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TRACKING OF ADHD-LIKE SYMPTOMS FROM CHILDHOOD TO ADOLESCENCE IN A GREEK BIRTH COHORT AND ASSOCIATED FACTORS

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Aim: To explore the prevalence of inattention, hyperactivity and impulsivity (ADHD-like symptoms) at the ages of 7 and 18 and associated factors in a representative Greek population.

Methods: Information was derived from a population-based sample of 11,048 newborn infants, followed-up at 7 and 18 years, through questionnaire surveys. After applying a matching procedure, a data set of 2,695 individuals covering all the three time periods was compiled and used in this study. Pearson χ^2 test and multivariate logistic regression analysis were used to assess associations between ADHD-like symptoms and various perinatal and childhood factors.

Results: In childhood, the prevalence of hyperactivity was 7%, inattention 9.5 % and impulsivity 7%, while a substantial decline of these symptoms was observed at 18 years. The male to female ratio was 3 to 1. Adverse perinatal factors, poor academic performance, comorbidity, physical punishment and frequent report of accidents and conflicts with peers were found to be associated with ADHD-like symptoms at 7 years. The factors found to be associated with ADHD-like symptoms during adolescence were gender, maternal smoking during pregnancy, maternal stress and physical punishment during childhood.

Conclusion: The tracking of ADHD-like symptoms in the Greek population and the associated factors coincided with the international trends of this disorder.

Recommendations to decrease adverse perinatal outcomes, maternal smoking during pregnancy, maternal stress and physical punishment of the child should be evaluated in future longitudinal investigations.

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LET'S TALK ABOUT SEX: RESEARCH AND DEVELOPMENT OF THE NEW BOARD GAME FOR ADOLESCENTS WITH CHRONIC CONDITIONS: SECZ TALK

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Background: The development of sexuality and intimate relations is often delayed in adolescents with chronic conditions. Although discussing sexuality is part of good transitional care, providers in paediatric health care often feel unprepared for it.

Aims:

- 1) To research current practice, attitudes and preferences of adolescents with chronic conditions, their parents & paediatric care providers toward addressing sexuality during medical / nursing conversations.
- 2) To develop an attractive intervention to facilitate communication.

Methods:

- 1) Observations of 31 consultations & web-based survey for all chronic patients (12-19 yrs) of a paediatric hospital & their parents; followed by a national survey for providers of adolescent health care;
- 2) Participatory approach to develop intervention.

Results: Observations of medical consultations revealed that non-medical issues are rarely addressed during medical consultations. This was confirmed in a survey among 1039 adolescents and 778 parents. Fifty percent find it important to discuss fertility and sexuality in relation to the chronic condition, but this topic is almost never covered. Over 75% of 159 surveyed healthcare providers in rehabilitation centres and hospitals find this topic important, but need practical tools to facilitate the discussion. With the help of experts, healthcare providers and young people, a new board game -SeCZ Talk- was developed and pilot-tested in small groups. All users were very positive about the game, that develops knowledge, attitude

and skills. Distribution and implementation will be further evaluated.

Conclusions: SeCZ Talk is a promising tool that helps to facilitate much needed communication about sexuality with adolescents with chronic conditions.

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PREDICTORS OF ADHERENCE IN SMALL CHILDREN WITH TYPE 1 DIABETES

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Aims: Although type 1 diabetes incidence is increasing in younger children, they are neglected in paediatric adherence research despite the fact that younger children are more vulnerable medically, less capable of managing their disease, and parents have enormous caretaking responsibilities. We investigated the predictors of treatment adherence in young children with type 1 diabetes.

Methods: Mothers of 65 children aged 2 to 8 years were interviewed about children's diabetes care (e.g., injections, diet). Nutritional analyses were conducted to assess children's extrinsic sugar consumption (e.g., confectionary). Mothers completed assessments of diabetes knowledge, parenting stress, family functioning and child psychological adjustment. Demographic and medical information was also collected.

Results: More relationship difficulties and less frequent blood glucose monitoring predicted higher % energy intake from extrinsic sugars. The blood glucose monitoring and dietary regimens showed greater adherence variability than medical treatment components such as injection frequency. Better maternal diabetes knowledge correlated with less injection time variability, more frequent blood glucose monitoring, lower % energy intake from extrinsic sugars, lower HbA1c levels, and fewer relationship difficulties. Longer diabetes duration, greater injection time variability, and higher % energy intake from extrinsic sugars predicted less frequent blood glucose monitoring.

Conclusion: Healthcare professionals can facilitate treatment adherence through provision of socioemotional, educational, and practical support. Findings show that

- 1) healthcare professionals should be sensitive to the differential caretaking challenges presented by different components of treatment,
- 2) education is related to better outcomes, and
- 3) interventions should target the blood glucose monitoring and dietary regimens in particular.

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QUALITY OF LIFE IN GREEK CHILDREN WITH ASTHMA

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Background: Asthma is a multisymptomatic and multifactorial disease with a various therapeutic approach that can have a substantial effect on quality of life (QoL).

Aim: To evaluate the QoL in children with asthma in Greece and to describe the impact of asthma and its treatment on the child's well-being.

Methods: The study participated 504 asthmatic children and one of their parents. QoL was assessed with DISABKIDS-Smile measure for children aged 4-7 years and with DISABKIDS DCGM-37 and Asthma Module for children 8-14 year old, along with special forms for demographic and clinical data.

Results: 315 children (122 girls, 193 boys), 4-7 years old (Group A) with mean age 5.35 years and 189 children (8-16 years old) with mean age of 10.22 years (Group B) participated the study. Age of diagnosis, treatment duration, mother's educational level and level of asthma control were found to have positive effect on children's QoL. On the contrary, passive smoking (especially when the mother was a smoker), presence of pets or animals, the level