

## **Behavioral Intervention to Reduce Medication Use in Children With ADHD**

Symptoms of attention-deficit hyperactivity disorder (ADHD) lead to a variety of impairments and considerable cost and therefore it is imperative to implement strategies to reduce or eliminate these problems. Behavioral treatment, psychostimulant medication, and their combination are the current well-accepted, evidence-based treatments for childhood ADHD. Given the limited knowledge on the dosing and sequencing of ADHD interventions, this study sought to examine whether low or high doses of first-line behavioral consultation can delay, reduce or eliminate the need for medication. Children (5-13 years, n = 116) and parents were randomly assigned to high-intensity behavioral (HBC), low-intensity behavioral (LBC), no behavioral consultation conditions administered in school with parent behavioral training booster sessions. Behavioral consultation (both HBC and LBC) delayed the use of medication at school and reduced the prevalence of use at home (many children did not initiate use at home at any point), reducing the cumulative exposure to medication. These reductions in use were achieved without increasing ADHD/oppositional defiant disorder symptomology or cost of treatment.

Coles, E.K., Pelham, W.E., Fabiano, G.A., Gnagy, E.M., Burrows-MacLean, L., Wymbs, B.T., ... Garefino, A. (2019). Randomized trial of first-line behavioral intervention to reduce need for medication in children with ADHD. *Journal of Clinical Child & Adolescent Psychology*. Advance online publication. <http://dx.doi.org/10.1080/15374416.2019.1630835>