Effects of a selected exercise program on executive function of children with attention deficit hyperactivity disorder.

M M, Ht T, M S, A M, A K.


Abstract

Introduction.
The aim of this study was to examine the effectiveness of a Selected exercise program on the executive function of children with ADHD.

Method.
The participants were 40 male students, aged 7-11 years. The participants were randomly assigned into two groups (experimental and control). The experimental group participated in an exercise program for 24 sessions, 90 minutes per session. The control group did not receive any intervention. Before and after the exercise period, all the participants were assessed with Stroop and Go-No-Go tests, and the resulting data were analyzed by using MANCOVA.

Result.
The results showed that the cognitive inhibition of the children in the experimental group was significantly different compared with the control group (p < 0.05). Additionally, there was a significant difference between the experimental and control groups in the behavioral inhibition (p < 0.05).

Conclusion.
An organized physical activity helps to improve the executive function in children with ADHD.