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Individualised homeopathy treatment for children with generalised anxiety disorders: A randomised wait-list controlled trial

Neha Sharma

Warwick Research Services, UK

Centre for Homeopathy Research - NMP Medical Research Institute, India

Generalised Anxiety Disorders (GAD) in childhood are one of the most common and impairing condition, which present the risk for lifelong psychiatric disturbance. Despite the burden and health concerns, the majority of children with anxiety disorders do not access treatment. Interventions must be weighed up against the potential risk of harm in children. In view of these concerns, recent guidelines state that pharmacological treatments should not be offered routinely to children and young people. Therefore, present study evaluated the impact of individualised homeopathy for the treatment of childhood generalised anxiety disorders. Families (N=84) with a child aged 6-12 years, diagnosed with of generalised anxiety disorder were recruited from Mental health clinic, NMP Medical Research Institute. Participants were randomised to either individualised homeopathy treatment (n=42), or to a waitlist control (n=42). The primary outcome measure was the GAD Clinical Severity Rating and secondary measures included child-and parent-reported anxiety. Assessments were made at pre-treatment, 4-month post-treatment and at three-month follow-up. Significant reductions on GAD clinical severity was reported in the homeopathy group after intervention. Forty per cent of children in the homeopathy group no longer met criteria for anxiety disorder diagnosis of GAD based on DSM-IV at post-treatment and at follow-up this change increased to 70%. Parent-reported anxiety was significantly lower in the treatment group than in the waitlist group at post-treatment ($p<0.001$). Improvements were maintained in homeopathy group at three-month follow-up whereas waitlist control group showed no significant change. Overall, results suggest that children with generalised anxiety disorders appear to improve following an individualised homeopathy intervention.

Biography

Neha Sharma has completed her PhD at the age of 26 while working on Indo-American collaborative program with NIH. She is the Director of Warwick Research Services, UK; also Chief Executive Officer (CEO) of the International Research Initiative on India, China, Europe and Africa. She has over 70 research articles and has been invited to speak at numerous national and international conferences. She has received many honors and awards including Young Scientist Award and Scientific Excellence Award.

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