

## S01-03

### EFFICACY AND SAFETY OF *N*-3 PHOSPHATIDYLSERINE IN CHILDREN WITH ATTENTION DEFICIT AND HYPERACTIVITY DISORDER (ADHD)

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Attention-deficit/hyperactivity disorder (ADHD) encompasses a broad constellation of behavioral and learning problems. These patients are also characterized by low blood long-chain polyunsaturated fatty acid concentrations; however their supplementation effect on ADHD symptoms is not clear. It was recently (1) shown in children with inattention that consumption of *n*-3 phosphatidylserine (PS) for 3-mo favorably affected their visual sustained attention performance. We aimed to evaluate in children with ADHD the effect of *n*-3 PS on ADHD symptoms and wellbeing.

**Methods:** In this 15-week, randomized, double-blind, placebo-controlled, parallel study the impact and tolerability of 150 mg *b.i.d.* *n*-3 PS were investigated in 200 children (6-13-y) with ADHD. Efficacy was assessed by teachers' Conners Rating Scale (CRS) and strength and difficulties questionnaires (SDQ) - school version and clinicians who filled Clinical Global Impression of Improvement. Additional measures included parental rating of behavior (CRS and SDQ - home version) and wellbeing (Child Health questionnaire - Parental Form 50), and continuous performance test (Test of Variables of Attention). Safety evaluation included adverse event reports, vital signs, and parents' Barkley' side effects rating scale.

**Results:** The interim results of the first group of children that were randomly assigned in a 2:1 ratio to *n*-3 PS or placebo will be presented.

**Conclusions:** *n*-3 PS impact on ADHD symptoms at school and home as evaluated by teachers, clinicians, and parents will be discussed.

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