Motor Attention Training for Attention Deficit Hyperactivity Disorder (ADHD)

This study is currently recruiting participants. (see Contacts and Locations)

Verified February 2016 by University of Wisconsin, Madison

Sponsor:
University of Wisconsin, Madison

Information provided by (Responsible Party):
University of Wisconsin, Madison

ClinicalTrials.gov Identifier:
NCT02688959

First received: February 18, 2016
Last updated: February 22, 2016
Last verified: February 2016

Purpose
The investigators will perform a feasibility/pilot trial of two non-pharmacological interventions for ADHD in college students.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attention Deficit Hyperactivity Disorder</td>
<td>Behavioral: Tai Chi</td>
</tr>
<tr>
<td></td>
<td>Behavioral: Exercise</td>
</tr>
</tbody>
</table>

Study Type: Interventional

Study Design: Allocation: Randomized
Intervention Model: Parallel Assignment
Masking: Single Blind (Outcomes Assessor)
Primary Purpose: Treatment

Official Title: A Feasibility/Pilot Trial of a Motor Attention Training Intervention for College Students With ADHD

Resource links provided by NLM:

MedlinePlus related topics: Attention Deficit Hyperactivity Disorder Exercise and Physical Fitness

U.S. FDA Resources
Further study details as provided by University of Wisconsin, Madison:

Primary Outcome Measures:

- Change in symptoms of inattention [ Time Frame: 8 weeks ] [ Designated as safety issue: No ]
  Inattentive Symptoms subscale of the Conners Adult ADHD Rating Scale self-report long form (CAARS-S:L)

 Estimated Enrollment: 125
 Study Start Date: February 2016
 Estimated Study Completion Date: September 2017
 Estimated Primary Completion Date: September 2017 (Final data collection date for primary outcome measure)

<table>
<thead>
<tr>
<th>Arms</th>
<th>Assigned Interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experimental: Tai Chi</td>
<td>Behavioral: Tai Chi</td>
</tr>
<tr>
<td>Participants in this arm will attend 50-minute classes 2 times per week for 8 weeks. The course will emphasize experiential learning with 2 weeks of introductory sessions on gait, posture, and tai chi principles followed by instruction in the 24-form Yang style sequence. Students will be given a video to aid learning outside of class, and maintenance of practice post-intervention.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Active Comparator: Exercise</th>
<th>Behavioral: Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants in the exercise arm will attend 50-minute classes 2 times per week for 8 weeks. The course will emphasize cardio-aerobic fitness training. Students will be given a video to aid practice outside of class, and maintenance of practice post-intervention.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>No Intervention: Control</th>
<th>Behavioral: Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants in the control arm will not attend a class and not be given a video.</td>
<td></td>
</tr>
</tbody>
</table>

Detailed Description:
College students diagnosed with ADHD will be randomized to three arms of approximately 8 weeks duration: (1) standard care plus a tai chi class, (2) standard care plus an exercise class, and (3) standard care alone. The exercise class will control for the social and motor components of tai chi training. The investigators will determine methodological parameters relevant to a subsequent full scale trial including recruitment and retention rates, acceptance of randomization, adherence to the interventions, and variance in outcome measures. The primary clinical outcome measure of this pilot randomized controlled trial (RCT) will be pre- to post-intervention change in inattention, i.e. the Inattentive Symptoms subscale of the Conners Adult ADHD Rating Scale self-report long form (CAARS-S:L, see Interviews etc. "Converse_S_L"). Secondary measures to be explored will include self- and informant-report, neurocognitive measures, psychophysiological measures, and academic performance. Practice time will be assessed daily and follow-up self-report of ADHD symptoms will be gathered monthly for 3 months beyond the end of the intervention.

Eligibility

Ages Eligible for Study: 18 Years to 23 Years
Genders Eligible for Study: Both
Accepts Healthy Volunteers: No

Criteria
Inclusion Criteria:
- University of Wisconsin-Madison enrolled undergraduate
- Documented ADHD diagnosis

Exclusion Criteria:
- Unable or unwilling to participate in the interventions

Contacts and Locations
Choosing to participate in a study is an important personal decision. Talk with your doctor and family members or friends about deciding to join a study. To learn more about this study, you or your doctor may contact the study research staff using the Contacts provided below. For general information, see Learn About Clinical Studies.

Please refer to this study by its ClinicalTrials.gov identifier: NCT02688959

Contacts
Contact: Alexander K Converse, PhD   608 265 6604   adhd@bi.wisc.edu

Locations
United States, Wisconsin

University of Wisconsin-Madison, Waisman Center   Recruiting
Madison, Wisconsin, United States, 53705
Contact: Alexander K Converse, PhD   608-265-6604   adhd@bi.wisc.edu

Sponsors and Collaborators
University of Wisconsin, Madison

Investigators
Principal Investigator: Alexander K Converse, PhD   University of Wisconsin, Madison

More Information
Additional Information:
Converse personal site

Publications:

Responsible Party: University of Wisconsin, Madison

ClinicalTrials.gov Identifier: NCT02688959

History of Changes

Other Study ID Numbers: 2015-0807

Study First Received: February 18, 2016
Last Updated: February 22, 2016

Health Authority: United States: Institutional Review Board

Keywords provided by University of Wisconsin, Madison:
- motor attention training
- exercise
- tai chi
- ADHD

Additional relevant MeSH terms:
- Attention Deficit Disorder with Hyperactivity
- Hyperkinesis
- Attention Deficit and Disruptive Behavior Disorders
- Dyskinesias
- Mental Disorders
- Mental Disorders Diagnosed in Childhood
- Nervous System Diseases
- Neurologic Manifestations
- Signs and Symptoms

ClinicalTrials.gov processed this record on February 25, 2016