

Evaluating the Impact of Cognitive Training on ADHD Symptoms

Jamie Parker

PhD

University of Copenhagen
1165 Copenhagen, Denmark

Jamie Thomas

Dr.

University of Vienna
1010 Vienna, Austria

Riley Thompson

Prof.

KU Leuven
3000 Leuven, Belgium

Abstract. This research evaluates the effectiveness of cognitive training programs in reducing symptoms of Attention Deficit Hyperactivity Disorder (ADHD). By reviewing recent studies, the article explores how cognitive exercises can enhance attention span and executive functioning in individuals with ADHD. The findings suggest that cognitive training is a promising intervention for managing ADHD symptoms, offering a potential non-pharmacological treatment option in clinical psychology.

Keywords: ADHD, Cognitive Training, Attention Span, Clinical Psychology, Non-pharmacological Treatment

Introduction

Attention Deficit Hyperactivity Disorder (ADHD) is a prevalent neurodevelopmental disorder characterized by symptoms of inattention, hyperactivity, and impulsivity. Traditional treatment methods primarily involve pharmacological interventions, but there is growing interest in non-pharmacological options. This article examines the impact of cognitive training on ADHD symptoms, analyzing recent research to assess its effectiveness in enhancing attention and executive functioning. The findings indicate that cognitive training offers a promising alternative for managing ADHD, with potential benefits for cognitive and behavioral outcomes. However, further research is needed to refine these interventions and integrate them into broader treatment plans.

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