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# **The Impact of Behavioral and Alternative Therapy in Reducing Treatment Disparities in Childhood ADHD: An Integrative Literature Review**

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## **Abstract**

**Background:** In the United States, significant disparity exists in the treatment of Childhood attention deficit disorder (ADHD) across a variety of demographic and geographic planes. Although current guidelines recommend a combination of pharmacy and behavioral/psychotherapy, present research provides evidence that many children receive pharmacological treatment alone to resolve symptoms.

**Objective:** To explore what research has been conducted regarding the use of a combination of pharmacological and behavioral/psychotherapy approaches to resolve symptoms of ADHD.

**Methods:** This integrative literature review was conducted using keywords “Attention deficit and hyperactivity disorder (ADHD), alternative therapy, treatment disparity, and pediatrics” to search the literature between 3/15/2017 and 4/15/2017.

**Results:** Result supports that non-pharmacological approaches such as yoga provide a significant improvement for treatment of ADHD.

**Conclusions:** This study found that use of non-pharmacological interventions such as family psychoeducation was correlated with improved symptoms for children who have ADHD.

*Keywords:* Attention deficit and hyperactivity disorder (ADHD), alternative therapy, treatment disparity, pediatrics.