternal smoking during pregnancy – a re-examination using a sibling design. *Journal of Child Psychology and Psychiatry and Allied Disciplines*, *57*(4), 532–537. <https://doi.org/10.1111/jcpp.12478>
- Παπαγεωργίου, Β. (2015). Οι μαθητές με διαταραχή ελλειμματικής προσοχής-υπερκινητικότητα. Στο Βλασσόπουλος, Μ, Γιαννετόπουλος, Α., Διαμαντή, Μ., Κιρποτίν, Λ., Λεβαντή, Ε., Λευθήρη, Κ., & Σακελλαρίου (Επίμ.), Γλωσσικές Δυσκολίες και Γραπτός Λόγος (σ. 356-363). *Γρηγόρη*.
- Papanastasiou, G., Drigas, A., & Papanastasiou, P. (2021). The association of diet quality and lifestyle factors in children and adults with ADHD: a systematic review and meta-analysis. *Scientific Electronic Archives*, *14*(9). <https://doi.org/10.36560/14920211441>
- Papanastasiou, P., & Drigas, A. (2023). The mediterranean diet, lifestyle factors, dyslexia, ADHD in university students of Greece. *Brazilian Journal of Science*, *2*(7), 92–102. <https://doi.org/10.14295/bjs.v2i7.335>
- Pappas, D. N. (2006). ADHD Rating Scale-IV: Checklists, Norms, and Clinical Interpretation. *Journal of Psychoeducational Assessment*, *24*(2), 172–178. <https://doi.org/10.1177/0734282905285792>

- Pelsser, L. M. J., Frankena, K., Toorman, J., Savelkoul, H. F. J., Pereira, R. R., & Buitelaar, J. K. (2008). A randomised controlled trial into the effects of food on ADHD. *European Child & Adolescent Psychiatry*, *18*(1), 12–19. <https://doi.org/10.1007/s00787-008-0695-7>
- Pelsser, L. M., Frankena, K., Toorman, J., & Pereira, R. R. (2017). Diet and ADHD, Reviewing the Evidence: A Systematic Review of Meta-Analyses of Double-Blind Placebo-Controlled Trials Evaluating the Efficacy of Diet Interventions on the Behavior of Children with ADHD. *PloS One*, *12*(1), e0169277. <https://doi.org/10.1371/journal.pone.0169277>
- Pelsser, L. M., Frankena, K., Toorman, J., Savelkoul, H. F., Dubois, A. E., Pereira, R. R., Haagen, T. A., Rommelse, N. N., & Buitelaar, J. K. (2011). Effects of a restricted elimination diet on the behaviour of children with attention-deficit hyperactivity disorder (INCA study): a randomised controlled trial. *Lancet*, *377*(9764), 494–503. [https://doi.org/10.1016/s0140-6736\(10\)62227-1](https://doi.org/10.1016/s0140-6736(10)62227-1)
- Pelsser, L., Frankena, K., Toorman, J., & Pereira, R. R. (2020). Retrospective Outcome Monitoring of ADHD and Nutrition (ROMAN): The effectiveness of the Few-Foods diet in general practice. *Frontiers in Psychiatry*, *11*. <https://doi.org/10.3389/fpsy.2020.00096>
- Pelsser, L., Stobernack, T., & Frankena, K. (2022). Physical Complaints Decrease after Following a Few-Foods Diet in Children with ADHD. *Nutrients*, *14*(15), 3036. <https://doi.org/10.3390/nu14153036>
- Perham, J. C., Shaikh, N. I., Lee, A., Darling, K. A., & Rucklidge, J. J. (2020). Toward “element balance” in ADHD: an exploratory case control study employing hair analysis. *Nutritional Neuroscience*, 1–11.
- Pettersson, E., Lichtenstein, P., Larsson, H., Song, J., Agrawal, A., Børghlum, A. D., Bulik, C. M., Daly, M. J., Davis, L. K., Demontis, D., Edenberg, H. J., Grove, J., Gelernter, J., Neale, B. M., Pardiñas, A. F., Stahl, E., Walters, J., Walters, R., Sullivan, P. F., . . . Polderman, T. J. C. (2018). Genetic influences on eight psychiatric disorders based on family data of 4 408 646 full and half-siblings, and genetic data of 333 748 cases and controls. *Psychological Medicine*, *49*(07), 1166–1173. <https://doi.org/10.1017/s0033291718002039>

- Polanczyk, G. V., Salum, G. A., Sugaya, L. S., Caye, A., & Rohde, L. A. (2015). Annual research review: A meta-analysis of the worldwide prevalence of mental disorders in children and adolescents. *J Child Psychol Psychiatry*, *56*(03), 345–365.
- Polanczyk, G. V., Willcutt, E. G., Salum, G. A., Kieling, C., & Rohde, L. A. (2014). ADHD prevalence estimates across three decades: an updated systematic review and meta-regression analysis. *Int J Epidemiol*, *43* (2), 434–442. <https://doi.org/10.1093/ije/dyt261> PMID: 24464188
- Ramakrishnan, U., González-Casanova, I., Schnaas, L., DiGirolamo, A., Quezada, A. D., Pallo, B. C., Wu, H., Neufeld, L. M., Rivera-Dommarco, J., Stein, A. D., & Martorell, R. (2016). Prenatal supplementation with DHA improves attention at 5 y of age: a randomized controlled trial. *The American Journal of Clinical Nutrition*, *104*(4), 1075–1082. <https://doi.org/10.3945/ajcn.114.101071>
- Re, A. M., & Cornoldi, C. (2008). Two new rating scales for assessment of ADHD symptoms in Italian preschool children. *Journal of Attention Disorders*, *12*(6), 532–539. <https://doi.org/10.1177/1087054708323001>
- Rimvall, M. K., Elberling, H., Rask, C. U., Helenius, D., Skovgaard, A. M., & Jeppesen, P. (2014). Predicting ADHD in school age when using the Strengths and Difficulties Questionnaire in preschool age: a longitudinal general population study, CCC2000. *European Child & Adolescent Psychiatry*, *23*(11), 1051–1060. <https://doi.org/10.1007/s00787-014-0546-7>
- Robberecht, H., Verlaet, A., Breynaert, A., De Bruyne, T., & Hermans, N. (2020). Magnesium, iron, zinc, copper and selenium Status in Attention-Deficit/Hyperactivity Disorder (ADHD). *Molecules/Molecules Online/Molecules Annual*, *25*(19), 4440. <https://doi.org/10.3390/molecules25194440>
- Robinette, L. M., Hatsu, I., Johnstone, J. M., Tost, G., Bruton, A., Leung, B., Odei, J. B., Orchard, T., Gracious, B. L., & Arnold, L. E. (2022). Fruit and vegetable intake is inversely associated with severity of inattention in a pediatric population with ADHD symptoms: the MADDY Study. *Nutritional Neuroscience*, *26*(6), 572–581. <https://doi.org/10.1080/1028415x.2022.2071805>

- Rogers, M., & MacLean, J. (2023). ADHD Symptoms Increased During the COVID-19 Pandemic: A Meta-Analysis. *Journal of Attention Disorders*, 27(8), 800–811. <https://doi.org/10.1177/10870547231158750>
- Rojo-Marticella, M., Arija, V., Alda, J. A., Morales-Hidalgo, P., Esteban-Figuerola, P., & Canals, J. (2022). Do Children with Attention-Deficit/Hyperactivity Disorder Follow a Different Dietary Pattern than That of Their Control Peers? *Nutrients*, 14(6), 1131. <https://doi.org/10.3390/nu14061131>
- Roussos, A., Karantanos, G., Richardson, C., Hartman, C., Karajiannis, S., Kyprianos, S., Lazaratou, H., Mahaira, O., Tassi, M., & Zoubou, V. (1999). Achenbach's Child Behavior Checklist and Teachers' Report Form in a normative sample of Greek children 6±12 years old. *European Child & Adolescent Psychiatry*, 8, 165-172.
- Rytter, M. J. H., Andersen, L. B. B., Houmann, T., Bilenberg, N., Hvolby, A., Mølgaard, C., Michaelsen, K. F., & Lauritzen, L. (2014). Diet in the treatment of ADHD in children—A systematic review of the literature. *Nordic Journal of Psychiatry*, 69(1), 1–18. <https://doi.org/10.3109/08039488.2014.921933>
- Ryu, S., Choi, Y., An, H., Kwon, H., Ha, M., Hong, Y. C., Hong, S., & Hwang, H. (2022). Associations between Dietary Intake and Attention Deficit Hyperactivity Disorder (ADHD) Scores by Repeated Measurements in School-Age Children. *Nutrients*, 14(14), 2919. <https://doi.org/10.3390/nu14142919>
- Salvat, H., Mohammadi, M. N., Molavi, P., Mostafavi, S. A., Rostami, R., & Salehinejad, M. A. (2022). Nutrient intake, dietary patterns, and anthropometric variables of children with ADHD in comparison to healthy controls: a case-control study. *BMC Pediatrics*, 22(1). <https://doi.org/10.1186/s12887-022-03123-6>
- Sanchez, C. E., Barry, C. M., Sabhlok, A., Russell, K., Majors, A. D., Kollins, S. H., & Fuemmeler, B. F. (2017). Maternal pre-pregnancy obesity and child neurodevelopmental outcomes: a meta-analysis. *Obesity Reviews*, 19(4), 464–484. <https://doi.org/10.1111/obr.12643>
- Sarris, J., Logan, A. C., Akbaraly, T., Amminger, G. P., Balanzá-Martínez, V., Freeman, M. P., Hibbeln, J. R., Matsuoka, Y., Mischoulon, D., Mizoue, T., Nanri, A., Nishi, D., Ramsey, D., Rucklidge, J. J., Sánchez-Villegas, A., Scholey, A., Su, K., & Jacka, F. N.

- (2015). Nutritional medicine as mainstream in psychiatry. *the Lancet Psychiatry*, 2(3), 271–274. [https://doi.org/10.1016/s2215-0366\(14\)00051-0](https://doi.org/10.1016/s2215-0366(14)00051-0)
- Satterstrom, F. K., Walters, R., Singh, T., Wigdor, E. M., Lescai, F., Demontis, D., Kosmicki, J. A., Grove, J., Stevens, C., Bybjerg-Grauholm, J., Bækvad-Hansen, M., Palmer, D., Maller, J., Nordentoft, M., Mors, O., Robinson, E., Hougaard, D. M., Werge, T., Mortensen, P. B., . . . Daly, M. J. (2019). Autism spectrum disorder and attention deficit hyperactivity disorder have a similar burden of rare protein-truncating variants. *Nature Neuroscience*, 22(12), 1961–1965. <https://doi.org/10.1038/s41593-019-0527-8>
- Schulte-Korne, G., Deimel, W., Gutenbrunner, C, Hennighausen K, Blank R, Rieger C, et al. (1996). Effect of an oligo-antigen diet on the behavior of hyperkinetic children. *Z Fur Kinder- und Jugendpsychiatrie und Psychotherapie* , 24, 176–83.
- Shareghfarid, E., Sangsefidi, Z. S., Salehi-Abargouei, A., & Hosseinzadeh, M. (2020). Empirically derived dietary patterns and food groups intake in relation with Attention Deficit/Hyperactivity Disorder (ADHD): A systematic review and meta-analysis. *Clinical Nutrition ESPEN*, 36, 28–35. <https://doi.org/10.1016/j.clnesp.2019.10.013>
- Shuai L., He S., Zheng H., Wang Z., Qiu M., Xia W., Cao X., Lu L., Zhang J. (2021). Influences of digital media use on children and adolescents with ADHD during COVID-19 pandemic. *Globalization and Health*, 17, 48. <https://doi.org/10.1186/s12992-021-00699-z>
- Sibley M. H., Ortiz M., Gaias L. M., Reyes R., Joshi M., Alexander D., Graziano P. (2021). Top problems of adolescents and young adults with ADHD during the COVID-19 pandemic. *Journal of Psychiatric Research*, 136, 190–197. <https://doi.org/10.1016/j.jpsychires.2021.02.009>
- Silverman, L. K., & Gilman, B. (2020). Best practices in gifted identification and assessment: Lessons from the WISC-V. *Psychology in the Schools*, 57(10), 1569–1581. <https://doi.org/10.1002/pits.22361>
- Sims, D. M., & Lonigan, C. J. (2012). Multi-method assessment of ADHD characteristics in preschool children: Relations between measures. *Early Childhood Research Quarterly*, 27(2), 329–337. <https://doi.org/10.1016/j.ecresq.2011.08.004>

- Skalny, A. V., Mazaletskaya, A. L., Ajsuvakova, O. P., Bjørklund, G., Skalnaya, M. G., Notova, S. V., Chernova, L. N., Skalny, A. A., & Tinkov, A. A. (2020). Hair trace element concentrations in autism spectrum disorder (ASD) and attention deficit/hyperactivity disorder (ADHD). *Journal of Trace Elements in Medicine and Biology*, 61, 126539. <https://doi.org/10.1016/j.jtemb.2020.126539>
- Still G. (1902). The Coulstonian Lectures in Some Abnormal Psychological Conditions in Children. *Lancet*, 1, 1008–1012.
- Surman, C., Vaudreuil, C., Boland, H., Rhodewalt, L., DiSalvo, M., & Biederman, J. (2020). L-Threonic acid magnesium salt supplementation in ADHD: an Open-Label Pilot study. *Journal of Dietary Supplements*, 18(2), 119–131. <https://doi.org/10.1080/19390211.2020.1731044>
- Swansburg R., Hai T., MacMaster F. P., Lemay J. F. (2021). Impact of COVID-19 on lifestyle habits and mental health symptoms in children with attention-deficit/hyperactivity disorder in Canada. *Paediatrics and Child Health*, 26, 199–207. <https://doi.org/10.1093/pch/pxab0>
- Taylor, E. (2017). Attention deficit hyperactivity disorder: overdiagnosed or diagnoses missed? *Arch Dis Child*, 102(04), 376–379.
- Tessarollo V., Scarpellini F., Costantino I., Cartabia M., Canevini M. P., Bonati M. (2022). Distance learning in children with and without ADHD: A case-control study during the COVID-19 pandemic. *Journal of Attention Disorders*, 26, 902–914. <https://doi.org/10.1177/10870547211027640>
- Thapar, A., & Cooper, M. (2016). Attention deficit hyperactivity disorder. *The Lancet*, 387(10024), 1240–1250. [https://doi.org/10.1016/s0140-6736\(15\)00238-x](https://doi.org/10.1016/s0140-6736(15)00238-x)
- Thapar, A., & Rutter, M. (2019). Do natural experiments have an important future in the study of mental disorders? *Psychological Medicine (Print)*, 49(07), 1079–1088. <https://doi.org/10.1017/s0033291718003896>
- Thomas, R., Sanders, S., Doust, J., Beller, E., & Glasziou, P. (2015). Prevalence of attention-deficit/hyperactivity disorder: a systematic review and meta-analysis. *Pediatrics*, 135(04), e994–e1001.
- Torp, N. M. U., & Thomsen, P. H. (2020). The use of diet interventions to treat symptoms of ADHD in children and adolescents – a systematic review of randomized controlled

trials. *Nordic Journal of Psychiatry*, 74(8), 558–568. <https://doi.org/10.1080/08039488.2020.1769187>

Tripp, G., Schaughency, E., & Clarke, B. (2006). Parent and teacher rating scales in the evaluation of attention-deficit hyperactivity Disorder. *Journal of Developmental and Behavioral Pediatrics/Journal of Developmental & Behavioral Pediatrics*, 27(3), 209–218. <https://doi.org/10.1097/00004703-200606000-00006>

Wang, L., Yu, Y., Fu, M., Yeh, W., Hsu, J. T., Yang, Y., Yang, H., Huang, S., Wei, I., Chen, W., Chiang, B., & Pan, W. (2019). Dietary profiles, nutritional biochemistry status, and Attention-Deficit/Hyperactivity Disorder: Path Analysis for a Case-Control Study. *Journal of Clinical Medicine*, 8(5), 709. <https://doi.org/10.3390/jcm8050709>

Willcutt, E. G., Nigg, J. T., Pennington, B. F., et al. (2012). Validity of DSM-IV attention deficit/hyperactivity disorder symptom dimensions and subtypes. *J Abnorm Psychol*, 121(04), 991–1010.

Woo, H. D., Kim, D. W., Hong, Y., Kim, Y., Seo, J., Choe, B. M., Park, J. H., Kang, J., Yoo, J., Chueh, H. W., Lee, J. H., & Kwak, M. J. (2014). Dietary Patterns in Children with Attention Deficit/Hyperactivity Disorder (ADHD). *Nutrients*, 6(4), 1539–1553. <https://doi.org/10.3390/nu6041539>

World Health Organization. (1993). International statistical classification of diseases and related health problems (10th ed) https://www.researchgate.net/publication/32105934_The_International_Statistical_Classification_of_Diseases_and_Related_Health_Problems_Tenth_Revision_Australian_Modification_ICD-10-AM

World Health Organization. (2022). Attention deficit hyperactivity disorder. In International statistical classification of diseases and related health problems (11th ed) <https://www.who.int/home>

Wüstner, A., Otto, C., Schlack, R., Hölling, H., Klasen, F., & Ravens-Sieberer, U. (2019). Risk and protective factors for the development of ADHD symptoms in children and adolescents: Results of the longitudinal BELLA study. *PloS One*, 14(3), e0214412. <https://doi.org/10.1371/journal.pone.0214412>

- Xu, G., Strathearn, L., Liu, B., Yang, B., & Bao, W. (2018). Twenty-year trends in diagnosed attention-deficit/hyperactivity disorder among US children and adolescents, 1997-2016. *JAMA Netw Open*, 1(04), e181471
- Yan, S., Cao, H., Gu, C., Ni, L., Tao, H., Shao, T., Xu, Y., & Tao, F. (2018). Dietary patterns are associated with attention-deficit/hyperactivity disorder (ADHD) symptoms among preschoolers in mainland China. *European Journal of Clinical Nutrition*, 72(11), 1517–1523. <https://doi.org/10.1038/s41430-018-0131-0>
- Yan, W., Lin, S., Wu, D., Shi, Y., Dou, L., & Li, X. (2023). Processed Food–Sweets Patterns and Related Behaviors with Attention Deficit Hyperactivity Disorder among Children: A Case–Control Study. *Nutrients*, 15(5), 1254. <https://doi.org/10.3390/nu15051254>
- Zhao, J., Li, Z., Gao, Q., Zhao, H., Chen, S., Huang, L., Wang, W., & Wang, T. (2021). A review of statistical methods for dietary pattern analysis. *Nutrition Journal*, 20(1). <https://doi.org/10.1186/s12937-021-00692-7>