



**The College of Graduate Studies and the College of Education Cordially Invite  
You to a**

**PhD Dissertation Defense**

Entitled

*" EFFECTS OF A TAEKWONDO-INSPIRED INTERVENTION PROGRAM ON ATTENTION AND  
IMPULSIVITY IN CHILDREN WITH ADHD "*

BY

Zubaida Fares Shraim

Faculty Advisor

Dr. Maria Efstratopoulou, Special Education Department

College of Education

Date & Venue

Wednesday, 10 May 2023 at 2:00 pm

College of Education, H1 building – 0006

Abstract

Impulsivity and inattention are two core symptoms of Attention Deficit Hyperactivity Disorder (ADHD) that have a significant impact on learning and academic performance in children with the condition (Rosello, 2018). Exercise, and physical activity, such as Taekwondo, can be beneficial for individuals with ADHD, and can help improve physical and cognitive functioning (Kadri et al., 2019). The aim of this study is to investigate the effect of a Taekwondo-inspired intervention program on attention and impulsivity in children diagnosed with ADHD in the UAE context. The proposed research will utilize a mixed methods/experimental design approach, consisting of two distinct phases of data collection with unique procedures, participants, objectives, and instruments. The study will apply a promising intervention for children with ADHD and has a potential to contribute to the broader understanding of how physical activity can support children's development and well-being. Expected Results: It is hypothesized that the Taekwondo-inspired physical activity intervention will lead to improvements in attention and reductions in impulsivity in children with ADHD. It is also expected that the program will improve executive functioning and social functioning, that can be observed and measured by parents.

**Keywords:** ADHD, Taekwondo, UAE, inattention, impulsivity.