The effects of a home-based sensorimotor program on executive and motor functions in children with ADHD: a case series

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Abstract

Purpose
The purpose of this study was to learn about the effects of a home-oriented program based on sensorimotor activities on executive and motor functions in children with ADHD.

Participants and Methods
In this study, a home-based sensorimotor program was conducted for two male children diagnosed with ADHD. The participants performed the program with their parents four times a week, for forty minutes each time, over a 12-week period. The participants' executive functions and gross motor skills were evaluated using the Children's Color Trails Test (CCTT) and the Bruininks-Oseretsky Test of Motor Proficiency-2 (BOT-2).

Results
After participating in the home-based sensorimotor program, the participants showed improvements in both their executive and motor functions.

Conclusion
This study confirmed that a home-based sensorimotor program was effective in improving executive and motor functions in children with ADHD. This conclusion suggests the need to develop various exercise programs that can relieve the symptoms of ADHD in children and improve their abilities to adapt at home or school.