

عنوان مقاله:

Accelerometer-Based Physical Activity and Health-Related Quality of Life in Children with ADHD

محل انتشار:

مجله بین المللی کودکان, دوره 10, شماره 7 (سال: 1401)

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خلاصه مقاله:

Background: Self-reported studies showed that physical activity is associated with health-related quality of life in children with ADHD. Considering the limitations of self-reporting methods, we aimed to assess the association between accelerometer-measured physical activity and health-related quality of life among children with ADHD. Methods: ۶۸ participants (۲۸ girls, mean age of 10.22 ± 1.55 years) wore the accelerometer for seven consecutive days. PedsQL was used to measure health-related quality of life. Mann-Whitney U, Spearman correlation test, and regression analysis were used to analyze data. Results: On average, the daily moderate-to-vigorous physical activity (MVPA) was ۳۶.۴۶ minutes, which is below the WHO guideline. Boys engaged significantly more in daily MVPA than girl. Moreover, gender significantly predicted health-related quality of life ($F = ۴.۵۸, p = ۰.۰۳, \text{Adjusted } R^2 = ۰.۰۸, \beta = ۰.۷۵$). Sedentary time% has inversely predicted health-related quality of life ($F = ۲.۸۱, p = ۰.۰۴, \text{Adjusted } R^2 = ۰.۰۳, \beta = ۰.۵۳$). Finally, daily MVPA predicted health-related quality of life ($F = ۵.۷۳, p = ۰.۰۲, \text{Adjusted } R^2 = ۰.۰۹, \beta = ۰.۱۳$). Conclusion: These finding indicate that physical activity and quality of life are critical concerns for children with ADHD. Accordingly, it is necessary to adopt appropriate strategies to develop more active lifestyles among this population

کلمات کلیدی:

ADHD, Physical Activity, Quality of life, accelerometer, Gender

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