

## Children with ADHD and physical activity behaviours: What happens when the village turns its back on you ...



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## Presentation Objectives

1. Research Questions:  
“what we know / what we don’t know”
2. Research results/analysis and general implications for enhanced participation
3. Implications of results for policymakers, practitioners and future research



## Research Outcomes

- ☺ 4 peer-reviewed manuscripts
  - 1 manuscript in press
  - 2 manuscripts in review
  - 1 manuscript in preparation
- ☺ 10 graduate students in mixed research methods
- ☺ 5 International presentations (Ireland, USA)
- ☺ 3 National presentations (PHE-Canada)
- ☺ 1 Provincial Sport Psychology presentation



## Central Research Questions

How do children with ADHD regulate their physical activity experiences?

What do parents perceive about the physical activity experiences of their child with ADHD?



## Children's Stories

### Similar to past research

- ✓ Poor performance on MABC-2 and TGMD-2
- ✓ Pictures of friends 😊
- ✓ Aware of physical inabilities
- ✓ Being on organized teams (e.g., cheerleading, gymnastics, etc.).
- ✓ Spoke about observational learning
- ✓ Parent work schedule as a constraint

### Different from past research

- ✓ Performance anxiety
- ✓ Demonstrated good sporting values (e.g., doesn't matter if you win, it matters if you have fun).
- ✓ Superficial understanding of purpose for activities
- ✓ Family discontent
- ✓ Social fragmentation



## Parents' Stories

### Similar to past research

- ◆ Children with ADHD have friends ☺
- ◆ Parents aware of participation problems due to incoordination
- ◆ Seem to participate more in individual activities than team sports
- ◆ May be on organized teams (e.g., cheerleading, gymnastics, etc.).
- ◆ Spoke about observational learning
- ◆ Parent work schedule as a constraint



## Parents' stories

### Different from past research

- ☑ Retrospective & **Current** parent perspectives
- ☑ Explored perceived parental involvement in PA
- ☑ Parent knows the movement problems of their child
- ☑ Children with ADHD seldom organized PA (Supported by child interviews)
- ☑ **HOWEVER**, parents did not state or did not seem aware of their child's perceived ability to plan!
- ☑ School teachers are perceived as not aware of ADHD implications
- ☑ Purpose of getting involved in PA is secondary to the activity itself (e.g., socialization, improved discipline Vs. playing hockey or practicing karate)



## What the future may hold ...

- ☆ **Physical, Leisure, and Sport Education:**  
nature, purpose, & individual fit to activities
- ☆ **Sport & Leisure Counseling:**  
place child well in activity of own choosing +  
alleviate caregiver stress (e.g. form of respite)
- ☆ **Adult- Child activity programs**
  - ☆ Do adults also have ADHD? DCD?
  - ☆ What are perceptions of the role of play in family relations?



## What the future may hold ...

- ☆ **Development of sport and PA manuals to  
introduce the possible conceptual rift between  
competition and social participation motives!**
- ☆ **Improving social links between home, school,  
sport, & community**
- ☆ **Developing research and practice funding  
structures to meet the needs of people with  
disabilities in sport and PA participation!**



*Thank you!!!*

