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## The Relationship Between ADHD Symptoms, Breastfeeding and Overweight/obesity in Children and Adolescents

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**Introduction:** Attention deficit hyperactivity disorder (ADHD) has been found to be related to overweight/obesity in children and adolescents.

**Objectives:** However, it is a heterogeneous disorder, and the relationships between the dimensions of ADHD and overweight/obesity are not clear.

**Aim:** The aim of this study was to explore which dimensions of the disorder are specifically associated with overweight/obesity.

**Methods:** The study sample consisted of 300 treatment naive children with ADHD and 75 healthy controls aged 7–17 years. The ADHD module of the Kiddie Schedule for Affective Disorders and Schizophrenia-Present and Lifetime Version was used to diagnose ADHD. The severity of ADHD symptoms was assessed via Conners' Parent Rating Scale (CPRS). The weight, height, and breast-feeding duration of the study samples and controls were recorded. The body mass index (BMI) of the participants was categorized according to the national age and sex specific reference values.

**Results:** The rate of overweight/obese children was higher in the ADHD group. The association between ADHD symptoms and BMI percentile scores was evaluated using structural equation modeling. In that model, it was observed that the inattention and oppositionality subscores of the CPRS had a positive predictive effect on the BMI percentile scores of the children. However, the duration of breastfeeding showed a negative predictive effect on the BMI percentile scores.

**Conclusion:** These results showed the importance of inattention, oppositionality and breastfeeding duration on overweight/obesity in children and adolescents with ADHD. Longitudinal studies are needed to more fully understand this relationship and the mechanisms underlying the association between ADHD and overweight/obesity.