عنوان فارسی مقاله:
تأثیر آموزش شطرنج بر درمان اختلال بیش فعالی - کم توجهی
مطالعه ای برچسب دار و بلندمدت

عنوان انگلیسی مقاله:
Efficacy of chess training for the treatment of ADHD:
A prospective, open label study
Conclusions

This pilot study presents preliminary evidence suggesting that chess playing might play a role in the treatment for children and adolescents with ADHD. High IQ children appear to be particularly benefited. Given the weaknesses of our study—open label, no control group, no randomization, and small sample size—our results should be interpreted with caution. This pilot project highlights the importance of carrying out larger studies with a case-control design. If our results are replicated in more robust studies, playing chess could be included within the multimodal treatment of ADHD. Alternative therapies such as chess training might be particularly interesting in developing or impoverished countries where resources are scarce. Thus, “chess therapy” for ADHD could be potentially used as a low cost resource for struggling ADHD students in the public school system.