

Evaluation Of Mothers Awareness, Psychological Problem And Adjustment With Attention Deficit Hyperactivity Disorder Children In Shendi Town-River Nile State-Sudan 2022.

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**Abstract: Background:** ADHD has an enormous impact on the child life in term of accumulation of human capital, peer relationship and low self esteem, more over the disorder seems to influence siblings and classmates negatively

**Objectives:** To assess mother's awareness, psychological problem and adjustment with ADHD children in Shendi town.

**Methods:** This descriptive cross sectional community based study was conducted during period extended from November 2021 to June 2022 in Shahad center for special need, total coverage sampling was used, data was collected by questionnaire composed of 20 questions, and analyzed by SPSS version (21), (16) mothers were included.

**Results:** The study revealed that study group have poor knowledge regarding sing and symptom, management and adjustment of their children with ADHD (62.4%, 68.7%, 50%) respectively

**Conclusion:** The study concluded that study group have poor knowledge regarding management and adjustment with ADHD children (50%, 68.7%) respectively.

**Recommendations:** The study directed the recommendation to the ministry of health: implementing health teaching program to educate mothers and families about ADHD.

**Keywords:** Attention; Awareness; Deficit; Disorder; Hyperactivity; Mothers.

### Introduction

A widespread mental health condition affecting children, attention deficit hyperactivity disorder (ADHD) affects an estimated 63 million children globally. The condition affects boys more frequently than girls, with a 6:1 to 9:1 gender ratio <sup>(1)</sup>. Children with ADHD struggle to control their emotions, behaviors, and actions as well as to maintain focus and impulse control. Because they struggle with paying attention, they frequently struggle in school. Some people have impulsive tendencies, which could put them in risk physically. Children with ADHD may receive negative stereotypes because they struggle with behavior control. <sup>(2)</sup>

One of the most common behavioral diseases in children and adolescents, attention deficit hyperactivity disorder (ADHD) is a chronic condition that affects millions of children and frequently lasts into adulthood <sup>(3)</sup>.

Three to five percent of kids experience ADHD. According to a recent research of prevalence rates for ADHD by geographic location, South American nations had the greatest prevalence (11.8%). The lowest prevalence (4.6% of school-age children) is in European nations.

4% to 12% of school-age children are affected. Boys are diagnosed with ADHD around three times more often than girls (4).

While research is ongoing, it is still unclear what causes ADHD, which is a biological illness rather than merely "poor behavior." The brain's ability to effectively utilize critical chemical messengers (neurotransmitters) is compromised in children with ADHD. ADHD may be accompanied by a decrease in activity in the regions of the brain that regulate attention and level of activity. It seems that ADHD runs in families. There is a 1 in 4 probability that a youngster with ADHD will also have apparent ADHD. It is also likely that a sibling or other near relative will also have ADHD. See mental diseases that run in families. Sometimes a child and parent receive the same ADHD diagnosis. Toxins in the environment may contribute to the emergence of ADHD, but that is incredibly uncommon. ADHD may very rarely result from very serious head trauma (5).

Being exposed to particular pesticides, suffering a head injury as a young child, and having ADHD are additional risk factors, playing video games or watching TV for more than two hours a day when you were younger (6).

The diagnosis procedure entails a number of steps and the collection of vast amounts of data from numerous sources. Following the American Academy of Pediatrics' accepted recommendations (7,8).

There are many different types of ADHD, including inattentive type (previously known as attention-deficit disorder (ADD)), hyperactive/Impulsive type, where children exhibit both impulsive and hyperactive behavior but are still able to pay attention, and combined inattentive/hyperactive/Impulsive type, where children exhibit all three symptoms. The most typical form of ADHD is this (9).

### Methodology

**Study design:** Descriptive cross sectional Community based study done to assess mother's awareness, psychological problems and adjustment with ADHD children.

**Study area and setting:** Shendi city, it is a town in northern Sudan, situated on the east bank of the river Nile 150 km northeast of Khartoum. Shendi is also about 45 km southwest of the ancient city of Marawy, and located in the river Nile state, it covering 30 km square, there is different centers for general services, also there is Shendi university. The study setting was Shahad center for Special needs located in square 7, western health insurance, north of Al-mak Nimr University Hospital. It consists of 4 class room, there are 5 teachers.

**Study population:** All mothers have children with ADHD in Shahad center for special needs.

**Sampling technique:** Total coverage sampling

**Sample size:** The study were enrolled 16 mothers.

**Data collection tools and analysis:** The data was collected by using structured questionnaire contains of 4 parts designed by researchers depend on important points of literature, score of knowledge was used described as the following: 3-4 points rated as good, 2 points rated as fair, 1 point rated as poor, then the data was analyzed by using statistical package for social science (SPSS) version (20), the result was presented in form of tables and figures.

**Ethical considerations:** The research was approved by faculty committee of nursing sciences the permission was taken from the head manager of the center, verbal consent was taken from each participant and given all information about research and assured for privacy.

**Result:**

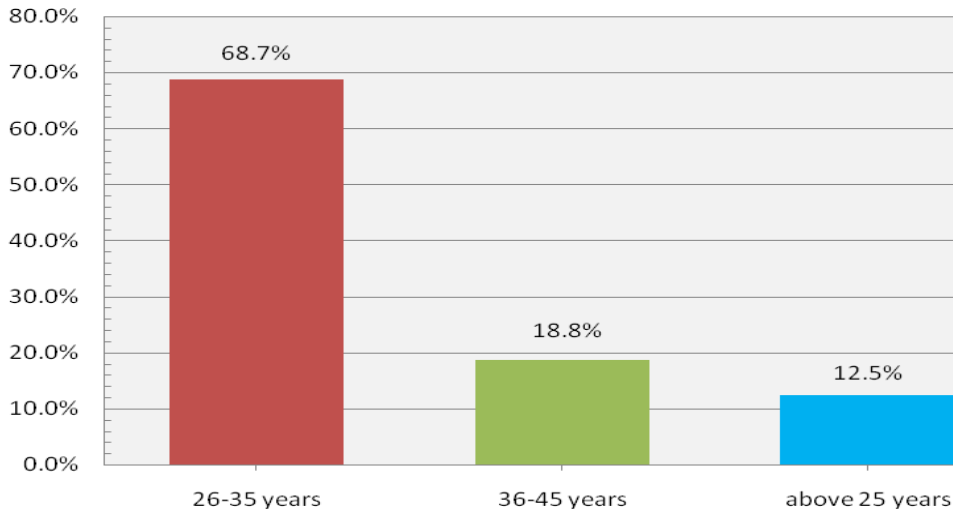


Figure (1): Age of study group.

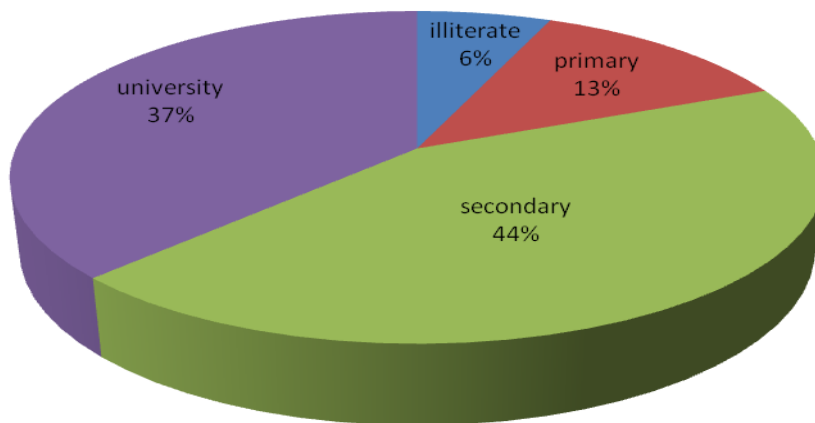


Figure (2): Educational level of study group.

Table No (1): Distribution of the study group according to their knowledge regarding misconception, types, signs and symptoms of ADHD

Misconception	Frequency	Percentage
Good	1	6.3%
Fair	7	43.7%
Poor	8	50.0%
Total	16	100%
<b>Signs and symptoms</b>		
Good	3	18.8%
Fair	3	18.8%
Poor	10	62.4%
Total	16	100%

**Table No (2): Distribution of the study group according to their knowledge regarding dealing with ADHD children, and regulation of diets**

<i>Dealing with ADHD children</i>	<i>Frequency</i>	<i>Percentage</i>
Good	1	6.3%
Fair	4	25.0%
Poor	11	68.7%
Total	16	100%
<b><i>Regulation of diet</i></b>		
Good	2	12.5%
Fair	8	50.0%
Poor	6	37.5%
Total	16	100%

**Table No (3): Distribution of the study group according to their knowledge regarding psychological and physiological problems and dealing with their stress**

<b>Psychological and physiological problem</b>	<i>Frequency</i>	<i>Percentage</i>
Good	5	31.3%
Fair	5	31.3%
Poor	6	37.4%
Total	16	100%
<b>Dealing with their stress</b>		
Good	2	12.6%
Fair	4	25.0%
Poor	10	62.4%
Total	16	100%

**Discussion:**

ADHD is a common mental health disorder of children, it is a chronic condition that interferes with an individual’s functioning, has enormous impact on the child life. study is done to assess the mother’s awareness and adjustment regarding ADHD.

The study clarified that approximately two third (68.7%) of study group their ages range between 26-35 years, and near to half (44%) of study group were secondary educated.

The study clarified that half (50%) of study group have poor knowledge regarding misconception about disease. This agree with previous study done in Iran in 2004 by Neelkant R., (many Parent have misconception about ADHD causes and treatment. <sup>(10)</sup>

The study clarified that approximately two third (62.4 %) of the study group have poor knowledge regarding sign and symptoms of ADHD, this agree with previous study done in Iran 2017 by Nasrin Dodangi, (The results revealed that most parents do not have enough information about disorder.<sup>(11)</sup>

The study clarified that more than two third (68.7%) of study group have poor knowledge regarding proper dealing with ADHD. This agree with previous study done in Iran 2014 by Shahrok Amiri, (The overall knowledge of parents regarding ADHD was mostly un able to identify the aberrations in children.<sup>(12)</sup>

The study clarified that half (50%) of study have fair knowledge regarding regulation of diet. This agree with previous study done chennai by Prabhakar, A. and Narayanasamy (mother exhibit very little on nutrition and healthy food diet)<sup>(13)</sup>

The study clarified that more than one third (37.4% ) of study group have poor knowledge regarding psychological and physiological problem. This agree with previous study done in Australia, 2008 by Kathleen Peters (Mothers is stressful)<sup>(14)</sup>

The study clarified that near to two third (62.4%) of study group have poor dealing with their stress. This agree with previous study done in Australia by Sophie Leitch, 2019 (parent attribute high stress to their children)<sup>(15)</sup>

Highly significant statistical relation was found between mothers' level of education and their knowledge regarding sign and symptoms of ADHD (high significant p. v = .004)

### Recommendation:

-The study recommended the following:

- To the ministry of health implementing health teaching program to educate mothers and families about ADHD.
- Also providing aids and support for the Shahad special needs center to encourage the center provider to achieve maximum level of performance to meeting the needs of ADHD children.

### Acknowledgment:

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