

# CURRICULUM / CONTENT

## Attention Deficit Disorder / Hyperactivity (ADHD) and the Scientific Osteopathic Approach

### 1. Introduction and Definition

### 2. Symptoms of ADHD

*2.1. In Children*

*2.2. In Adults*

### 3. Causes of ADHD

*3.1. General*

*3.2. Genetics*

*3.3. Brain*

*3.3.1. Development*

*3.3.2. Neurotransmitters*

*3.4. The Autonomic Nervous System (ANS)*

### 4. Assessment and Diagnosis

### 5. Prognosis and Long-term Outcomes of ADHD

### 6. Treatment

*6.1. Prevention*

*6.2. Medication*

*6.3. Nutrition and Lifestyle*

*6.4. Behavior (Parental) Therapy*

*6.5. Transcranial Magnetic Stimulation*

*6.6. Exercise*

*6.7. Osteopathy*

*6.7.1. Tests and Techniques*

*6.7.1.1. Tests of the Upper Cervical Region (Occiput – Atlas – Axis)*

*6.7.1.2. Techniques*

### ANNEX 1

**Self-report questionnaire on attention problems and hyperactivity for adulthood and childhood**

**Bibliography**

**Acknowledgment**