

International Meeting on

# TRADITIONAL & ALTERNATIVE MEDICINE

July 23-24, 2018 | Osaka, Japan

## Efficacy of non-movement meditation modalities in the pediatric populations with ADHD: A systematic review

Shahrzad Bazargan-Hejazi<sup>1,2</sup>, Edward Cardenas<sup>1,2</sup>, Andrew Kharabi<sup>1</sup>, Darlene Parker-Kelly<sup>1</sup>, Gerardo Moreno<sup>2</sup>

<sup>1</sup>Charles R. Drew University of Medicine and Science, USA

<sup>2</sup>David Geffen School of Medicine at UCLA, USA

Minorities are less likely to use prescription medication for ADHD treatment. Meditation has demonstrated benefits in stress reduction and may be beneficial in treatment of ADHD. To perform a systematic review to assess the efficacy of sitting-meditation as a treatment modality in pediatric Latino and African American patients with ADHD. A literature review was conducted through PubMed, Web of Science, Psych info, Embase, and Cochrane using MESH terms “meditation,” “mindfulness,” and “attention deficit disorder with hyperactivity.” Articles were screened for eligibility criteria: Transparent Reporting of Evaluations with Nonrandomized Designs (TREND) was used to assess the quality of the selected studies. A total of 46 articles were screened, 12 articles were reviewed in full, and three were excluded. Nine articles met eligibility criteria and were included in the review. One study specified AA participants and none specified Latinos. Eight studies were non-randomized control trials (non-RCT) and one was a RCT. The RCT study showed improvement of selective deployment of attention and freedom from distractibility ( $p < 0.01$ ). Non-RCTs demonstrated improvement in sustained attention ( $p < 0.05$ ; 6/10 studies) and ADHD

symptoms ( $p < .05$ ; 4/10 studies). Reported percent completeness based on TREND ranged from 70.6 % to 95.8% with mean of 80.7 %. Meditation may be beneficial in treatment of ADHD. All non-RCTs demonstrated significant improvements in sustained attention or reduction of ADHD symptoms. RCTs are needed with Latino and AA patients to further assess meditation efficacy. RCTs are needed with Latino and AA patients to further assess meditation efficacy.



shahrzadbazargan@cdrewu.edu