Internal and external attentional focus imagery related differences on dynamical balance in ADHD children

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Abstract

The purpose of the current study was to examine the effect of imagery in improving the dynamic balance in ADHD children and then examine internal and external attention focus imagery in dynamic balance in them. 43 male children with ADHD disease (9-12 years, average age: 10.72 years, SD: 3.12; average weight: 31.90 kg, SD: 4.12; average height: 129.12 cm, SD: 8.02) participated in this study. Participants were randomly divided to four groups. (Internal attention focus imagery, external attention focus imagery, and traditional imagery and control groups). Timed Get up and Go test was used to evaluate the functional mobility and postural balance. Study design consisted of pre-test, training, posttest and the retention test. A one-way ANOVA was used to compare TUG scores on the pre test to ensure the four groups were not different at the initiation of practice. A one-way ANOVA was also used to compare post test and follow up test performances. The results of this study showed that compared to other situations (internal attention focus imagery, traditional imagery and control groups), external attention focus imagery causes further improvement of children ADHD dynamic balance. According to current study results, it seems external attention focus imagery is a practical and effective method for improving the dynamic balance of ADHD children and this way we can improve balance controlling and motor skills in occupational therapy.