



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman
College of Public Health



Nurtured Heart Approach® Study

A scientific evaluation of the Nurtured Heart Approach (NHA)

STUDY QUESTION:

Does NHA training for parents/guardians help reduce ADHD symptoms in their children ?

STUDY STEPS:



NHA Foundations Course is a **6-week online course** designed to train parents on the principles and practices of NHA

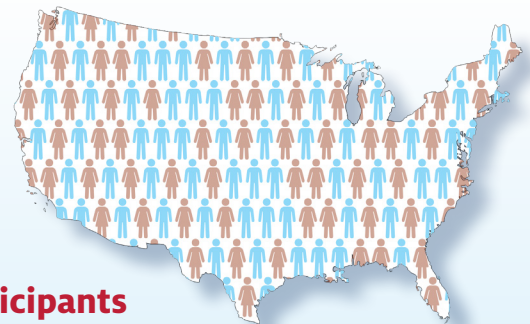
Participants had a **child ages 6-8 diagnosed** with ADHD or suspected of ADHD

Group 1 started the NHA Foundations Course in February and **Group 2** started in March

104 participants

from across the country enrolled and were randomly assigned to Group 1 or Group 2

All participants were invited to **complete three surveys** over the course of the study period



ANSWER TO STUDY QUESTION:

Yes. Participants reported reduced symptoms of inattention and hyperactivity/impulsivity in their children after participating in the NHA course

NEXT STEPS:

- ▶ Share these results at conferences, in reports, and in scientific journals
- ▶ Secure funding to continue studying the NHA

The Investigative Team sends thanks to participants, funders, and collaborators.

For more information, please contact:
Velia Leybas Nuño, PhD, MSW, Principal Investigator
vleybas@email.arizona.edu or 520-626-3525