The Multimodal Treatment of Attention Deficit Hyperactivity Disorder Study (MTA)

Attention deficit hyperactivity disorder (ADHD) is the most common psychiatric disorder in children. Medications and behavior therapy in addition to several other interventions have been effective in treating children with ADHD. The NIMH sponsored the Multimodal Treatment of ADHD (MTA) study was a multi-site study involving 600 children ages 7-9, designed to evaluate the effects of intensive medication management alone, intensive behavior therapy alone, a combination of both and routine community care serving as a control group.

The children, who had been diagnosed with ADHD, were assigned randomly to one of these four groups and the study examined the safety and effectiveness of these two treatments alone and in combination for a period of 14 months while comparing them to routine community care.

The major findings of the MTA study, published in the Archives of General Psychiatry in December 1999, found that a combination of medication management and behavior therapy were significantly superior to these interventions being used alone and to routine community care, for reducing symptoms for ADHD. The study also showed that these benefits last for as long as.

The major findings of the MTA?

The MTA primary results were published in December 1999 in the Archives of General Psychiatry. The study found that a combination of behavior therapy and medication management were both significantly superior to intensive behavioral treatment alone or medication management alone or routine community care in reducing ADHD symptoms. The study also showed that these benefits last for as long as 14 months.

In other areas of functioning (e.g., anxiety symptoms, academic performance, parent-child relations, and social skills), combination treatment was consistently superior to routine community care, whereas medication alone or behavioral treatment alone were not. The children in the combination treatment also ended up taking lower doses of medication than the children in the medication-alone group. These findings were consistent across all six research sites, despite substantial differences among sites in the children's sociodemographic characteristics.
• The MTA Cooperative Group: A 14-Month randomized clinical trial of treatment strategies for attention-deficit/hyperactivity disorder (ADHD). *Arch Gen Psychiatry* 1999;56:1073-1086.

• The MTA Cooperative Group: Moderators and mediators of treatment response for children with attention-deficit/hyperactivity disorder (ADHD). *Arch Gen Psychiatry* 1999;56:1088-1096.

For more information about this study:

NIMH>>The Multimodal Treatment of Attention Deficit Hyperactivity Disorder Study (MTA): Questions and Answers