Modern treatment approaches of ADHD are conceptualized as multimodal. The systematic evaluation of the child from a multidimensional viewpoint allows the formulation of a treatment plan that meets the individual needs of each child and family and aims at delivering services within a single setting. The major interventions are conceptualized as pharmacologic (including stimulants and other alternatives), behavioral (including parent training), psychoeducational, psychosocial (including individual psychotherapy, family interventions and interventions to enhance social competence) and cognitive-behavioral. Cognitive-behavioral therapy for adults with ADHD has also been developed and is the field of a important RCT study measuring the efficacy of a novel CBT treatment (R&R2 ADHD) for medicated subjects. Outcome measures were ADHD symptoms and comorbid problems measured by self-reports and independent ratings. The results give support for the growing evidence for the effectiveness of psychological interventions for adults with ADHD.

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Su-S-007

Psychotropic drug use among Icelandic children: A nationwide population-based study. Stimulant drug treatment for ADHD and academic progress in children

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Objective.– To investigate psychotropic drug use among children and adolescents in Iceland between 2003 and 2007 and evaluate the extent to which the timing of stimulant treatment start is associated with academic progress among 9-to 12-year-old children.

Methods.– A nationwide population-based drug use study covering the total pediatric population (ages 0–17) in Iceland. Information was obtained from the National Medicines Registry to calculate prevalence of use by year and psychotropic drug group; incidence by year, psychotropic drug group, children’s age and sex, and medical specialty of prescriber; the most commonly used psychotropic chemical substances, off-label and unlicensed use and concomitant psychotropic drug use.

Results.– The overall prevalence of psychotropic drug use was 48.7 per 1000 Icelandic children in 2007. Later start of stimulant drug treatment for ADHD was associated with academic decline in mathematics, especially for girls.

Conclusions.– With reference to reports from other European countries, the results indicated extensive psychotropic drug use among children and adolescents in Iceland. Further scrutiny is needed to assess the rationale behind this widespread use.

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Su-S-008

EEG research in ADHD

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The study of brain development is an important aspect of the diagnostic evaluation of Attention Deficit Hyperactivity Disorder (ADHD). Electroencephalogram (EEG) records the electrical activity in the cerebral cortex and is sensitive to metabolic activity in the brain. There are significant changes in power spectral frequencies with development of the cerebral cortex in children. We are developing an EEG Classifier, a standardized tool which can screen for ADHD with a simple EEG recording. The EEGs of children with and without ADHD where evaluated and the results show a delay in brain maturation measured with quantitative EEG in the ADHD group compared to normal controls. The EEG Classifier can serve as a useful screening tool for differences in development of children with disorders such as ADHD. It meets the need for objective diagnosis of neuropsychological disorders and has the potential of becoming an instrument measuring the effect of different treatment modalities.

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Su-S-009

ADHD: The Icelandic situation

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Iceland has about one child and adolescent psychiatrist per 10,000 children. Since the financial collapse in 2008, there has been an increase in the demand for psychiatric services for children. The public school system mandates a psychiatric diagnosis to finance special education. Only child and adolescent psychiatrists and neuropsychologists may formally diagnose ADHD and apply for use of methylphenidate. If an application is approved, family doctors as well can then write out prescriptions for the child. There has been a steady increase in prescription rates over the years, and more expensive long acting substances have added financial burden on the economy. The last few years, the prescription rate has leveled out in youths but an increase has been seen in adults. Of particular concern is that methylphenidate is being abused by drug addicts. When death by overdose has occurred, the media in Iceland has criticized the high rate of prescription. This in turn has stigmatized the use of these medications and negatively impacted the compliance in children with ADHD. Icelandic child and adolescent psychiatrists are in favor of strict regulations but perhaps a more open debate on the merits of this treatment is needed.

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Ethics: child/adolescent development and practice

Su-S-010

The compromise promote autonomy

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The ethic dimension concerns the field of human sciences, and as a child psychiatrist I think that is necessary to base our practice on the humanistic anthropology that is inspired on the values of the Judeo–Christian Western Society. The logics of the modern rationality try to understand the human experience in order to elaborate the conditions of our action. In order to precise the Field of ethic and morality I want to refer to the work of Paul Ricouer who proposes us to distinguish between ethic and morality. Ethos comes from Greek and “mores” comes from Latin. To be a good or a bad person, are not realities by themselves, because in the law dimension it is indispensable to recognize a transcendent dimension. When Marina wrote his book “Ethic for navigators”, he proposes that “Navigate is a victory of the willines upon the determinism”. For a concrete person, it means that to become the author and the protagonist of his own life, through a life turned towards the meeting of the others is the only possibility to arrive to oneself.

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Su-S-011

Ethics and therapeutic choice. Pharmacology

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Psychopharmacological medication of children and adolescents is related to ethical issues to resolve. The principles of “Beneficence” and “Nonmaleficence” the child and adolescent psychiatrist must know deeply the medication used as for therapeutic indications and in relation to risk of adverse effects, toxicity