Abstract
ADHD children can show changes in growth and development. Many studies describe these changes as a side effect of stimulant medication. However, changes in somatic development can also appear in non-medicated children. This suggests that the changes could be a manifestation of the disorder itself and not just a side effect of the treatment.

This study compared anthropometric characteristics in medicated and non-medicated ADHD boys with the normal non-clinical population. In contrast to most previous studies, complex anthropometrical measurements were used.

The results showed significant differences between children with ADHD and those without the diagnosis, the differences found to be statistically significant (p<0.01) being signs of nutrition (percentage of fat, abdominal circumference) and growth suppression (lower body height). Differences between the medicated and non-medicated groups corresponded only to a lower value of body fat in the medicated children.

These results suggest that growth changes in ADHD children may be more specific to the disorder itself than to stimulant treatment.