



Annex B – About ADHD

ADHD is a neurodevelopmental disorder that affects approximately two to 2% to 7% of children globally^[1], with a growing number of cases in people aged 5 to 44 years worldwide. Common symptoms represented by 38% to 57% of ADHD children include inattention and poor focus.

In Singapore, IMH sees about an average of 600 to 800 children and adolescents with ADHD every year, with the trajectory on the rise as parents and educators become more aware of the condition. The current management for ADHD includes medication and behavioural interventions where a clinician teaches both the parents and child strategies to reduce ADHD behaviours. Besides equipping the child with self-regulation strategies, it is also essential for parents to pick up various parenting strategies to guide and aid their child at home, as well as for teachers to better facilitate the child's learning in school. Besides current pharmacology and behavioural interventions offered in the clinics, the BCI programme can be offered to parents as an additional treatment option that is home-based. As each child may present with different ADHD related behaviours, it is important for parents to speak with a mental health professional to discuss the treatment options for the child. The proposed training programme does not claim to treat ADHD or replace professional medical advice. It offers an alternative modality which may complement conventional therapy approaches and address the gaps or shortcomings in mainstay treatment.

[1] <https://adhd-institute.com/burden-of-adhd/epidemiology/>