

RLS in children with behavioral disorders

¹Sofia Kasradze, ¹Tamar Ediberidze, ^{1,2}Lia Maisuradze, ¹Giorgi Lomidze, ¹Tamara Gagoshidze

¹Institute of Neurology and Neuropsychology, Tbilisi, Georgia

²Iliia State University, Tbilisi Georgia

Introduction: Attention-deficit/hyperactivity disorder (ADHD) or ADHD symptoms are more often found in children. Almost half of subjects with ADHD have been found to have restless legs syndrome (RLS). ADHD and RLS have common symptoms, it is for this reason that ADHD is often misdiagnosed and RLS is undiagnosed among children.

Objectives: The aim of this pilot study was to estimate the occurrence of RLS symptoms and sleep-related problems in children with ADHD and other behavioural disorders using an adapted Pediatric Sleep Questionnaire for Parents (PSQP).

Participants and Methods: 63 outpatient children (41 males, 22 females), aged 32-72 months, admitted to the Department of Learning and Developmental Disorders at the Institute of Neurology and Neuropsychology (between 01.01.2010 and 01.05.2013) were diagnosed by a multidisciplinary team (developmental paediatrician, neurologist, neuropsychologist, psychiatrist) as a behavioural disorder with tantrums and ADHD symptoms (PTADHD) or having only ADHD symptoms (ADHD). PSQP scores of those were obtained and analysed.

Results: Overall, tantrums with ADHD symptoms were diagnosed in 48 children, and ADHD symptoms alone were found in the remaining 15 children. Main RLS symptoms was identified in four children (6.3%) in whole cohort. Two cases of them (13.3%) were found among children with ADHD symptoms only. Both of them have experienced RLS symptoms once per week. The remaining two RLS cases were identified among children with behavioural disorders and ADHD symptoms (4.2%): in one case RLS symptoms were observed weekly and in another case once per month.

Sleep problems, such as difficulty with sleep onset and restricted nocturnal sleep with frequent awakening, were more frequent in children with behavioural disorders but this association was not statistically significant.

Conclusion: The results of this pilot study suggest that RLS could be more often associated in children with ADHD compared with behavioural disorders accompanied with ADHD symptoms. Further investigations are needed to reveal the association of RLS with ADHD in children.