Efficacy of a model Attention Training program for children with ADHD.

Halder, Susmita; Mahato, Akash


Abstract:

Background:
Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common neurobehavioral disorders of childhood. Children with ADHD have problems with attention span and tend to be very easily distracted. They have difficulty in paying and maintaining attention over prolonged periods of time, along with difficulty in focusing and screening the stimulus presented in their surrounding environment. Effective intervention may improve their attention span over time, helping them to be more productive in school and at home.

Aim:
The present study aims to find out the efficacy of a 12-week attention training program for children with ADHD, aged 8-12 years, to improve attention of these children.

Method:
Following purposive sampling, 15 children with ADHD were selected for attention training. Baseline assessment of inattention and hyperactivity symptoms of the subjects was done through parent reported rating scale. Attention training was delivered in an individual session and included training module focussed on sustained, selective, alternative, and divided attention. Participants completed an outcome evaluation after 12 weeks of training program.

Results:
Post training there was an improvement in attention and reduction in scores of severity in attention scale.

Conclusion:
Attention training for children with ADHD to improve attention span is effective and could be part of a comprehensive management plan for children.