Taekwondo Practice in Adolescents With Attention Deficit Hyperactivity Disorder

The safety and scientific validity of this study is the responsibility of the study sponsor and investigators. Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our disclaimer for details.

ClinicalTrials.gov Identifier: NCT03678844
Recruitment Status: Completed
First Posted: September 20, 2018
Last Update Posted: September 21, 2018

Sponsor:
University of Genova

Information provided by (Responsible Party):
Maamer Slimani, University of Genova

Study Description

Go to Brief Summary:
Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common neuro-developmental/behavioral disorders among adolescents. Sport and physical activity seem to play a major role in the development of cognition, memory, selective attention and motor reaction time, especially among adolescents with ADHD. In this context, the objective of this study was to investigate the effects of a one and a half year long Taekwondo (TKD) intervention on cognitive function in adolescents with ADHD.

<table>
<thead>
<tr>
<th>Condition or disease</th>
<th>Behavioral: Taekwondo practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attention Deficit Hyperactivity Disorder</td>
<td></td>
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</tbody>
</table>

Study Design

Go to

- Study Type: Interventional (Clinical Trial)
- Actual Enrollment: 40 participants
- Allocation: Randomized
- Intervention Model: Parallel Assignment
- Masking: None (Open Label)
- Primary Purpose: Prevention
- Official Title: Effect of Taekwondo Practice on Cognitive Function in Adolescents With Attention Deficit Hyperactivity Disorder
Actual Study Start Date: September 1, 2015
Actual Primary Completion Date: January 1, 2017
Actual Study Completion Date: January 17, 2017

Resource links provided by the National Library of Medicine
MedlinePlus related topics: Attention Deficit Hyperactivity Disorder
U.S. FDA Resources

Arms and Interventions

<table>
<thead>
<tr>
<th>Arm</th>
<th>Intervention/treatment</th>
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</table>
| Experimental: Taekwondo practice   | Behavioral: Taekwondo practice  
The Taekwondo intervention program consisted of the technical skill development aspect (e.g., blocking, punching and kicking) of the sport and poomse (forms) for 30-min  
Other: CONTROL  
The participants of the control group performed other activities such as playing cards |
| Placebo Comparator: CONTROL        | Behavioral: Taekwondo practice  
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Outcome Measures

Primary Outcome Measures:
1. Stroop [Time Frame: 45 seconds]
   
   Participants are presented with a page consisting of five columns, each with 20 items for a total of 100 items per page.

Secondary Outcome Measures:
1. Ruff 2 and 7 [Time Frame: 5 minutes]
   
   This test consists of a series of 20 blocks (10 blocks of digits only and 10 blocks of both digits and letters).

Eligibility Criteria
Choosing to participate in a study is an important personal decision. Talk with your doctor and family members or friends about deciding to join a study. To learn more about this study, you or your doctor may contact the study research staff using the contacts provided below. For general information, Learn About Clinical Studies.

Ages Eligible for Study: 12 Years to 18 Years  (Child, Adult)
Sexes Eligible for Study: All
Accepts Healthy Volunteers: Yes

Criteria

Inclusion Criteria:

• Adolescents with Attention Deficit Hyperactivity Disorder

Exclusion Criteria:

• Participants with good attentional performance

Contacts and Locations

No Contacts or Locations Provided

More Information

Responsible Party: Maamer Slimani, Principal Investigator, University of Genova
ClinicalTrials.gov Identifier: NCT03678844  History of Changes
Other Study ID Numbers: TKD0012
First Posted: September 20, 2018  Key Record Dates
Last Update Posted: September 21, 2018
Last Verified: September 2018

Individual Participant Data (IPD) Sharing Statement:

Plan to Share IPD: No
Plan Description: Overall data

Studies a U.S. FDA-regulated Drug Product: No
Studies a U.S. FDA-regulated Device Product: No

Additional relevant MeSH terms:
Disease  Mental Disorders
Attention Deficit Disorder with Hyperactivity Dyskinesias
Hyperkinesis Neurologic Manifestations
Pathologic Processes Nervous System Diseases
Attention Deficit and Disruptive Behavior Disorders Signs and Symptoms
Neurodevelopmental Disorders