

Homeopathic RCT embedded in an observational study of children with ADHD – a successful model of whole systems CAM research

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European Congress for Integrative Medicine

Berlin, 7-8 November 2008

Homeopathic treatment of inattentive children

Four Questions

- △ **Is homeopathic treatment effective in children with ADHD?**
- △ **Is there an efficacy of homeopathic remedies?**
- △ **Is homeopathic therapy in children with ADHD economical?**
- △ **Is the clinical effectiveness stable over 5 years?**

Homeopathic treatment of inattentive children

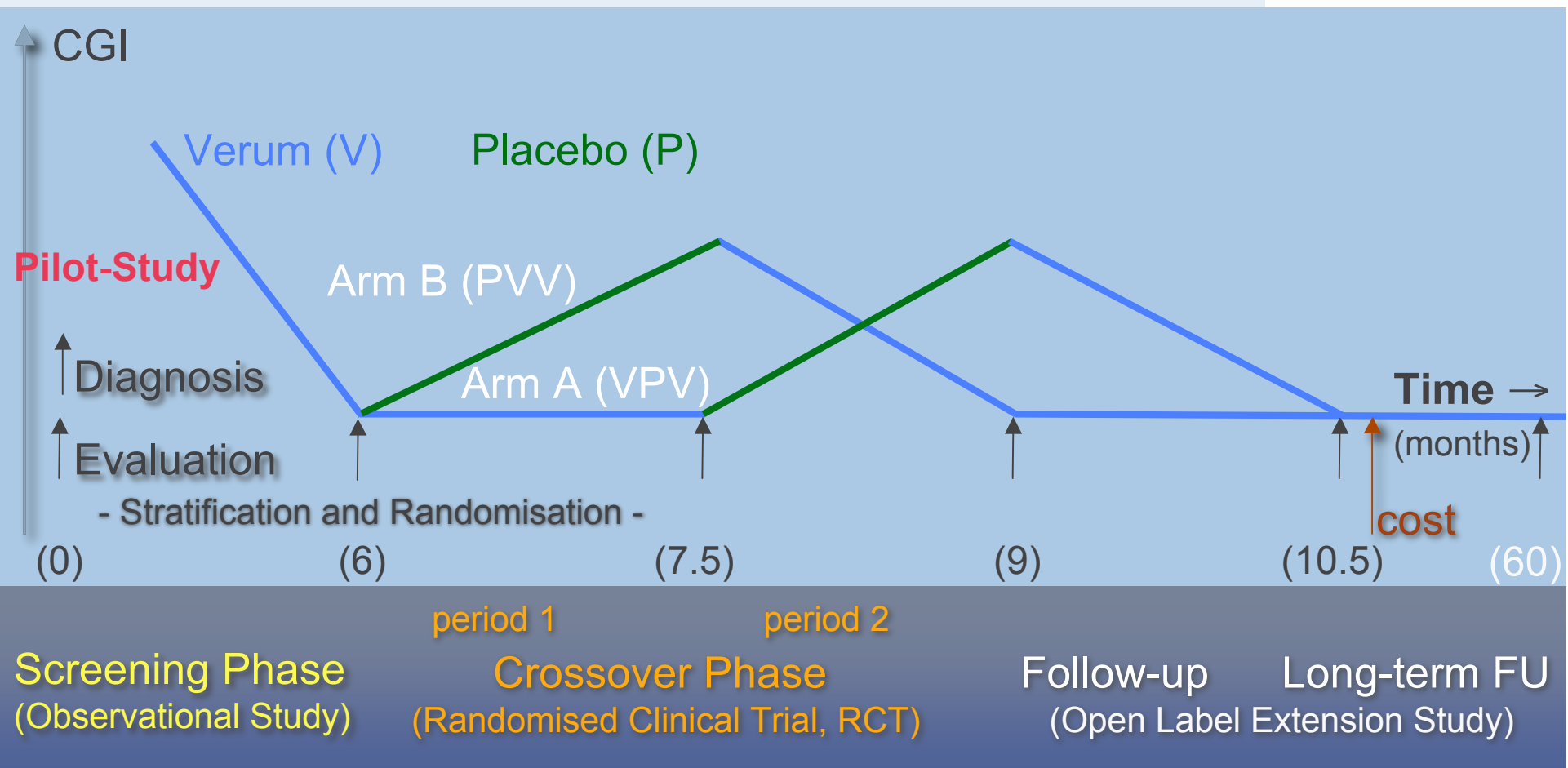
Study Requirements HOM and CON

homeopathic (HOM): individual prescription
law of similars
single remedy
set-up of individual reaction
following prescription

conventional (CON): prospective
controlled
randomized
double-blind
control group

Homeopathic treatment of inattentive children Study Design: Three Phases including RCT

(modified Bönninghausen's method, Q-(LM-)potencies)



Frei H, Thurneysen A. Brit Hom J 2001; 90:183-188; Frei H, Everts R, von Ammon, K et al Eur J Pediatr (2005)164:758-67; (2008)

Homeopathic treatment of inattentive children

Patient Flow and Unrestricted Medication

140 patients are interested to participate, recruited by lectures

83 fulfill ADHD diagnosis and screening phase inclusion criteria

70 (84%) fulfill RCT inclusion criteria (+ 3 short after deadline [->90%])

-5 (7%) refuse to participate in RCT

-3 fulfill RCT criteria after deadline

62 children participate in RCT

-4 drop-outs (behavioural problems (2), depression, and tics)

58 children finish RCT and undergo long-term therapy with

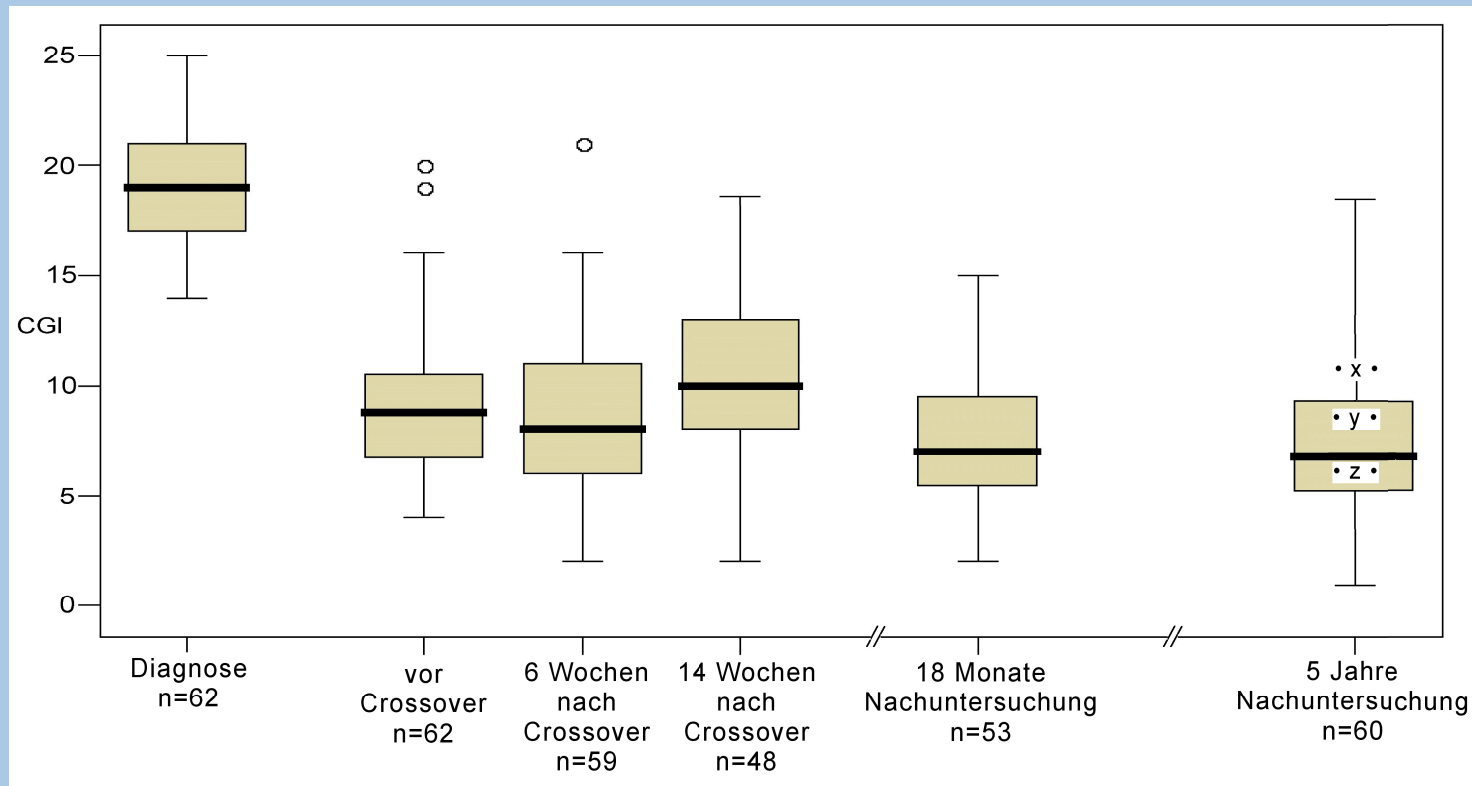
medication of 17 different remedies in Q-(LM-) potencies

(calc [n=15], sulph [8], cham, lyc, sil [5 each], hep, nux-v [4 each], chin, ign, merc [3 each], caps, caust, hyos, phos, ph-ac, sep, staph [1 each])*

60 children available for long-term follow-up (2008)

*Frei H, Everts R, von Ammon K, Thurneysen A ZKH 2006; 50:5-12

Homeopathic treatment of inattentive children CGI from Diagnosis to Long-term Follow-up



diagnosis n=62 before crossover n=62 6 weeks after crossover (n=59) 14 weeks (n=48) 18 months follow-up (n=53) 5 years follow-up (n=60)

o = outlier
x = MPH therapy
y = no therapy
z = homeopathy

Homeopathic treatment of inattentive children

Conclusions Homeopathic Therapy

Homeopathy is especially suitable for

- infants, nursery and primary school children:

Highly Significant Amelioration (CGI) of

- intensity of ADHD
- emotional, social and behaviour in school

Highly Significant Amelioration (Neuropsychology) of

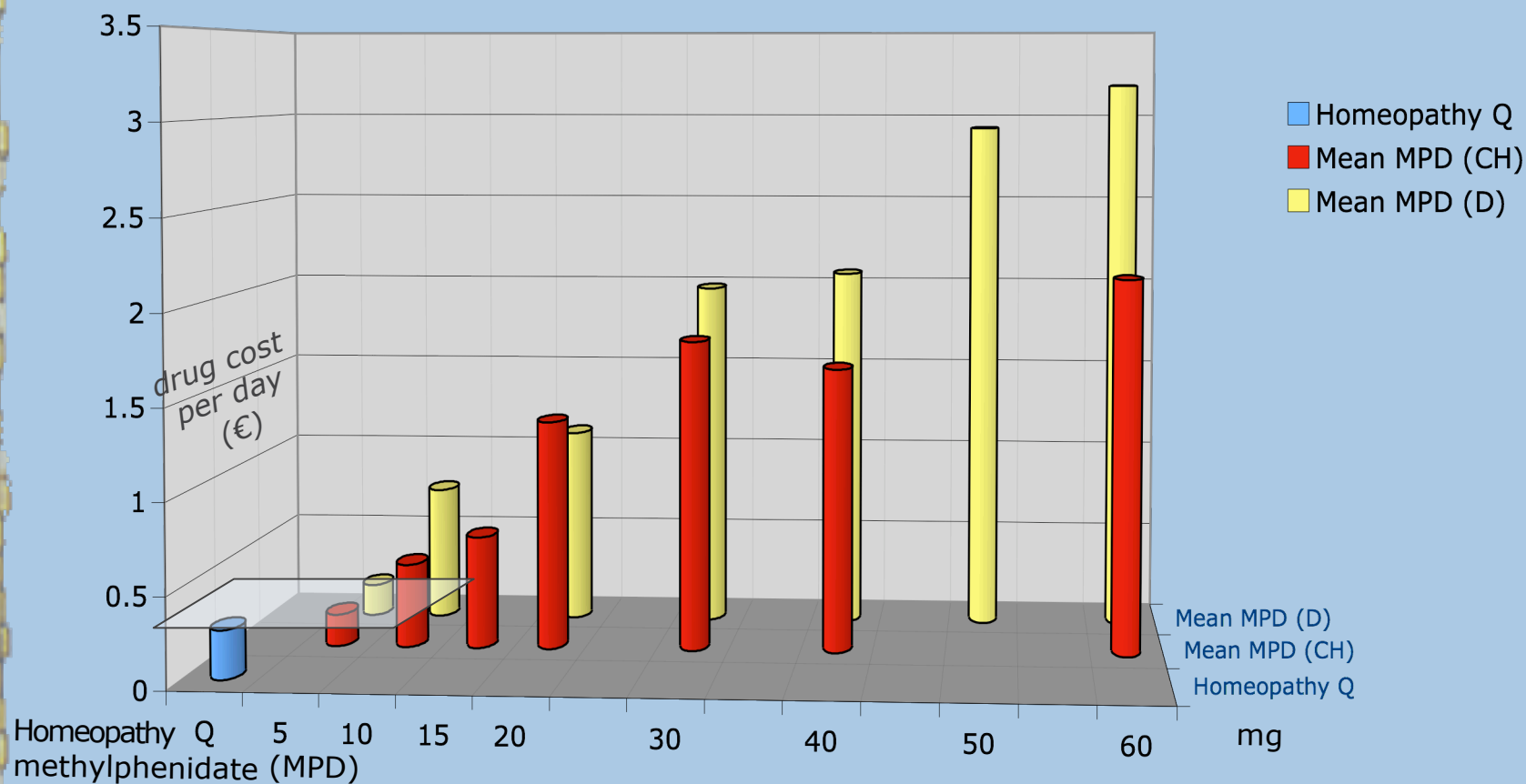
- visual perception
- impulsivity and attention

Significant Difference between Placebo and Remedy (RCT)

Frei H, Everts R, von Ammon, K et al. Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomised, double blind, placebo controlled crossover trial
Eur J Pediatr (2005)164:758-67

Homeopathic treatment of inattentive children

Mean Cost Comparison for Long-term ADHD Therapy



Homeopathic treatment of inattentive children

Four Answers

Summary

- Homeopathic therapy in treating children with ADHD**
- > comprises remedies with a specific efficacy,**
 - > is clinically and neuropsychologically effective,**
 - > for a duration of at least five years,**
 - > is economically a valuable option, due to being at least as cost effective as low dose stimulants.**

Homeopathic treatment of inattentive children

Factors for success

Appropriate study design combining homeopathic (HOM) and conventional (CON) requirements

HOM: optimized repertorization method using specific questionnaire, perception symptoms, and operationalized materia medica comparison (polar symptoms)

CON: randomisation, stratification, blinding after successful therapy: willingness to participate, compliance, and low drop-out rate

Homeopathic treatment of inattentive children

Expenditure

Timetable

Pilot Study (Brit Hom J 2001)*	1998-2001	3 years
Design and Team Formation	2000-2001	1 year
Gesuchstellung (Ethic Commissions, IKS)	2001	0.5 year
Implementation	2001-2004	2,5 years
Assessment, Writing, Publication	2004-2005	1 year

Time **1998-2005** **8 years**

Budget **250'000 CHF, approx. 185'000 EUR**

*Frei H, Thurneysen A

Brit Hom J 2001; 90:183-188

Treatment for hyperactive children: homeopathy and methylphenidate compared in a family setting.

Homeopathic treatment of inattentive children

Thanks

children and families

Sponsors

Gertrude von Meissner Foundation, Basel

software AG Foundation, Darmstadt

Hans Eggenberger Foundation, Zurich

SNE Foundation (promotion award 2002), Solothurn

Fondation Homéopathique Pierre Schmidt, Genève

PanMedion Foundation, Zurich

Spagyros AG, Gümligen

Karl und Hilde Holzschuh Award (2008), Karlsbad

Gudjons Laboratories, Stadtbergen

SBB (Swiss Federal Railways), Bern

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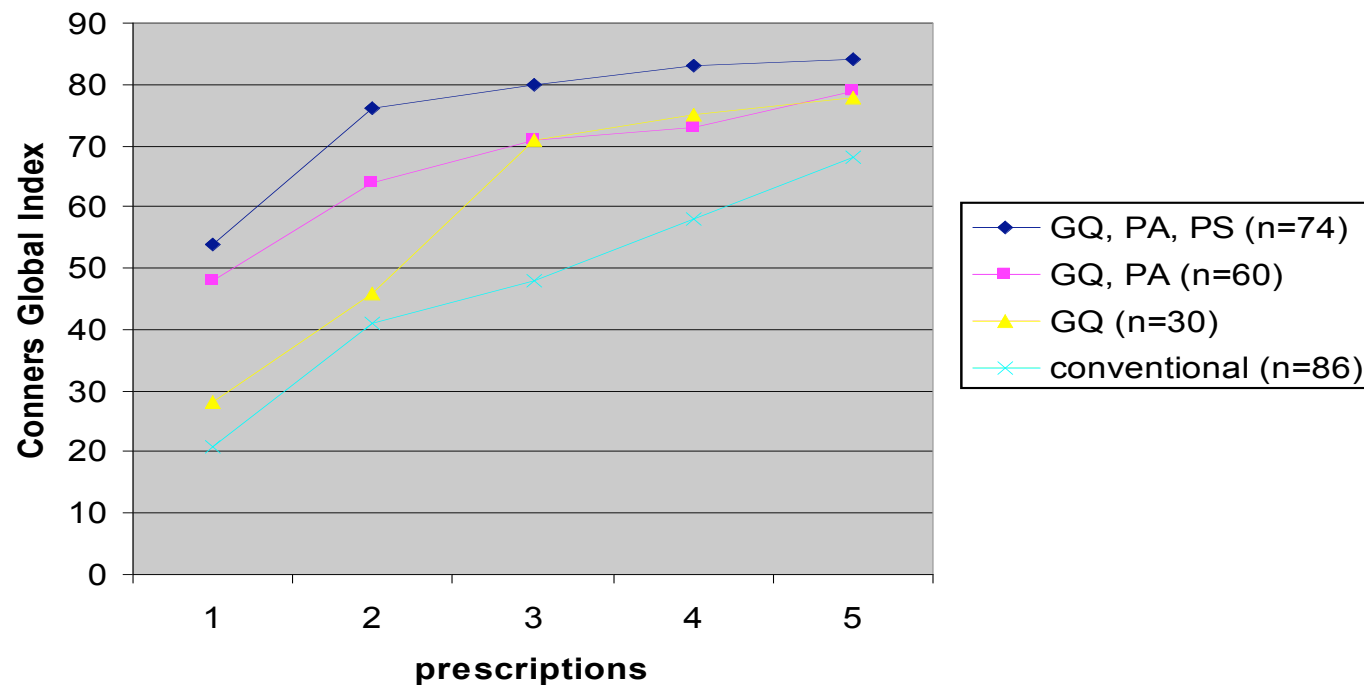
*Frei H, Thurneysen A

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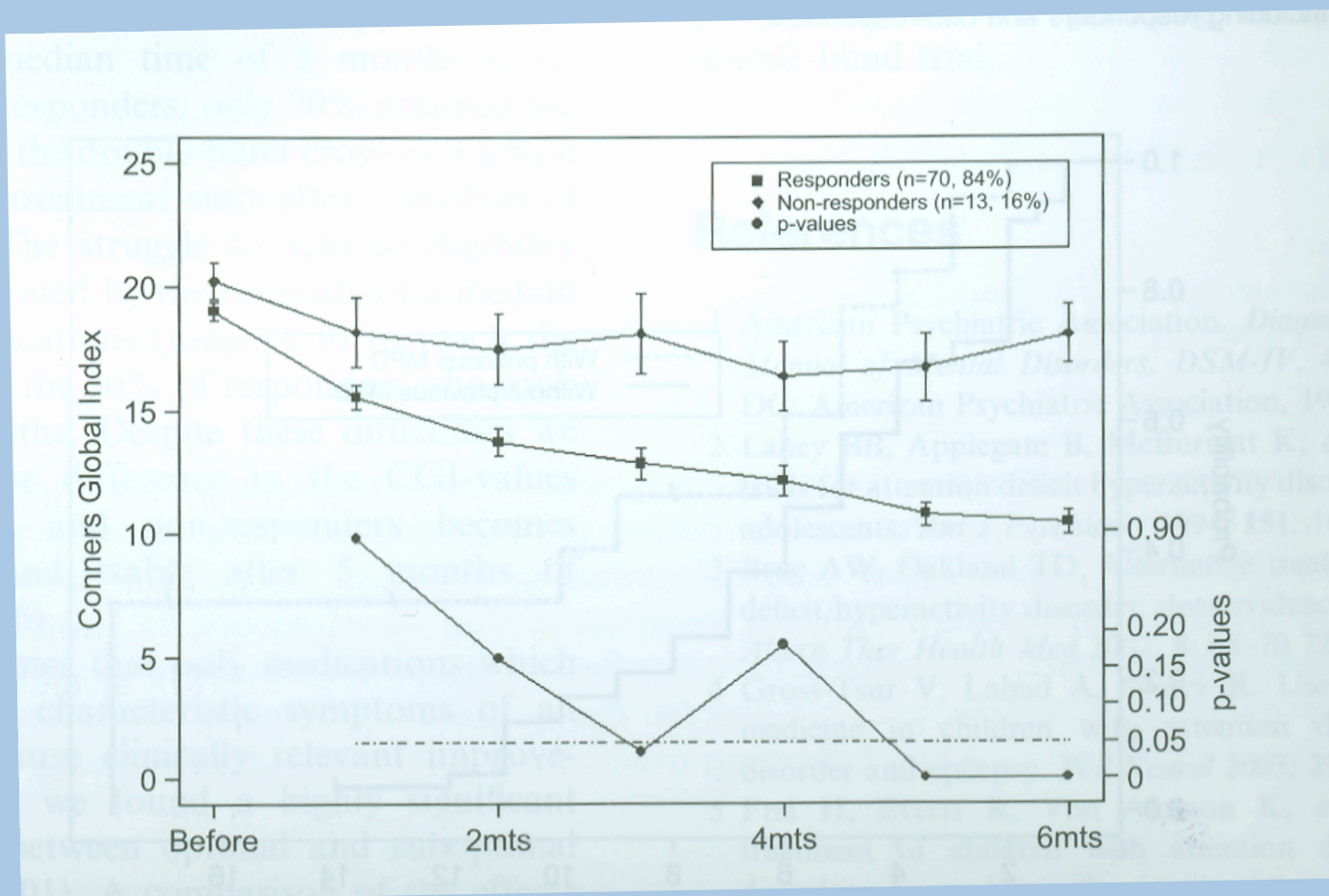
Treatment for hyperactive children: homeopathy and methylphenidate compared in a family setting.

Optimising diagnosis through questionnaire, polarity analysis and perception symptoms

Increase in efficiency of homeopathic treatment in children with ADHD with stepwise introduction of a general questionnaire (GQ), the analysis of polar symptoms (PA) and the inclusion of perception symptoms (PS)



Optimised randomisation after successful therapy differentiates verum from placebo after 6 months



Homeopathic treatment children with AD(H)D Textbook - English Translation in Preparation



Homeopathic in AD(H)D - Publications concerning methodology

H. Frei, K. von Ammon, A. Thurneysen
Treatment of hyperactive children: Increased efficiency
through modifications of homeopathic diagnostic procedure
Homeopathy (2006), 95, 163-170

H. Frei, R. Everts, K. von Ammon et al.
Randomised controlled trials of homeopathy in
hyperactive children: treatment procedure leads
to an unconventional study design
Homeopathy (2007) 96, 35-41

Homeopathic treatment of inattentive children CGI Crossover Phase

