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| |  |  | | --- | --- | | **https://www.civilica.com/modules/ENCivilicaPapers/images/report_02.gifAbstract of the Article** |  |  |  | | --- | | **Note:** English CIVILICA is in its Trial Period so Full Texts can not be provided! Persian users can download it [**here**](https://www.civilica.com/Paper-MRHCONF03-MRHCONF03_110.html)  Download This article in PDF format**The effectivenessof Pilates on increasing aspects of attention in adults with hyperactivity disorder/ attention deficit**    **Author:**  [ [Sakineh soltani kouhbanani](https://www.civilica.com/modules.php?name=ENCivilicaPapers&op=SearchResults&queryWr=soltani%20kouhbanani&simoradv=ADV) ] - *Department of Psychology, Faculty of Education and Psychology, Ferdowsi University of Mashhad, Azadi Sq. Mashhad, Iran.*    **https://www.civilica.com/modules/ENCivilicaPapers/images/report_01.gifAbstract:**  Adults with Attention deficit hyperactivity disorder (ADHD had deficit in multiple aspects of attention .The objective of our study was to test the hypothesis that increase sustained attention ,selective attention , attention capacity and switching attention for the increase in speed reaction seen after physical activity and to measure the impact of high intensity sustained attention of 50 adult diagnosed with ADHD consistent with the Disease Statistical Mental-IV (DSM-IV) criteria. It is possible that practicing sports assists in the management of the disorder. The adult were divided between two group users (US) and non-users (NUS) of Pilates., and the groups were compared to evaluate the effect of Pilates on attention after Pilates. Post-exercise performance on the Wechsler Intelligence Scale for adults WISC–III developed by David Wechsler (Wechsler, 1991). The Wisconsin Card Sorting Test (WCST; Berg, 1948) The Stroop Color and Word test (Golden, 1987). Continuous performance task (Conners. Staff, 2000). , we observed significant improvements in sustained attention and selective attention after physical effort.    **Keywords:**  Pilates, Attention, Adults , Hyperactivity disorder/ attention deficit | |