

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

ΔΙΑΤΡΟΦΗ ΚΑΙ ΝΕΥΡΟΔΙΑΒΙΒΑΣΤΕΣ ΣΤΗ ΔΕΠΥ

NUTRITION AND NEUROTRANSMITTERS IN ADHD

ΤΟΥ

Μόσχου Δημήτριου

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 Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της
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“ΔΗΜΟΚΡΙΤΟΣ”

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ΠΕΡΙΛΗΨΗ

Η Διαταραχή Ελλειμματικής Προσοχής και Υπερκινητικότητας (ΔΕΠΥ) είναι μια νευροαναπτυξιακή διαταραχή που αφορά περίπου το 5% των παιδιών παγκοσμίως, και το 2,5% των ενηλίκων με σημαντικές επιπτώσεις στην ακαδημαϊκή και κοινωνική ζωή των ατόμων που την εμφανίζουν. Η παθοφυσιολογία της διαταραχής έγκειται στη δυσλειτουργία των δικτύων του εγκεφάλου, τα οποία ελέγχουν τα συστήματα της ανταμοιβής, της προσοχής, της αναστολής, της παρόρμησης, και της μάθησης και στη δυσλειτουργία των νευροδιαβιβαστών που ρυθμίζουν τα συστήματα αυτά. Η ντοπαμίνη κυρίως, όπως επίσης η νορεπινεφρίνη και η σεροτονίνη αποτελούν τους βασικούς νευροδιαβιβαστές που εμπλέκονται στη ΔΕΠΥ. Αλλοιώσεις στα επίπεδα των νευροδιαβιβαστών στον εγκέφαλο επηρεάζουν την εμφάνιση των συμπτωμάτων της διαταραχής. Το μικροβίωμα, το οποίο μπορεί να τροποποιηθεί και μέσω της διατροφής, και το οποίο επικοινωνεί με το Κεντρικό Νευρικό Σύστημα (ΚΝΣ), μπορεί να επηρεάσει τόσο τη σύνθεση, όσο και την παραγωγή των πιο πάνω νευροδιαβιβαστών. Τα μικροθρεπτικά στοιχεία που λειτουργούν υποστηρικτικά προς αυτή την κατεύθυνση με σκοπό τη μείωση της εμφάνισης των συμπτωμάτων της ΔΕΠΥ, είναι κυρίως τα Πολυακόρεστα Λιπαρά Οξέα (PUFA) και η βιταμίνη D. Η ολιγοαντιγονική δίαιτα, επίσης φαίνεται να λειτουργεί υποστηρικτικά στον περιορισμό των συμπτωμάτων. Καμία από αυτές τις διατροφικές παρεμβάσεις δεν μπορεί ωστόσο να τροποποιήσει, τη νευροδιαβίβαση και εν τέλει τη διαταραχή και να αντικαταστήσει τη φαρμακευτική αγωγή ως εναλλακτική θεραπευτική προσέγγιση.

Λέξεις κλειδιά: ADHD, disorders, neurotransmitters, neurotransmission, dopamine, norepinephrine, serotonin, neuroimaging, microbiome, microbiota, gut-brain axis, nutrition, diet, PUFA, diet, vitamins

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Ιστοσελίδες

APA Dictionary of Psychology. Τελευταία ανάκτηση 25/04/2022 από <https://dictionary.apa.org/attention-deficithyperactivity-disorder>

WHO. Τελευταία ανάκτηση 25/04/2022 από <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>