

## Diagnostic Category: Attention Deficit Hyperactivity Disorder Discipline: Paraprofessional Coach

Reference	N	Intervention (n)	Telerehabilitation program's:	Platform & clinician's involvement	Outcomes
Country Study Design Quality (for RCTs)	Sample description (dx specifics, age, gender)	vs. Comparison (n) Frequency & duration	I. Focus II. Nature III. Target IV. Receiving client		Child-related outcomes Parent-related outcomes (+) significant between-group differences for RCTs or within group improvements for non-RCTs (-) no significant between-group differences for RCTs or within group improvements for non-RCTs
Corkum et al., et al., 2016 Canada RCT PEDro score: 8/10 High quality	N= 61 Children with/without ADHD who experience trouble falling asleep with/without bedtime resistance, based on DSM-IV for primary insomnia. Mean age: 9.1 ± 1.9 yrs Age range: 5-12 yrs 28M:33F	Better night/better days (n=31) vs. Waitlist (n=30) Coaching component: 30-45 minute/session 5 sessions/week for 8 weeks	I. Insomnia II. Better Nights/ Better Days was a written manual for parents that included five sessions, which parents were supposed to complete at a rate of one session per week with telephone coach support. The first three sessions included information on (1) basic sleep physiology and impact of sleep problems; (2) appropriate sleep hygiene, establishing a bedtime routine, and handling night awakenings and early arising; and (3) sharing of the specific sleep intervention called the "faded bedtime with response cost and positive reinforcement" (FBRC-	Calls + written manual	At 2 months (post-treatment): (+) <i>Sleep onset delay</i> : Children's Sleep Habits Questionnaire (CSHQ); parent-reported (+) <i>Bedtime resistance</i> : CSHQ, Bedtime resistance subscale (+) <i>Sleep Duration</i> : CSHQ, Sleep duration subscale (+) <i>Sleep disturbance</i> : CSHQ, Total Sleep Disturbance subscale (+) <i>Sleep onset latency (SOL)</i> : Actigraphy measurements (-) <i>Sleep Duration</i> : Actigraphy measurements (+) <i>Competency and problem behavior</i> : Child Behavior Checklist (CBCL)

		<p>Parent completion of manual: 1 session/week</p>	<p>PR). The fourth session supported the implementation of FBRC-PR procedure, and the last session was focused on finetuning the program, relapse prevention, and eventual fading of the reward program.</p> <p>III. Child</p> <p>IV. Parent alone</p>	<p><b>At 6 months (follow-up):</b></p> <p>(+) CSHQ; parent-reported          (+) <i>Bedtime resistance</i>: CSHQ, Bedtime resistance subscale          (+) <i>Sleep Duration</i>: CSHQ, Sleep duration subscale          (+) <i>Sleep disturbance</i>: CSHQ, Total Sleep Disturbance subscale          (+) <i>SOL</i>: Actigraphy measurements          (-) <i>Sleep Duration</i>: Actigraphy measurements          (-) <i>Competency and problem behavior</i>: CBCL</p> <p>Note: Participants provided very high satisfaction ratings; (Using 5-point Likert scale)</p>
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