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Food Additives and Hyperactivity Disorder Among School Children in the City of Kenitra (Morocco): Preliminary Study

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Attention deficit hyperactivity disorder is one of most common neuropsychiatric disorder in school aged children. Neurobehavioral, environmental and nutritional factors are involved in the pathway of this disorder.

The aim of this study is to evaluate the hyperactivity among urban schooled children living in Kenitra city (North-West of Morocco), and to study the relationship between this neurobehavioral disorders (Hyperactivity) and the food additives contained in cookies and soft drinks bought from the local markets.

The study is realized among 239 children studying in a public primary school, aged between 6 to 16 years. Two questionnaires are used; the DSMIV questionnaire evaluates the ADHD (Attention deficit hyperactivity disorder) disorder and a questionnaire about the socioeconomic and nutritional life of children.

The obtained results show that hyperactivity represents an important percentage in this population (33.80%). Indeed, a significant correlation between this disorder and the food additives contained in cookies and soft drinks bought from the local markets ($p < 0.05$, $p < 0.01$ respectively) is registered.

The hyperactivity disorder founded among these children appeared in connection with food additive contained in cookies and soft drinks bought from the local markets of the child, but a deeper investigation is needed for studying all possible factors that can cause this impairment.