

**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»**

**Η ΕΠΙΔΡΑΣΗ ΤΟΥ ΣΤΡΕΣ ΣΤΑ ΠΑΙΔΙΑ ΜΕ ΔΕΠ-Υ  
THE EFFECTS OF STRESS ON CHILDREN WITH ADHD**

**DR**

της Τσακιρίδου Μαρίας

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  
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## **Περίληψη**

Η Διαταραχή Ελλειμματικής Προσοχής/Υπερκινητικότητας (AD/HD), είναι η πιο κοινή νευροαναπτυξιακή διαταραχή της παιδικής ηλικίας και από τις πιο διαδεδομένες χρόνιες παθήσεις υγείας που επηρεάζουν τα παιδιά σχολικής ηλικίας με βάση το DSM-IV. Αυτή η μελέτη εστιάζει στην επιρροή του άγχους στα παιδιά με ΔΕΠ-Υ αλλά και τη σημαντικότητα άλλων στοιχείων πάνω σε αυτή. Η παρούσα έρευνα βασίστηκε σε άρθρα επιστημονικών περιοδικών, με σκοπό να διερευνήσει μερικούς παράγοντες που επιδρούν θετικά ή αρνητικά στην όξυνση του άγχους των παιδιών με ΔΕΠ-Υ αλλά και το πως λειτουργεί το προγεννητικό αλλά και το άγχος του γονέα στη συνθήκη αυτή. Τα αποτελέσματα έδειξαν ότι οι περιβαλλοντικοί παράγοντες, η διατροφή, οι ορμόνες, οι νευροδιαβιβαστές και οι εναλλακτικές τεχνικές σχετίζονται άμεσα με τα χαρακτηριστικά της διαταραχής αλλά και στον τρόπο βελτίωσης της. Έτσι καταλήξαμε στο συμπέρασμα ότι μπορούμε να παρέμβουμε στα ελλείμματα των κοινωνικό-συναισθηματικών κυρίως λειτουργιών μέσω των παραπάνω παραγόντων.

**Λέξεις Κλειδιά:** ΔΕΠ-Υ, Διαταραχή Ελλειμματικής και Υπερκινητικότητας, άγχος, stress, διατροφή, ζάχαρη, νευροδιαβιβαστές, γονεϊκό άγχος, μητρικό άγχος, αντι-στρές τεχνικές, σωματική άσκηση, διαλογισμός, γιόγκα, νευροανάδραση.

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