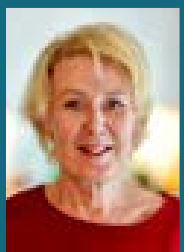


# Psychiatry & Psychological Syndromes

November 01-02,2021

WEBINAR

Elizabeth Ekman, J Psychol Psychother 2021, Volume 11



## Elizabeth Ekman

Karlstad University, Sweden

### Do athletes have more of a cognitive profile with ADHD criteria than non-athletes?

**Statement:** Attention deficit hyperactivity disorder (ADHD) symptoms are part of a spectrum, and genetic studies have proposed that ADHD should be regarded as a set of behavioral traits that are also present in the general population but in a less extreme way. In addition to the core symptoms is “selective attention,” This extreme form of attention (hyper focusing) is not discussed in current conceptions of ADHD. Studies has so far mostly focused on problems with this profile and less focus has been on how it can be to advantage for the individual. Several studies indicate that physical activity and environmental factors have a positive effect on inattention and hyperactivity as well as a positive effect on stress, negative affect, anxiety and depression, as well as decreasing bad conduct and poor impulse control. The purpose of the current study was to compare athletes to non-athletes in terms of ASRS criteria.

**Methodology:** The ASRS instrument was administered as an interview to the two groups of participants by a trained psychotherapist with knowledge of ADHD regarding school activity and leisure time/their sport activity time.

**Results:** Showed high scores in school and low scores during leisure/sport activities for athletes. Their performance in school and everyday life was well functioning.

**Conclusion:** ADHD criteria are highly presented in the athlete group. Potentially these athletes are in the school environment able to inhibit the symptoms and have learned to show appropriate behavior with the training. Studies suggested that aspects of the ADHD cognitive profile might be beneficial in a various context such as sport, entrepreneurs. It is suggested that we should look at the profile as a “diversity perspective” and change from a model of “defect” to a model of “difference” and focus more on how the environmental conditions can influence the profile of ADHD.

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## Biography

Elizabeth Ekman is a PhD, Licensed Psychotherapist and Supervisor in CBT, was born in Gothenburg Sweden. She Started out in education for Chemical Engineering for some years. Bachelor of Science, Psychology – 1979 Hahnemann Medical College, Philadelphia, U.S.A. (Drexel University) Social work -1983 Gothenburg University, Sweden Psychotherapist program – 1994, and authorizing as Supervisor, 1997: Uppsala University and the Swedish association for Behavioral therapy – BTF, Uppsala, Sweden Karlstad University, Phd in psychology. Over 10 years of psychotherapeutic work in hospitals, with inpatients and outpatients, treating various disorders such as anxiety, eating disorders, depression, psychosis, autism /ADHD with CBT. Private Practice since – 1993. Worked with athletes and worked as a consultant to National sports federation and Swedish Olympic Committee. Supervision and lecturing for doctors, psychologists, psychotherapists, social workers, nurses as well as sport psychologist since 1993. Online Educational programs for CBT since 2009. Several national and international workshop presentations as well as open papers and case presentations such as Psychosis, ASD /ADHD and CBT