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Entitled

EFFECTS OF A TAEKWONDO-INSPIRED INTERVENTION PROGRAM ON CHILDREN WITH ADHD

by

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Date & Venue

12:00 noon

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Room 0008, H1 Building

<https://uae-u.ac-ae.zoom.us/j/82968990515>

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Abstract

Exercise and physical activity are beneficial for individuals with ADHD, potentially improving physical and cognitive functioning (Kadri et al., 2019). The main aim of this study is to investigate the effect of a Taekwondo-inspired intervention program on children with ADHD in the UAE context. The research utilized a mixed methods/quasi-experimental design approach, consisting of two phases. Within the first phase, a promising intensive intervention for children with ADHD has been implemented for five weeks, four sessions weekly. The sample of the first phase consisted of four children aged 8-10 years diagnosed with ADHD. Three assessment instruments were used to collect data in phase one and explore the effect of the intervention program: the Motor Behavior Checklist (MBC), the Conners' Teacher and Parent Rating Scales; (CTRS-28), and the (CPRS-48). The second phase consisted of semi structured interviews with the mothers of the participants who reflect their experiences and perceptions on their children's participation. Results: the participation of children with ADHD in a Taekwondo-inspired physical activity intervention supported the improvement in attention, reduction in impulsivity, and improvement in overall symptoms related to ADHD. It is also suggested that the program improved executive functioning and social functioning as perceived by parents. The study's findings contribute to the broader understanding of how physical activity can support children's behavior and well-being for children with ADHD. Limitations and implications of the study are discussed.

Keywords: ADHD, Inattention, Intervention, Impulsivity, Hyperactivity, Taekwondo UAE.