Abstract

Recent studies suggest that the ocular convergence insufficiency (OCI) and the attention deficit hyperactivity disorder (ADHD) present a superposition of signs and symptoms which can be correlated. In this context, OCI may guide the clinical diagnostic of ADHD in children, teenagers and adults. Different authors propose that the search for signs and symptoms of OCI must be performed during the diagnostic process of ADHD, since it is an easy and low-cost examination procedure. The aim of this short communication is to discuss this subject and to present future perspectives on this theme.

Keywords: Attention Deficit Hyperactivity Disorder (ADHD); Ocular Convergence Insufficiency (OCI); Ocular Motility Disorders; Learning Disorders
For over a decade, some diagnostic criteria for ADHD [2] and OCI [9] have been showed to be correlated [10]. Since then this subject became of great relevance for researchers worldwide [2,10,12-22]. Therefore, the possibility of a relation between ADHD and OCI has been discussed [10,19,22-24]. A 12-weeks vision therapy for OCI correction showed a significant decrease in symptoms related to ADHD in more than a thousand children [23,24].

More recently, it was validated a clinical assessment for OCI in children with ADHD considering the presence of this ocular disorder as a relevant marker for ADHD diagnostic [22].

![Figure 3: Evaluation of near point ocular convergence with optometric ruler in a child (Bernell).](Image 92x455 to 236x604)

Figure 3: Evaluation of near point ocular convergence with optometric ruler in a child (Bernell).

This ocular evaluation is simple, cheap, safe and does not offer risks, being easily performed with a pen. We suggest that every individual (children, teenagers and adults) with ADHD suspect should have their ocular convergence assessed, and those who present a convergence proximal point equal or greater than 5 centimeters (Figure 3) [19,21,23,24] must be treated before any drug intervention [25].

References


