

Cardiorespiratory Fitness and Leisure Time Physical Activity are Low in Young Men with Elevated Symptoms of Attention Deficit Hyperactivity Disorder

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Abstract

Objectives

The purpose of this study was to determine whether cardiorespiratory fitness and leisure time physical activity in men screening positive for ADHD were low compared to age- and sex-matched reference values.

Methods

30 college men screening for ADHD were recruited. Data were collected between October 2014 and April 2015. Maximal cycle exercise tests were performed to assess cardiorespiratory fitness and typical 7-day leisure time physical activity was self-reported.

Results

Mean cardiorespiratory fitness was 0.94 SD lower than age- and sex-matched reference values. Cardiorespiratory fitness and ADHD symptoms were significantly negatively associated ($r = -.39$). Leisure time physical activity was 0.3 SD lower than a prior study of 411 college students. A linear regression showed a significant prediction of cardiorespiratory fitness from the combination of ADHD symptoms and leisure time physical activity.

Conclusions

Men screening positive for ADHD was characterized by low cardiorespiratory fitness and leisure time physical activity.