


# Research & ADHD Treatment Guidelines

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## Key Points

- High success rate of stimulant medications (~80% of children respond to at least one medication)
- “Success” means a meaningful reduction in core symptoms, not a complete disappearance
- Medication can help normalize brain activity in areas responsible for executive function, leading to positive changes in structure and function

 For most children with ADHD, **a combination of medication and behavioral therapy** is the most effective treatment for reducing ADHD symptoms.

## Home Practice

Continue the [behavior log](#) for your child to track treatment progress.

## Resources

- [The MTA Study: Questions and Answers](#), National Institute of Mental Health
- [Effect of Psychostimulants on Brain Structure and Function in ADHD](#), Journal of Clinical Psychiatry
- [Stimulant Medications in Children with ADHD](#), Neuropsychopharmacology
- [Clinical Practice Guideline for ADHD](#), American Academy of Pediatrics