

Environmental Chemical Contributions to ADHD and the Externalising Disorders of Childhood – A Review of Epidemiological Evidence

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Abstract

The externalising disorders of childhood, Attention Deficit Hyperactivity Disorder (ADHD), Conduct Disorder and Oppositional Defiant Disorder are leading causes of childhood morbidity. Aetiology is poorly understood but includes both genetic and environmental factors. Here we review the observational evidence for an association between environmental chemical exposures and increased externalising behaviour in childhood. With respect to ADHD, we additionally consider whether there is evidence that exposures are associated with impairments in information processing skills characteristic of ADHD. We conclude that large, well designed, prospective studies combining behavioural and cognitive outcomes now provide strong evidence for an association between environmental lead exposure and the externalising disorders of childhood, as well as evidence for an association between prenatal exposure to environmental methylmercury and difficulties associated with ADHD. Existing epidemiological research on polychlorinated biphenyls is however inconclusive and we discuss evidence that the association between environmental tobacco smoke and externalising disorders may not be causal in nature. Finally modern environmental chemicals are reviewed where early studies have observed an association between increased exposure and externalising disorders, externalising behaviours, or information processing difficulties associated with ADHD, but where further replication is required. Implications for future research are discussed.

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Key words

environmental pollutants; lead; methylmercury compounds; polychlorinated biphenyls; attention deficit and disruptive behavior disorders; executive function; child; adolescent.

Introduction

The externalising disorders of childhood – comprising of Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) – are important causes of childhood morbidity with substantial implications for later adult productivity, both through persistence of symptoms, and social and educational disadvantage. ADHD alone is estimated to be associated with an annual cost of 143-266 billion dollars to the US economy.¹ The prevalence of ADHD in the US has risen by around 33% over the last decade² and in Australia it is now the single most common reason for seeing a paediatrician, both initially and on review.³ This temporal increase in incidence is too rapid to reflect genetic factors only, however the changes in the modern social and biological environment that account for this rising incidence are not known.

Here we review the epidemiological evidence that environmental chemicals contribute to the incidence of ADHD, ODD and CD through neurodevelopmental toxicity. First, we will briefly outline the clinical disorders and the approaches used to study these disorders in observational research. This is followed by a discussion of the existing literature, starting with the environmental chemicals exposures which have been most extensively researched: lead, polychlorinated biphenyls (PCBs), methylmercury (MeHg) and environmental tobacco smoke (ETS). Subsequently, we review the expanding list of modern chemicals where environmental exposure has been observed to be associated with externalising behaviours in early studies, but where further validation is required (**Table 1**). As an example of this emerging literature, we discuss in detail the existing findings relating to bisphenol A (BPA) and phthalates. The scope of the review does not include mechanistic evidence.

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Studying the externalising disorders of childhood in epidemiological research

Oppositional Defiant Disorder (ODD), Conduct Disorder (CD) and Attention Deficit Hyperactivity Disorder (ADHD)

are defined and diagnosed by behavioural criteria, set out in the Diagnostic and Statistical Manual of Mental Disorders published by the American Psychiatric Association (DSM IV).⁴ ODD and CD are closely-related disorders⁵ characterised by hostile and antisocial behaviours.⁴ ADHD is defined in three subtypes by inattention, by hyperactivity and impulsivity, or by a combination of these. Similar clinical entities are defined in the World Health Organization's International Statistical Classification of Disease (ICD-10),⁶ although less widely used. The underlying genetics and neurobiology are poorly understood, and although there is a greater understanding of ADHD than other externalising disorders, there are no clinically useful biomarkers.⁷

DSM-IV diagnostic criteria are common behavioural outcomes in epidemiological research, especially in case-control studies where an adequate number of cases can be anticipated. In population cohorts, where only a small proportion of individuals will meet clinical criteria, an alternative approach employs a continuous behavioural outcome. This increases the statistical power of the study, but relies on two assumptions: (i) that externalising behaviours exist on a unimodal continuum across the population; and (ii) that the same causal factors are relevant across that continuum. The continuum model is supported by evidence of complex polygenic inheritance and subclinical deficits detectable in unaffected relatives.⁸⁻¹⁰ Multiple quantitative scales exist, and are well validated, including: the Achenbach Child Behavior Checklist (CBCL);¹¹ the Strengths and Difficulties Questionnaire (SDQ);¹² the Conners' Rating Scales-Revised (CRS-R);¹³ the Infant-Toddler Social and Emotional Assessment (ITSEA);¹⁴ and the Behaviour Assessment System for Children (BASC).¹⁵

In the ADHD literature, where a profile of characteristic deficits in information processing skills has been elucidated,^{10,16,17} neuropsychological assessment of these information processing skills provides an alternative means to identify and quantify subtle neurocognitive effects of chemical exposures. In this review we follow Barkley's influential model of (combined-type) ADHD in terms of impairment in sustained attention and underlying deficits in executive functions.¹⁶ Heterogeneity in executive function deficits is recognised across individuals and cohorts with ADHD,^{10,17} however those that are most consistently observed include: working memory, response inhibition, cognitive flexibility (set shifting), and planning.^{10,17} Executive function deficits do not appear to be a feature of other externalising disorders in the absence of comorbid ADHD.¹⁸ It should be noted that ADHD is defined on behavioural grounds and caution is required in making inferences about ADHD by extrapolation from observed deficits in information processing skills. Nevertheless, they are attractive as an objective measure to complement behavioural outcomes. A review of the neuropsychological assessments that may be used to assess each of these information processing skills is beyond the scope of this paper, and the reader is referred to recent reviews by Aguiar, Eubig & Schantz,¹⁰ Mahone & Schneider¹⁹ and Anderson & Reidy.²⁰

Method

Relevant articles were retrieved by a systematic review of journals indexed by the National Institute of Health Medline database.

The database was searched for primary epidemiological research articles relating to potential environmental toxicants and neurodevelopment in childhood, using MESH terms. Potential environmental toxicants were defined broadly to include relevant MESH terms for environmental pollutants, but also the broader chemical classes of known or suspected neurodevelopmental toxicants from previous reviews (e.g. halogenated organic compounds for PCBs, or metals for lead).²¹⁻²⁵ Neurodevelopment was also defined broadly to include studies where outcomes relevant to behavioural disorders might be included within broader studies of neurodevelopment. Full details of the search strategy are available on request from the primary author (CS). This search identified 1844 articles which were reviewed by the primary author in a 3 stage process, starting with titles (or their English translations), followed by abstracts. Papers with potentially relevant outcomes and exposures, or where no abstract was available, were then reviewed in full. Additional papers were identified from review of the reference lists of included papers. In restricting the scope to environmental exposure, high-dose exposure through medications, poisoning or illicit drug use were excluded. Similarly, environmental tobacco exposure was included but not maternal smoking during pregnancy.

Lead

Lead is an established developmental neurotoxicant. An association between low level environmental lead exposure and general cognitive development, raised by Needleman in 1979,²⁶ is now established,^{27,28} with no safe level found in the most recent studies.^{29,30} Prenatal,^{30, 31} lifetime,^{28,30-34} and concurrent lead levels^{27,35} all appear to be important.^{28,31,36}

Externalising behaviours

Cross-sectional studies have consistently reported associations between even low-level lead exposure and an increase in externalising behaviours, including hyperactivity-inattention difficulties,³⁷⁻⁴⁰ aggression,^{39,41} rule-breaking behaviours,^{37,39,41} and total externalising behaviours;^{39,42,43} as well as the clinical disorders of CD⁴⁴ & ADHD.^{40,45,46} We identified five longitudinal cohorts which have studied potential windows of vulnerability through repeated sampling. Each did observe increased externalising behaviour with increased lead exposure but with differences regarding the relevant timing of exposure. Studies by Dietrich et al. in the US⁴⁷ and Wasserman et al. in the former Yugoslavia⁴⁸ have reported associations with both current and prenatal lead exposure, and indeed Wasserman et al. observed associations between destructive behaviours on the CBCL at 3 years and blood lead at all time-points from birth onwards.⁴⁸ However, the three remaining cohorts have observed association with the most recent lead measurement only,^{49,50} most recently in a cohort of northern Quebec Inuit.^{51,52} At 11 years, current but not cord blood lead was associated with increased externalising behaviours and a trend towards increased attention problems on teacher-report (CBCL).⁵² This translated into an increase in those meeting DSM-IV criteria for ADHD-hyperactive-impulsive type in both the second and third tertiles of exposure (but not ADHD-inattention type, ODD or CD).⁵² In the same cohort at 5 years, current but not prenatal

lead exposure had been associated with increased irritability, impulsivity and inattention.⁵¹

Information processing skills

Complementing observations of the association between increased lead exposure and the behaviours of ADHD, impairments in the information processing skills that characterise ADHD have also been evaluated across epidemiological studies. This literature has methodically reviewed and well tabulated by Eubig, Aguiar and Schantz in a recent systematic review,²¹ to which we refer the reader and extend here. The most consistently observed associations identified in that review were impairments in cognitive flexibility and sustained attention; less consistently observed associations included impaired working memory, planning and response inhibition.²¹ We identified six additional studies with relevant outcomes.^{32,39,53-56} Notably, the findings of these studies do not conform well to the pattern of deficits previously described. In the two additional studies to assess cognitive flexibility, this was not associated with tooth dentine lead⁵⁶ nor bone lead,³⁹ and whilst impairment in sustained attention was further replicated by Nigg et al.⁵³ and Boucher et al.,⁵⁴ Kicinski et al. found no significant association with blood lead in their cross-sectional study of Flemish adolescents.⁵⁵ Findings for response inhibition followed those for sustained attention across those three studies. Finally impaired working memory (WISC Freedom from Distractibility composite) was found to be associated with increased lifetime lead exposure in the Yugoslavia Prospective Study at 7 years of age,³² but no association between blood lead and working memory (backward digit recall) was observed in the Flemish cohort.⁵⁵

Summary

In conclusion, there is well replicated evidence for an association between lead exposure, even at very low levels, and the externalising behaviours of ADHD, CD and ODD, and evidence that this does translate into increased odds of ADHD and CD. There is complementary evidence that lead exposure is associated with impairments in specific information processing skills relevant to ADHD, although no consistent pattern of deficits is established. Whilst the strongest evidence is for current lead exposure, prenatal and lifetime lead exposure may also be important, as is the case with general cognitive outcomes.

Polychlorinated biphenyls (PCBs)

PCBs are a group of synthetic organochloride chemicals that were used widely in the 1970s as coolants and lubricants in electrical equipment.⁵⁷ They persist in the environment today, and are recognised and regulated as Persistent Organic Pollutants within the Stockholm Convention.⁵⁸ Human exposure through older electrical equipment continues, although diet is another important source. PCBs bioaccumulate through the food chain, and fish from contaminated freshwater areas and marine animals are important sources.⁵⁷

Externalising behaviours

Neurodevelopmental toxicity of the polychlorinated biphenyls was first observed in studies of a Taiwanese cohort - the Yu-Cheng

cohort - born in a 6 year period from 1979-1985 after their mothers were exposed to high levels of PCBs in contaminated cooking oil.⁵⁹ In a matched special exposure cohort study design, children born following this exposure had lower general cognitive performance, and greater behavioural difficulties as measured through parent report on the CBCL and Rutter Child Behaviour scale, as well as greater hyperactivity on the Werry-Weiss-Peters Activity scale.⁶⁰ Many subsequent studies have investigated neurodevelopmental toxicity due to prenatal environmental PCB exposure, but we only identified four cohorts that have considered an association between PCB and externalising behaviours or disorders, with inconclusive findings. In a cohort living near a PCB-contaminated harbour in New Bedford, Sagiv et al. observed increased ADHD-related behaviours on the CRS-R for Teachers at 7-11 years in association with the sum of 4 PCB congeners in cord blood.⁶¹ This finding was not replicated in the other studies, although none had such a large a sample size. Roze et al. did observe positive correlation between increased externalising behaviours on the CBCL at 6 years and maternal serum PCB during pregnancy in the Dutch COMPARE cohort, but the statistical evidence was weak ($p < 0.10$).⁶² A study of a northern Quebec Inuit cohort with increased PCB exposure through diet, did observe an association between increased PCB 153 in cord blood and irritability at 5 years,⁵¹ however a broader assessment of the cohort at 11 years observed little evidence for an association between current or cord blood PCB 153 and teacher-reported attentional difficulties or total externalising behaviours on the CBCL, nor with the odds of meeting DSM-IV criteria for ADHD, CD or ODD.⁵² Finally a Slovakian cohort, which has been published in abstract form only, found no association between subscale scores on the CBCL at 45 months and the sum of 6 PCB congeners in either maternal prenatal or child specimens.⁶³

Information processing skills

Boucher et al.⁶⁴ and Eubig et al.²¹ have each recently reviewed PCB exposure in relation to the neurocognitive deficits associated with ADHD. In the more recent of the two reviews, Eubig et al. describe a pattern of deficits that differs from the pattern that was reported for lead exposure: the most consistently replicated findings were impairment in working memory, response inhibition and cognitive flexibility associated with increasing prenatal PCB exposure, with less consistent findings of impaired sustained attention.²¹ Extending the findings of that review, our search identified five additional cohorts with relevant outcomes, in cohorts from the Faroe Isles,^{65,66} the US (New Bedford),⁶⁷ northern Quebec,⁵⁴ the Netherlands (COMPARE)⁶² and Menorca, Spain.⁶⁸ These studies do not support previously observed associations with response inhibition, nor that with working memory, but do now provide replication of impaired attention across three different cohorts. No additional studies were identified that assessed cognitive flexibility, which has been found to be impaired across two tasks at 11 years of age, in association with prenatal PCB exposure in a Lake Michigan cohort.⁶⁹

Working memory was assessed at 14 years of age in the Faroe Isles cohort, a community exposed to higher levels of PCBs through consumption of whale blubber (verbal and spatial span backwards),⁶⁶ as well as in the New Bedford cohort (WISC-III Freedom from Distractibility subscale at 8 years of age).⁶⁷ In

contrast to the findings in cohorts from Lake Michigan,⁶⁹ the Netherlands⁷⁰ and Oswego (New York),⁷¹ neither replicated an observed association between increased prenatal PCB exposure and impaired working memory. Higher prenatal PCB exposure had also been consistently observed to be associated with errors of commission (impaired response inhibition) on a continuous performance test (CPT) in the Oswego^{72,73} and Lake Michigan cohorts.⁶⁹ CPTs were however also administered in four of the additional cohorts we identified and none replicated those findings.^{54,66-68} An association observed in the Faroe Island study between increased prenatal PCB exposure and an increase in missed responses on a CPT at 7 years of age (a common measure of impaired sustained attention),⁶⁵ is unlikely to be significant. This association has not been observed across any of the other cohorts to have included a CPT, nor in the same cohort when retested at 14 years.⁶⁶ More interesting, however, is an association between prenatal PCB exposure and impaired reaction time that is replicated across the New Bedford, northern Quebec and Spanish cohorts.^{54,67,68} This CPT measure of attention is understood to tap a separate aspect of attention from missed responses,²¹ and is also associated with ADHD, albeit less strongly.¹⁰

Postnatal exposure

Although postnatal PCB exposure is associated with neurodevelopmental toxicity in animal studies,⁷⁴ there is little evidence for this in human observational studies to date. Postnatal exposure to PCBs has been studied in four major longitudinal cohorts: Lake Michigan,⁷⁵ Rotterdam,⁷⁶ northern Quebec⁵¹ and Germany,⁷⁷ but only the latter observed an association between increased postnatal exposure and neurodevelopmental harm, specifically poorer performance on the Bailey Scales of Infant Development at 30 months and Kaufman Assessment Battery for Children at 42 months.⁷⁷ Externalising behaviours and relevant information processing skills were not studied in this cohort. Relevant information processing skills were assessed in each of the other studies, with little evidence of an association with postnatal PCB exposure. The Rotterdam cohort observed weak evidence of an association between impaired planning (Tower of London task) at 9 years and higher early postnatal exposure through breast milk.⁷⁸ No other associations have been observed between any measure of postnatal exposure and any relevant information processing skills across the cohorts including: planning (Rey Complex Figure) and sustained attention (Simple Reaction Time Test) at 9 years in the Rotterdam cohort;⁷⁸ working memory (WISC Freedom from Distractibility composite) at 11 years in the Michigan Lake cohort;⁷⁹ attention at 4-5 years,⁵¹ and sustained attention and response inhibition (go/no-go task) at 11 years in the Quebec cohort.⁵⁴ We identified one cross-sectional study to explore postnatal PCB exposure. In a cohort of adolescents in Belgium, Kicinski et al. observed an association between higher concurrent blood PCB and impaired sustained attention on a CPT, but no association with response inhibition, or with working memory on a backwards digit recall task.⁵⁵ Due to the study design it is impossible to exclude confounding by prenatal PCB exposure.

We found three studies to investigate the association between increased postnatal PCB exposure and externalising behaviours, with null findings in each. Jacobson et al. observed higher postnatal

PCB to be associated with decreased activity on a complex, composite measure at 4 years,⁷⁵ whilst no association was observed with activity in the northern Quebec cohort at 4-5 years,⁵¹ nor with externalising behaviours in a broad evaluation at 9-14 years.⁵² Finally the prospective association between current PCB 126 and ADHD was considered in the NHANES 1999-2000 cohort with null findings, although confidence intervals were wide.⁸⁰

Summary

In conclusion, evidence for an association between PCB exposure and externalising behaviours is restricted to prenatal PCB exposure and ADHD-related behaviours, and based upon a single study which has not been adequately replicated. There is no evidence to support an association with the behavioural difficulties of CD or ODD, other than in incidents of poisoning. Further evaluation of these findings is limited by the paucity of studies with relevant outcomes, and small sample sizes. By contrast, multiple studies of prenatal PCB exposure have reported on relevant information processing outcomes. As with lead, a consistent pattern of deficits has not emerged, but deficits are frequently observed across a range of information processing skills relevant to ADHD.

A better understanding of the underlying biology may be necessary to resolve the significance of contrary findings in the association between PCB exposure and difficulties associated with ADHD. Comparison of studies is challenging due to differences in categorising exposure. The PCBs include 209 congeners with differing chemical properties. Schantz et al.⁸¹ have argued for a need to move towards congener-specific (or congener group-specific) studies, an approach taken for example by Park⁸² and Newman⁸³ with respect to global cognitive development, but the challenges are substantial. There is considerable covariance between congeners, and with other persistent organic pollutants such as dioxins;^{70,78} and given the large number of congeners detected, as well as uncertainty as regards the underlying biological pathway, it is unclear how to define biologically relevant groups of congeners, or to estimate relative potencies within groups.

Methylmercury (MeHg)

MeHg has established developmental neurotoxicity in humans,⁸⁴ the history of which has recently been reviewed by Grandjean et al.⁸⁵ Although neurotoxicity due to high dose mercury poisoning was well established, the evidence for neurodevelopmental toxicity due to environmental exposure has been controversial until very recently. Conflicting findings were observed in the three early cohorts from New Zealand, the Seychelles and the Faroe Isles. In the Seychelles cohort, with dietary mercury exposure from ocean fish, no consistent associations were observed over 17 years of follow-up, after accounting for the large number of endpoints evaluated.⁸⁶ By contrast, multiple negative associations with diverse neurodevelopmental outcomes were observed in a Faroe Isles cohort with similar exposure levels though a diet that included sea mammals.⁶⁶ The New Zealand data⁸⁷ had supported the findings in the Faroe Isles; and of the five subsequent longitudinal cohorts that have addressed the issue, four have now demonstrated association between higher prenatal MeHg exposure and poorer cognitive and psychomotor outcomes in early childhood, all within typical

levels of exposure.⁸⁸⁻⁹¹ The one exception being a large Spanish cohort in which the association was only observed within the girls in the study.⁹² Recent work, including a new Seychelles cohort,⁹³ suggests that differences in the findings of the early studies may have been due to co-exposure to beneficial nutrients in seafood^{88,94} specifically long-chain polyunsaturated fatty acids (LCPUFAs)^{93,95} and observed benefits of fish consumption do appear to vary by type of fish consumed.⁹⁴

Externalising behaviours

Externalising behaviours were considered within the Seychelles cohort, but not in the Faroe Isles. The Seychelles study included the Infant Behavior Scale of the Bayley Scales of Infant Development (IBS) at 29 months, the CBCL parent report form at 66 months^{96,97} and 9 years,⁹⁸ the CRS-R Teachers hyperactivity index at 9 years,⁹⁸ and self-report of problematic behaviours at 17 years.⁸⁶ Consistent with other neurodevelopmental findings in this cohort, no association was found between MeHg exposure through fish consumption and parent reported or self-reported behaviours, although analysis of the CBCL subscales at 9 years does not appear to have been published. An individual, third-party reported measure – referral to a school counsellor for problematic behaviour – was associated with increased prenatal MeHg exposure,⁸⁶ but the significance of this is unclear. Interestingly, a decrease in the teacher-reported CRS-R hyperactivity index was observed at 9 years in association with increased MeHg exposure, and this concurs with an observation of reduced activity on the IBS at 29 months, but further analysis suggested that it was likely to be a spurious result due to multiple endpoints.⁹⁸ The possible benefits of fish-derived nutrients such as LCPUFAs were again not assessed nor controlled for.

Three subsequent cohorts have now considered externalising behaviours in environmental MeHg exposure. Cao et al. found no association between postnatal blood MeHg (2 years of age) and parent-reported behaviour at 5 years (CRS-R), nor parent-reported and teacher-reported behaviour at 7 years (BASC), although it should be noted that this cohort additionally had a history of high lead exposure.⁹⁹ Boucher et al. have studied both pre- and postnatal MeHg exposure in their north Quebec Inuit cohort. At 11 years, higher pre- but not postnatal MeHg exposure was associated with increased attention problems on the teacher-reported CBCL, and a trend towards increased externalising problems.⁵² This was reflected in an increase in the proportion with attention problems and hyperactive/impulsive problems in the clinical range for the highest tertile of exposure versus the lowest. Little evidence was observed for an association with ODD or CD. Finally, Sagiv et al. observed an association between prenatal (but not postnatal) MeHg exposure and teacher-reported inattentive and hyperactive/impulsive behaviours (CRS-R) at 8 years in a New Bedford cohort, controlling for maternal fish consumption.⁸⁸ Interestingly fish consumption was independently associated with reduced symptoms, confirming the importance of controlling for this potential confounder. Behavioural outcomes in the second Seychelles cohort, which also controls for maternal nutrition and fish consumption, have not yet been reported.

Information processing skills

The batteries of tests for the Faroe Isles cohort and first Seychelles cohort each included assessment of information processing skills that are commonly impaired in ADHD. Again consistent with their wider findings, the Seychelles study did not observe any associations with MeHg exposure and any outcome, including: the A not B and “delayed spatial alternation” tasks (measures of working memory and inhibition, more typically used under 12 months¹⁰⁰); recategorised “attention” and “executive function” subscales derived from the McCarthy Scales at 66 months;^{96,101} inhibition and sustained attention on a CPT at 9 years of age;⁹⁸ spatial working memory and cognitive flexibility on the Wisconsin Card Sorting Test and CANTAB test battery at 17 years.⁸⁶ Analysis of the subscale performance on the WISC III at 9 years does not appear to have been published.

By contrast, and again in concurrence with their wider findings, Grandjean et al. observed that higher prenatal (but not postnatal¹⁰²) MeHg exposure was associated with both more missed responses (poorer sustained attention) and longer average reaction time on the CPT at 7 years in the Faroe Isles cohort.¹⁰³ This association persisted after controlling for prenatal PCB exposure.⁶⁵ In a more extensive battery at 14 years, a CPT was used that assessed response inhibition (errors of commission) in addition to sustained attention (missed responses).⁶⁶ The association between prenatal MeHg and CPT reaction time was replicated, but no association was observed with missed responses, or with response inhibition. An association was however observed between higher prenatal MeHg exposure and reduced cognitive flexibility on the Children’s Category Test. Equivocal findings were observed for working memory, with MeHg associated with spatial but not verbal span tasks that may have not been specific to working memory, tapping both short-term memory (forward recall) and working memory (backwards recall). Average maternal fish consumption was recorded but not controlled for in analysis of these specific information processing tasks.

Findings from subsequent cohorts have not resolved these contrasting findings, but do hint that fish consumption may confound the association between MeHg and these information processing tasks, just as it does for general IQ and ADHD-related behaviours. Cohorts from northern Quebec, Oswego (New York) and a US study of lead-exposed children, have evaluated performance in relevant information processing tasks, but without controlling for fish intake. In the northern Quebec cohort, no evidence was found for an association between either pre- or postnatal MeHg and observed attention or activity at 5 years,⁵¹ nor with response inhibition (errors of commission in a go/no-go task) or sustained attention (missed responses) at 11 years, after controlling for confounders.⁵⁴ Both pre- and postnatal MeHg did however appear to be associated with reaction time, an alternative measure of attention.⁵⁴ The New York Oswego cohort observed prenatal MeHg to be associated with poorer performance in working memory at 9 years (WISC Freedom from Distractibility composite),⁷¹ as well as a measure of response inhibition at 9.5 years (Differential Reinforcement of Low Rate task).¹⁰⁴ No association was observed with response inhibition in a CPT, assessed at 4.5,⁷² 8 and 9.5 years.⁷³ Reaction time and missed responses (sustained attention) on the CPT were not analysed, and attention or

executive function subscales were not derived from the McCarthy Scales at 54 months¹⁰⁵ as others have done.^{101,106} Finally, Cao et al. found no association between blood MeHg at 2 years and CPT performance at 7 years, nor any item of the NEPSY at 5 or 7 years, in a cohort with high lead exposure.⁹⁹

Two studies have accounted for fish intake. In the Grenada INMA cohort, the only relevant outcome was an Executive Function subscale derived¹⁰⁶ from the McCarthy Scales.⁹⁴ No association was observed with current hair MeHg.⁹⁴ In a New Bedford cohort, Sagiv et al. observed higher prenatal MeHg to be associated with a small increase in errors of commission on the CPT, but only weak evidence to support a trend towards poorer performance in the WISC Freedom from Distractibility (working memory) composite.

Summary

To summarise, the evaluation of neurodevelopmental toxicity associated with MeHg exposure has been complicated by apparent benefits of fish intake. Controlling for this, there is evidence for an association between higher prenatal MeHg exposure and subsequent inattention, hyperactivity and impulsivity, which appears to be restricted to prenatal exposure. Wider externalising problems have not been adequately studied. Information processing impairments associated with ADHD have been observed across multiple studies but must be considered inconclusive at present. Future studies that account better for co-exposure to both persistent organic pollutants and the nutritional benefits of fish consumption may help to clarify inconsistencies in the pattern of specific cognitive deficits observed.

Environmental tobacco smoke (ETS)

There is a well-established association between maternal smoking during pregnancy and adverse neurodevelopmental outcomes, including symptoms of attention deficit and hyperactivity¹⁰⁷ and diagnosis of ADHD⁴⁵ and CD.⁴⁴ Further to this, correlations between ETS and adverse neurodevelopmental outcomes have been repeatedly observed, both in terms of maternal exposure during pregnancy and postnatal exposure of the child.¹⁰⁸⁻¹¹²

A number of recent studies with very different methodologies have, however, raised doubts about whether the observed associations are causal in nature, or reflect, in part, shared genetic susceptibility. Langley et al.¹¹³, analysing data from the large UK-based Avon Longitudinal Study, have reported that with respect to the odds of ADHD at 7-8 years, the effect size for paternal smoking during pregnancy was of similar magnitude to those for maternal smoking. No increased odds were observed for maternal exposure to other sources of environmental tobacco smoke (in the subset where neither parent smoked). The same group had previously shown that, in a cohort of children born following assisted reproduction technique, the magnitude of association between smoking during pregnancy and ADHD symptoms was greater in those where the mother was genetically related.¹¹⁴ Indeed, no statistical increase was observed for children who were genetically unrelated (i.e. where a donor ovum was implanted, or where a surrogate was used). In a third approach, Maughan et al. used a twin study to explore the relative contribution of

genetics to an observed association between prenatal smoking and childhood conduct problems, supported by detailed data of lifetime antisocial behaviour in the parents.¹¹⁵ Controlling for this, genetics, and for socio-demographic factors, no statistically significant residual association persisted between prenatal smoking and childhood conduct problems.¹¹⁵

The implications of each of these studies would be equally relevant for observed associations between externalising behaviour and ETS exposure. Studies have not generally distinguished ETS from non-relatives to ETS from the father and other relatives, so shared genetic risk may again be an alternative explanation for observed associations.

Other work has however implied that the observed association between tobacco exposure and externalising behaviour cannot be fully accounted for by the shared genetic susceptibility of parental smoking and childhood externalising behaviours. In contrast to the findings at 7-8 years-old, analysis of 4 year-old outcomes in the same Avon Longitudinal Study cohort did report substantially different effect sizes for paternal and maternal smoking,¹¹² as have others,¹⁰⁸ and neither Thapar et al. nor Maughan et al. were adequately powered to exclude a substantial independent effect of maternal smoking. Indeed, by considering detailed lifetime history of parental antisocial behaviour, Buschgens et al. have observed a residual independent association between maternal smoking during pregnancy and externalising behaviours at 10-12 years, although they did not report on ETS separately.¹¹⁶

This uncertainty may be resolved in future larger twin cohorts, or by improved methodologies for quantifying parental neurodevelopmental histories - and thus genetic risk - within population cohorts. An alternative approach would be to more explicitly investigate the proposed biological pathways in parallel with the outcome. Thus Hsieh et al. have found support for a causal association between maternal ETS and neurodevelopmental outcomes, by considering genetic susceptibility to ETS, and looking for effect modification by polymorphisms genes that code for enzymes on relevant metabolic pathways.^{110,117}

Other environmental chemicals

Human exposure to lead, PCBs, MeHg and ETS cannot account for the increasing prevalence of neurodevelopmental disorders observed in developed countries over recent years. Exposure to lead,¹¹⁸ PCBs^{119,120} and tobacco¹²¹ is in decline, and although we could not find reliable data on temporal trends in MeHg in human tissue, there has been little change in total mercury concentration in human blood from successive NHANES cohorts in the US.¹²² There is therefore substantial interest in other modern chemicals.²² **Table 1** lists chemicals where at least one cohort has now observed an association between exposure and either externalising disorders, externalising behaviours or impairment in information processing skills relevant to ADHD. Many of these are known or suspected “endocrine disrupting chemicals” – chemicals which like PCBs interact with endocrine function.¹²³ Important methodological issues raised by endocrine disruption as a potential mechanism of developmental neurotoxicity include the potential for differential effects by gender, and non-monotonic effects with harm at low concentrations that cannot be predicted from effects at higher

doses.¹²⁴ Here we review the existing data on bisphenol A (BPA) and on phthalates as examples of this research.

Bisphenol A

BPA is a ubiquitous chemical used as an additive in many plastics, and in the production of polycarbonate plastics and epoxy linings. Other uses include in dental resins and thermal printing. The main source of human exposure appears to be through food and drink containers.¹²⁵⁻¹²⁷ The link between prenatal BPA exposure and externalising behaviours in childhood has now been studied in 2 cohorts,^{128,129} both in the US, and each with typical population levels of exposure.^{128,129} Each observed a gender-specific association, but with contrary findings. In the Ohio HOME cohort^{128,130} increased externalising behaviours were observed for girls at 2 years, and specifically increased hyperactivity (c.f. aggression or inattention) at 3 years, both on the parent-reported BASC.^{123,125} The estimated effect size was substantial (an increase in symptoms equivalent to the population standard deviation, for each ten-fold increase in BPA). Although executive functions were not assessed directly, poorer performance on a parent-reported measure (the BRIEF) supported the findings on the BASC. The association for boys was in the opposite direction, however these were less substantial and p-values were only reported for the interaction with gender. In the New York CCCEH cohort, higher prenatal BPA exposure was observed to be associated with increased externalising behaviours (aggression) at 3-5 years in the boys ($p=0.003$) with the opposite seen in girls, although evidence for statistical significance of the latter finding was borderline given the multiple outcomes considered ($p=0.02$).¹²⁹ Similar covariates were considered in both studies. A different parent-reported behavioural assessment was used (CBCL), and there were differences in the timing of the measures BPA exposure, but both studies also had wide confidence intervals and further replication will be required to interpret the significance of these findings. Prenatal BPA exposure has been studied in the Korean MOCEH cohort,¹³¹ but behavioural outcomes have not been reported to-date. No studies have yet reported investigation of BPA and clinical diagnosis of ADHD or other externalising disorders, nor information processing skills impaired in ADHD.

Phthalates

Phthalates are a group of chemicals with a broad range of applications, most notably as plasticizers in soft plastics like PVC, and solvents in personal care products, paints and adhesives.¹³² In a cross-sectional study of Korean schoolchildren a correlation was observed between current phthalate exposure with both ADHD behaviours and performance on a CPT.¹³³ No further studies of postnatal exposure have been published to investigate the temporal relationship between exposure and externalising behaviours, however the potential association between prenatal phthalate exposure and childhood externalising behaviours has now been explored in two longitudinal cohorts. Prenatal phthalate exposure was analysed alongside BPA exposure in the New York CCCEH cohort, with no association observed with externalising behaviours on the CBCL at 3 years, although evidence of neurodevelopmental toxicity in other domains was reported.¹³⁴ A second New York cohort (the Mount Sinai cohort)

did however observe an association between low molecular weight phthalates and aggression, conduct problems and attention problems reported on the BASC at 4-9 years, with an estimated increase of 2.9, 3.9 and 3.0 in the respective T-scores for each 10-fold increase in total maternal urinary low molecular weight phthalate concentration.¹³⁵ Executive function was assessed on the parent-reported BRIEF with impairment observed that supported the findings on the BASC.¹³⁵ There were differences in the ages of the cohort, the behavioural scales used, and subtle differences in the set of phthalate metabolites tested, however the effect size detected in the Mount Sinai cohort was moderate given the wide confidence intervals of both studies, and it would be important to interrogate this in a larger cohort before drawing conclusions. The possibility of selection bias should also be considered, with only 47% of the original Mount Sinai cohort included in the analysis (c.f. 90% for the CCCEH cohort). It therefore remains now for their findings to be replicated. Prenatal phthalate exposure has been studied in the Ohio HOME cohort¹³⁶ and in the Korean MOCEH cohort.¹³⁷ However, although a behavioural assessment was certainly completed in the HOME cohort at both 2 and 3 years-old,^{128,130} an analysis with prenatal phthalate exposure has not been published to-date. No studies have reported investigation for associations between phthalates and clinical diagnosis of ADHD or other externalising disorders, nor with information processing skills impaired in ADHD.

Conclusions

In conclusion, the majority of existing epidemiological research into environmental chemicals and the externalising disorders of childhood has focused on four exposures: lead, methylmercury, PCBs and ETS. Large, well designed, prospective studies combining behavioural and cognitive outcomes now provide strong observational evidence for an association between lead exposure, specifically current lead, and externalising disorders; however the relevance of other exposures remains less clear. There is consistent evidence that prenatal MeHg exposure is associated with the behaviours that characterise ADHD, if fish intake is controlled for, and this is supported in part by evidence of impairment in relevant information processing skills; however it is not yet established whether this translates into an increase in the odds of clinical ADHD. Prenatal exposure to PCBs is associated with impairment in information processing skills relevant to ADHD, but there is insufficient data on behavioural outcomes to infer the clinical significance of this. Finally, there is substantial uncertainty whether the well-established association between ETS and ADHD is causal in nature or due to shared genetic inheritance.

Early findings across a broad range of modern chemicals have now prioritised a new set of exposures for investigation, and this epidemiological work will benefit greatly from lessons learned from the research into lead, MeHg, PCBs and ETS. This has, for example, demonstrated the importance of large birth cohort studies, with sophisticated approaches to measuring outcomes and covariates across the lifespan. Such studies have improved the sensitivity to detect small effects sizes of substantial public health importance, and in addition the temporal association between

exposures and outcomes supports causality. Significantly, this research has also recognised key challenges of inferring causation from observed associations, the importance of replication, and demonstrated the importance and challenge of identifying and accounting for covariates. Replication across different populations has identified important potential confounding factors, and future studies should, for example, carefully measure and account for breastfeeding (as illustrated by the PCB literature), genetic risk (as illustrated by the ETS literature) and consider potential co-exposure with known neurotoxins or nutritional factors, including LCPUFAs and fish consumption (as illustrated in the MeHg literature). The incorporation of multiple exposures and multiple outcomes within a cohort has proven useful, and is cost-effective, and although there are potential statistical issues with multiple analyses, these can be addressed. In the studies we have reviewed here, assessment of relevant information processing skills has complemented behavioural and clinical outcomes and has improved confidence in findings replicated across these modalities

of outcome. It is hoped that opportunities for this may improve as better understanding of the externalising disorders leads to more specific cognitive or biological endophenotypes.

Finally, several recent reports have shown elegant extensions to their study design, evaluating the proposed biological pathway in parallel to the outcome. This approach has broad potential for observational studies of environmental toxicity. It has, for example, been applied to organophosphate pesticide exposure, considering gene variants in its metabolic pathway as effect modifiers for neurodevelopmental outcomes,^{138,139} and nitrogen dioxide exposure, considering gene variants in antioxidant defences.¹⁴⁰ Nor is the approach limited to genetic variants that confer differential risk. A recent paper by Wise et al. has for example employed a similar strategy to explicitly assess thyroid hormone disruption as a pathway between prenatal PCB exposure and childhood IQ.¹⁴¹ As the underlying biological pathways of developmental neurotoxicity are better understood, it will become increasingly possible to incorporate putative causal pathways into

Table 1. Chemicals where increased environmental exposure has been observed to be associated with increased externalising behaviours, with externalising disorders, or with information processing difficulties characteristic of ADHD

Chemical exposure	Details of exposure	Cohort	Findings
Bisphenol A	Prenatal	US (HOME; Ohio)	↑ Externalising behaviours (BASC) in girls but not boys at 2 (n=249) ¹³⁰ & 3 years (n=239) ¹²⁸ ↓ Reported executive function (BRIEF) in girls but not boys at 3 years (n=237) ¹²⁸
		US (CCCEH; NY)	↑ Externalising behaviours (CBCL) in boys but not girls at 3-5 years (n=198) ¹²⁹
Phthalates	Current	Korea	↑ ADHD-related behaviours (DSM-IV) at 8-11 years (n=261) ¹³³ ↓ Sustained attention & response inhibition (CPT) at 8-11 years (n=261) ¹³³
	Prenatal	US (Mount Sinai; NY)	↑ Aggression, conduct problems and attention problems (BASC) at 4-9 years (n=149-161) ¹³⁵ ↓ Reported executive function (BRIEF) at 4-9 years (n=171) ¹³⁵
		US (CCCEH; NY)	- Externalising behaviours (CBCL) at 3-5 years (n=277) ¹³⁴
Organochloride pesticides	Prenatal DDT	Spain (Menorca)	↓ Executive function & working memory (McCarthy Scales) at 4 years for those with the <i>GSTPI</i> genotype only (n=177 of 326) ¹⁴⁰
		Spain (Menorca)	- Executive function & working memory (McCarthy Scales) at 4 years (n=326) ¹⁴⁰ - Sustained attention, response inhibition, alertness (CPT) at 11 years (n<393) ⁶⁸
	US (Oswego; NY)	- Response inhibition at 8 (CPT; n=174) ⁷³ & 9.5 years (CPT & DRL; n=183) ^{73,104} - Working memory (WISC-III Freedom from Distractibility) at 9 years (n=155) ⁷¹	
		US (New Bedford)	- ADHD behaviours (CRS-R) at 7-11 years (n=573) ⁶¹ - Sustained attention, response inhibition, alertness (CPT) at 7-11 years (n=578) ⁶⁷ - Working memory (WISC-III Freedom from Distractibility) at 7-11 years (n=584) ⁶⁷
		Spain (Menorca)	↓ Alertness (CPT) at 11 years (n<393) ⁶⁸ - Sustained attention, response inhibition (CPT) at 11 years (n<393) ⁶⁸
Organophosphate pesticides	Current	US (NAHNES; 2000-2004) Ecuador	↑ ADHD (DISC-IV or ADHD medication) at 8-15 years (n=1139) ¹⁴² - Sustained attention, response inhibition, alertness (CPT) at 6-8 years (n=81) ¹⁴³
		Egypt (children applying pesticides)	↓ Working memory (WAIS) at 9-19 years (n=50) ¹⁴⁴ ↓ Attention (WAIS) at 9-19 years (n=50) ¹⁴⁴

Table 1 continued.

Table 1. Chemicals where increased environmental exposure has been observed to be associated with increased externalising behaviours, with externalising disorders, or with information processing difficulties characteristic of ADHD (continued)

Chemical exposure	Details of exposure	Cohort	Findings
Polybrominated diphenyl ethers (PBDEs)	Postnatal (6 months – 5 years)	US (CHAMCOS; California)	<ul style="list-style-type: none"> – Attention problems and ADHD behaviours (CBCL) at 2 years (n=356)¹⁴⁵, 3.5 years (n=331)¹⁴⁶ and 5 years (n=323)¹⁴⁶ – Observed ADHD behaviours (Hillside) at 5 years (n=322)¹⁴⁶ – Sustained attention, response inhibition, alertness (CPT) at 5 years (n=312)¹⁴⁶ – Working memory (WISC) at 7 years (n=298)¹⁴⁷
	Prenatal	US (CHAMCOS; California)	<ul style="list-style-type: none"> – Attention problems and ADHD behaviours (CBCL) at 2 years (n=356)¹⁴⁵ and 3.5 years (n=331)¹⁴⁶ ↑ Attention problems and ADHD behaviours (CBCL) at 5 years (n=323)¹⁴⁶ ↑ Observed ADHD behaviours (Hillside) at 5 years (n=322)¹⁴⁶ – Sustained attention, response inhibition, alertness (CPT) at 5 years (n=312)¹⁴⁶ ↓ Working memory (WISC) at 7 years (n=298)¹⁴⁷
	Prenatal chlorpyrifos	US (Mount Sinai; NYC)	– Working memory (WISC) at 7-9 years (n=114) ¹³⁹
		US (CCCEH; NYC)	<ul style="list-style-type: none"> ↑ Attention problems and ADHD behaviours (CBCL) at 3 years (n=228)¹⁴⁸ ↓ Working memory (WISC) at 7 years (n=265)¹⁴⁹
		US (CHAMCOS; California)	– Attention problems and ADHD behaviours (CBCL) at 2 years (n=356) ¹⁴⁵
Manganese	Prenatal PBDE 47, 99, 100, 153, 154	Netherlands (COMPARE)	<ul style="list-style-type: none"> ↓ Sustained attention (TEA-Ch) at 5-6 years (n=60)⁶² – Inhibition (NEPSY-II) at 5-6 years (n=60)⁶² – Externalising behaviours (CBCL) and ADHD behaviours at 5-6 years (n=62)⁶²
	Prenatal PBDE 47	Spain (Menorca)	<ul style="list-style-type: none"> – Inattention behaviours (DSM-IV) at 4 years (n=77)¹⁵⁰ – Executive function (McCarthy Scales) at 4 years (n=79)¹⁵⁰
	Postnatal (breast milk) PBDE 28, 47, 99, 100, 153 Current PBDE 47, 99, 100, 153, 209	US (PIN Babies Study; N Carolina) Belgium	<ul style="list-style-type: none"> ↑ Externalising behaviours, specifically activity/impulsivity behaviours (ITSEA) at 30 months (n=222)¹⁵¹ – Sustained attention, response inhibition, alertness (NES-3 CPT) at 13-17 years (n=489)⁵⁵ – Working memory (NES-3) at 13-17 years (n=499)⁵⁵
Manganese	Well water	Bangladesh (children of HEALS)	↑ Externalising behaviours (CBCL) at 8-11 years (n=201) ¹⁵²
	Current (blood)	Bangladesh (children of HEALS)	– Externalising behaviours (CBCL) at 8-11 years (n=201) ¹⁵²
	Current (hair)	Canada (Quebec)	<ul style="list-style-type: none"> ↑ Oppositional & hyperactive behaviours (CRS-R) at 6-15 years (n=46)¹⁵³ – inattention behaviours (CRS-R) at 6-15 years (n=46)¹⁵³
	Postnatal (7 months)	US (SECCYD)	<ul style="list-style-type: none"> ↑ Externalising behaviours & attention problems (CBCL) at grade 1 & grade 3 (n=27)¹⁵⁴ – Total disruptive behaviours & ADHD behaviours (DSM-IV) at grade 3 (n=27)¹⁵⁴ – Response inhibition (forbidden toy task at 3 years; CPT at 4.5 years) (n=27)¹⁵⁴ – Cognitive flexibility (stroop) at 4.5 years (n=27)¹⁵⁴
	Prenatal	US (SECCYD)	<ul style="list-style-type: none"> ↑ Externalising behaviours & attention problems (CBCL) at grade 1 & grade 3 (n=27)¹⁵⁴ ↑ Total disruptive behaviours & ADHD behaviours (DSM-IV) at grade 3 (n=27)¹⁵⁴ ↓ Response inhibition (forbidden toy task at 3 years; CPT at 4.5 years) (n=27)¹⁵⁴ ↓ Cognitive flexibility (stroop) at 4.5 years (n=27)¹⁵⁴
Perfluorinated compounds	Current PFOA, PFOS, PFHxS, PFNA (12-15 years)	US (NHANES; 1999-2000, 2003-2004)	↑ ADHD diagnosis with PFOA, PFOS or PFHxS at 12-25 years (n=571) ¹⁵⁵
	Current PFOA, PFOS, PFHxS, PFNA	US (C8 Health Project)	<ul style="list-style-type: none"> ↑ ADHD diagnosis with PFHxS at 5-18 years (n=10546) – ADHD diagnosis with PFOA, PFOS or PFNA at 5-18 years (n=10546)¹⁵⁶

Table 1 continued.

Table 1. Chemicals where increased environmental exposure has been observed to be associated with increased externalising behaviours, with externalising disorders, or with information processing difficulties characteristic of ADHD (continued)

Chemical exposure	Details of exposure	Cohort	Findings
Nitrogen dioxide	Prenatal PFOA, PFOS	Denmark (DNBC)	- Externalising behaviours (SDQ; Hyperactivity & Conduct Problems) at 7 years (n=787) ¹⁵⁷
	Postnatal (3 months)	Spain (Menorca)	↑ Inattention behaviours (DSM-IV) at 4 years (n=398) ¹⁵⁸ ↓ Executive function (McCarthy Scales) at 4 years (n=398) ¹⁵⁸ - Sustained attention, response inhibition, alertness (CPT) at 11 years (n<393) ⁶⁸
	Current (school)	Netherlands (RANCH)	↓ Working memory (NES digit span) at 9-11 years (n=485) ¹⁵⁹ - Working memory (NES SDST) & cognitive flexibility (NES SAT) at 9-11 years (n=485) ¹⁵⁹
Polycyclic aromatic hydrocarbons	Current (home)	Netherlands (RANCH)	- Working memory & cognitive flexibility (NES) at 9-11 years (n=485) ¹⁵⁹
	Prenatal	US (CCCEH; NYC)	- Working memory (Search and Memory Task) at 9-10 years (n=580) ¹⁶⁰
Hexachlorobenzene	Prenatal	US (CCCEH; NYC)	↑ Attention problems (CBCL) at 6-7 years (n=148-253) ^{161,162} Attention problems (CBCL) at 5 years (n=96) ¹⁶² - DSM-IV ADHD problems (CBCL) at 6-7 years (n=148-253) ¹⁶¹
		Spain (Menorca)	↑ ADHD behaviours (DSM-IV) at 4 years (n=329) ¹⁶³ - Sustained attention, response inhibition, alertness (CPT) at 11 years (n<393) ⁶⁸
	Postnatal (4 years)	US (Oswego; NY)	- Response inhibition at 8 (CPT; n=174) ⁷³ & 9.5 years (CPT & DRL; n=183) ^{73,104} - Working memory (WISC-III Freedom from Distractibility) at 9 years (n=155) ⁷¹
Trichlorophenols	2,4,6-TCP 2,4,5-TCP	Spain (Menorca)	- Sustained attention, response inhibition, alertness (CPT) at 11 years (n<393) ⁶⁸
		US (NHANES; 1999-2004)	↑ ADHD diagnosis with 2,4,6-TCP but not 2,4,5-TCP at 6-15 years (n=2539) ¹⁶⁴

↓ denotes a statistically significant decrease in performance or score associated with increased chemical exposure ($p < 0.05$); ↑ a statistically significant increase; - no statistically significant association. ADHD, Attention Deficit Hyperactivity Disorder; BASC, Behaviour Assessment System for Children; CPT, continuous performance test; DRL, Differential Reinforcement of Low Rates; CRS-R, Conners' Rating Scales-Revised; CBCL, Achenbach Child Behavior Checklist; DSM-IV, Diagnostic and Statistical Manual of Mental Disorders Fourth Edition; WISC, Wechsler Intelligence Scale for Children; ITSEA, Infant-Toddler Social Emotional Assessment; SDQ, Strengths and Difficulties Questionnaire.

observational research, thus bridging the gap between observed association and biological causation. Looking forward, therefore, large-scale observational research, building on the experience of previous studies, continues to have a central role in generating and testing hypotheses in this important public health area.

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