

The effect of Qi Gong on Attention: Deficit-Hyperactivity Disorder (ADHD): Clinical Case Report

Marta Custódio Correia; Henry Johannes Greten; Jorge Machado; Mário Gonçalves

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Abstract

Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most common chronic disorders and according to the most recent population surveys, affects about 5% of children. In addition to the behavioral intervention, it's recommended in combination with the use of psychostimulants, however, numerous times insufficient and with side effects.

The aim of this study was to evaluate the effects of "White Ball" Qi Gong exercise (WBQG) on adolescents with ADHD, on selective attention and concentration, in the functioning of the Autonomic Nervous System (ANS), and on motor activity.

The work was based on a clinical case study as preliminary action to a prospective research design. So, an adolescent of 14 years, with ADHD diagnosis, by an independent medical specialist (Neuropediatrician), with a stable pharmacological treatment for more than 3 months, informed consent signed by the parents and a voluntary participation. The participant received two sessions per week, the WBQG exercise lasting about 10 minutes, by a certified trainer, for a four-week period.

According to the clinical case submitted and after four weeks of continuous practice of the WBQG exercise, the results suggest the positive effect of Qi Gong in adolescents with ADHD, showing an increase of selective attention/concentration and a reduction of excess motor activity.

Despite the strong limitations inherent in conducting an investigation based on the methodology of case study and in a clinical context, it's possible to state the hypothesis that Qi Gong can be considered as a therapeutic intervention on ADHD.

However, this effect needs more deep scientific studies on larger samples and adequate conditions. An additional long-term double-blinded with WBQG may confirm this result.