

## **Benefits of Therapeutic Climbing on Multiple Components of Attention in Attention Deficit Hyperactivity Disorder Children**

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**Abstract :** The purpose of the present study was to determine the effect of climbing therapy on the components of attention of children with attention-deficit hyperactivity disorder (ADHD). Forty children with ADHD were assigned to either an intervention group or a control group. The exercise group participated in a climbing therapy program for ten weeks, whereas no intervention was administered to the control group. All two groups were then assessed with the same battery of attention tests used in our earlier study. We found that compared to the 'intervention' group, performance was higher in the 'control' group on tests of sustained, divided and distributed attention, on all four tests. The intervention group showed a significant improvement in components of attention after ten weeks. From this we conclude that climbing therapy can improve the attention of children with ADHD and can be considered as a promising intervention and a standalone treatment for children with ADHD.

**Keywords :** ADHD, climbing therapy, distributed attention, divided attention, selective attention, sustained attention

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