

## 兒童及青少年精神科服務 注意力不足 / 過度活躍症 藥物治療

### 注意力不足 / 過度活躍症 與藥物治療

綜合外國研究結果，大概百分之七十到八十的注意力不足 / 過度活躍症患者對藥物治療 (中樞神經刺激劑) 有明顯良好的療效。藥物的作用是透過平衡腦部神經傳導物質失調的問題來改善患者的專注力和自我控制能力，從而改善患者的病徵。

### 藥物治療有甚麼選擇？

「MPH」(Methylphenidate，又名哌醋甲酯或鹽酸甲酯)，是一種中樞神經刺激劑，主要用於治療注意力不足 / 過度活躍症，有幾種不同處方。

而在瑪麗醫院的第一線藥物治療選擇為「利他林」(Ritalin)，當然亦有其他藥物選擇，醫生會因應不同個案作出評估，以擬定個別而全面的治療計劃。

### 「MPH」對注意力不足 / 過度活躍症有甚麼效用？

「MPH」的功能並不是根治注意力不足 / 過度活躍症，而是改善注意

力不足 / 過度活躍症病徵，「MPH」能有效控制過度活躍、注意力缺陷和衝動行為病徵，並能改善社交行為、不合作行為、學習效率和學習的準確度。但是，中樞神經刺激劑對注意力不足 / 過度活躍症一併出現的讀寫障礙或情緒問題，並沒有任何療效。

### 「MPH」需要如何服用？

MPH」是一種口服藥物，以「利他林」為例，藥力大約可維持兩至四小時，服藥次數因人而異，以香港學生的日常生活來說，一般的服藥時間為早上、午間和下午放學之後。

### 「MPH」有甚麼副作用？

大部分 (約百分之九十) 服用「MPH」的患者並沒有嚴重的副作用，而且通常在一段短時間內會消退。常見的副作用包括：食慾不振、腸胃不適、作嘔、頭痛等，其他副作用則包括失眠、肌肉抽搐、情緒焦慮、波動、也有少數會有心跳加速、幻覺等。總括而言，中樞神經刺激劑的常見副作用是輕微和短暫的，大部分在調教劑量和服藥時間後，可以得到改善和紓緩。

### 「MPH」會影響孩子身高體重增長和發育？

現在還沒有確實證據顯示藥物會影響孩子成長和發育。

### 「MPH」是否鎮定劑，或令孩子呆呆滯滯？

「MPH」並沒有鎮定劑的作用，也不會令孩子呆呆滯滯，相反適當份量的藥物可以提高孩子的專注力和自制能力。

### 服用「MPH」會成癮或導致濫藥嗎？

只要根據醫生處方服用藥物，是不會成癮或導致濫藥問題。

### 孩子服用「MPH」後，是否要吃一輩子藥？

注意力不足/過度活躍症的病徵部份會隨着孩子長大而減輕，但程度因人而異，孩子服藥時間的長短，要視乎病徵的輕重和影響他們的持續程度。

### 「MPH」可否只在準備默書、測驗考試時才服用？

「MPH」或中樞神經刺激劑對注意力不足 / 過度活躍症病徵的改善，不可能由一、兩劑藥物所能達到，如果只在準備默書、測驗考試時才服用，並未能得到藥物的最大療效。

### 「藥物假期」是甚麼？

有很多家長喜歡在週末或學校假期讓孩子停藥，主要原因是擔心藥物帶來的副作用，但值得注意的是，注意力不足 / 過度活躍症的病徵是在日常生活中廣泛出現，不單影響學習，亦同時影響孩子的親子、朋輩關係及興趣發展等等。一般來說，「藥物假期」的安排，並不合適。家長應先諮詢孩子主診醫生的意見。

### 患有注意力不足/過度活躍症的孩子，是否一定需要服用「MPH」？

藥物治療只是醫治注意力不足 / 過度活躍症的其中一部分，研究顯示小組訓練、行為治療、家長管教訓練、學習環境配合等對孩子也相當重要。醫生會因應不同個案作出評估，以擬定個別而全面的治療計劃。

### 「MPH」可否和其他藥物一起服用？

大部分的日常用藥物對「MPH」並沒有排斥作用，可以一起服用。但某些藥物如血壓藥、抗抽筋藥、抗凝血藥、抗抑鬱藥、精神科藥物等，可能會與「MPH」產生不良作用，服用任何藥物前宜與主診醫生仔細商量。

以上資料由瑪麗醫院精神科提供。



瑪麗醫院  
Queen Mary Hospital

## 兒童及青少年 精神科服務

DEPARTMENT OF PSYCHIATRY  
CHILD AND ADOLESCENT  
PSYCHIATRIC SERVICE

### 注意力不足 / 過度活躍症 藥物治療

Attention-Deficit/  
Hyperactivity Disorder  
Medication treatment

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**DEPARTMENT OF PSYCHIATRY CHILD AND ADOLESCENT PSYCHIATRIC SERVICE**  
**Attention-Deficit / Hyperactivity Disorder**  
**Medication treatment**

**Attention Deficit / Hyperactivity Disorder (ADHD) & Medication Treatment**

Studies have shown that around 70% to 80% of people having ADHD have favourable response to psycho-stimulant medication treatment. Medication helps to improve attention and hyperactivity symptoms through the regulation of neuro-transmitters inside the brain.

**What are the choices of medication treatment for ADHD?**

“MPH” (Methylphenidate), is a type of psycho-stimulant and is mainly used in the treatment of ADHD. There are several preparations of “MPH” available in Hong Kong. The first line treatment option in Queen Mary Hospital is “Ritalin”. There are other medication treatment options and the overall management plan is individualized according to the child’s symptoms and needs.

**What is the use of “MPH” in the treatment of ADHD?**

Currently, there is no curative treatment for ADHD and “MPH” is not used to cure ADHD. “MPH” is used to improve and control symptoms of ADHD and it can effectively improve hyperactivity symptoms, attention deficit and impulsive behaviour. It is also helpful in improving social behaviour, learning efficiency and accuracy. However, it is not useful in treating co-existing disorders such as dyslexia or emotional disorder.

**How is “MPH” taken?**

“MPH” is an oral medication. Using “Ritalin” as an example, the duration of action is around 2 to 4 hours. The frequency of the medication taken per day depends on the individual’s symptoms and severity. For example, Ritalin is generally taken in the morning, at noon and after school in a typical Hong Kong student routine.

**What are the side effects of “MPH”?**

Most people (~ 90%) taking “MPH” do not experience prominent or severe side effects. Common side effects include reduced appetite, abdominal discomfort,

nausea and headache. Other side effects include insomnia, tics, nervousness, mood fluctuation, or very few may have palpitation or perceptual disturbance, etc. In general, the side effects of “MPH” are usually mild and transient. Most side effects can be ameliorated and improved by adjustment of drug dosage and frequency.

**Does “MPH” affect child’s body height/weight and stunt child’s growth?**

There is no concrete evidence to substantiate that “MPH” affects child’s body height/weight and stunts child’s growth significantly.

**Is “MPH” a type of sedatives? Does it make a person look dull?**

“MPH” is not a sedative and it does not make a person look dull. In fact, properly adjusted medication dosage helps sharpen a person’s focus and improve his/her ability to control their behaviours.

**Will “MPH” cause drug abuse?**

“MPH” is not addictive when used as prescribed and it will not cause drug abuse or addiction problem.

**Will a kid need to take “MPH” for life after starting on it?**

Some children show improvement in their ADHD symptoms when they grow older but the degree varies. The need for medication and duration of treatment depend on the severity and pervasiveness of ADHD symptoms as they grow up.

**Should “MPH” only be taken during preparation for examination or tests?**

ADHD is not an acute illness and cannot be treated by one or two tablets of medication. Optimal effect of “MPH” cannot be achieved if the medication is only taken on an “as-needed basis”.

**What is “Drug Holiday”?**

Some parents like to skip or stop medication during weekends or school holidays because of their worries about side-effects. However, symptoms of ADHD occur in most daily activities and different settings. Other than studies and learning, the symptoms also affect peer relationship, family relationship and personal development. The arrangement of “Drug Holiday” is generally not recommended. Parents are advised to discuss with their children’s doctor.

**Do all people having ADHD need to take “MPH”?**

Medication treatment is only part of the management of ADHD. Studies have shown that behavioural treatment, parent management training, and appropriate education support are also important in the management of ADHD. The overall management plan is individualized according to the child’s symptoms and needs.

**Could “MPH” be taken with other medications?**

Commonly used medications can usually be taken with “MPH”. However, some medications may have interaction with “MPH”, such as anti-hypertensive medication, anti-convulsants, anti-coagulants, anti-depressants and anti-psychotics. Please inform and carefully discuss with your doctor before commencing any concurrent use of other medications.