Relationship between Zinc Serum Level and Attention Deficit Hyperactivity Disorder

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Abstract

Background and Objective: With regard to high prevalence of attention deficit hyperactivity disorder (ADHD) and its being significantly affected by nutritional factors, we aimed to determine the relationship between zinc serum level and ADHD.

Material and Methods: This ex-post- facto (causal comparative research) design study was conducted on 60 children, selected via convenience sampling. Thirty of them were ADHD children diagnosed by a psychiatrist using DSM IV checklist, as a case group, and the rest were healthy ones located in control group. Having their family informed consent, their Zinc level was measured via Colorimetric method.

Results: The results show that Zinc serum level of ADHD children are lower than that of healthy ones. Using t- test, it was indicated that the difference is not significant. Besides, the result of Pearson correlation coefficient showed that there is no significant relation between Zinc and ADHD.

Conclusion: given that the zinc level was lower in ADHD children, the difference was not significant. Therefore, we recommend conducting further research with a larger sample size.

Key words: Zinc; ADHD; Attention Deficit Disorder with Hyperactivity.

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