

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder that can cause inattention, impulsivity, and hyperactivity. ADHD may develop from genetic and environmental factors.



Early Childhood Phthalate Exposures May Be Associated with ADHD in Childhood and Adolescence



Why was this study needed?

ECHO researchers wanted to understand how early life exposure to phthalates (chemicals that are in everyday items such as food packaging, building materials, and personal care products) may be linked to ADHD later in life (ages 8-18 years).



What happened?

ECHO researchers looked at phthalate (pronounced THAL-ate) exposure in over 200 children aged 2-5 years (many of whom had ADHD) and parents answered questions about each child's ADHD symptoms at ages 8-18.



What were the results?

This study suggests that early childhood exposure to certain phthalates may be associated with having ADHD traits.



What action could I take after reading this information?

Studies like this can help us understand how early life exposures may contribute to later child behaviors.



Read the summary: [Early Childhood Phthalate Exposures linked with ADHD in Childhood and Adolescence](#)



Why was this study needed?

ECHO scientists wanted to understand how poor sleep during pregnancy might lead to more ADHD symptoms and sleep problems in children.



What happened?

794 mother-child pairs across five ECHO research sites were included in the study. Pregnant people answered questions about their sleep during pregnancy, and later they answered questions about their children's behaviors and ADHD symptoms (kids aged 3 to 5).



What were the results?

Getting better sleep and sleeping for longer during the second trimester of pregnancy was associated with less ADHD symptoms and sleep problems in 4-year old children.



What action could I take after reading this information?

Poor sleep during pregnancy is very common. Talk to your doctor about ways to get better sleep.



Read the summary: [ECHO Study Finds Maternal Sleep During Second Trimester of Pregnancy May be Associated with ADHD Symptoms and Sleep Quality in Early Childhood](#)

Read more research results on the website: echochildren.org/research-summaries/

