

The Relationship between Demographic and Psychological Characteristics and Depressive Behavior in Children with Attention Deficit Hyperactivity Disorder

Saeed Ariapooran*
Maryam Naisari**

Introduction

Using a mobile for children with attention deficit hyperactivity disorder (ADHD) for classroom activities during the COVID-19 outbreak and its attraction for them to use it may make them more likely to experience sedentary behaviors (SB). Sedentary behaviors are a distinct class of activities in which very low energy is consumed and is performed sitting or lying down. SB is associated with general ADHD symptoms. Also, an increase in parents' SB has led to an increase in SB in children. The present study aimed to investigate the relationship between demographic and psychological characteristics and sedentary behavior in children with ADHD. The prevalence of SB in children with ADHD during the COVID-19 outbreak and the role of demographic variables, maternal SB, and CDA in mothers is important in terms of psychological programs for reducing the psychological effects of Covid-19.

Method

The research method was a descriptive correlation. Among mothers of ADHD children, 136 mothers participated in the study by convenience sampling method. A Demographic Characteristics Questionnaire, Child Weekly Screen Time Scale (Sanders et al, 2016; Gingold et al, 2014; cited in Ariapooran, Hajimoradi, & Mousavi, 2020), and CDA (Alipour et al, 2020) Scales used to collect the data. Data were analyzed by using Pearson correlation and stepwise regression.

* Associate Professor, Malayer University, Malayer, Iran. *Corresponding Author:*

s.ariapooran@malayeru.ac.ir

** M. A in Clinical Psychology, The State Office of Education (region 2), Rasht, Iran.

Results

According to the results, the mean of SB in ADHD children during the Covid-19 outbreak was 30.84 hours. The highest mean was related to watching TV and playing games with handheld devices. Girls were less involved than boys in SB ($p < 0.05$). Mother-child interaction and mothers' daily exercise positively and watching TV, searching social networks, and mother's CDA negatively correlated with SB in ADHD children ($p < 0.05$). The results of stepwise regression confirmed the role of CDA, Mothers SB, and mother-child interaction in predicting the SB in ADHD children ($p < 0.05$).

Discussion

The results showed a high mean hour of SB in children with ADHD during the COVID-19 outbreak. We recommended that parents be trained about the negative consequences of SB. In addition, according to the negative relationship between parents' interaction with children and exercise and physical activity in parents with a decrease in SB of ADHD children, strengthening sports activities, especially home sports activities in COVID-19 conditions should be suggested, and it is better to provide the necessary education based on parent-child interaction. Due to the positive relationship between parental SB and SB in ADHD children, we recommended managing SB for mothers with online or face-to-face workshops.

Keywords: Hyperactivity, Corona disease anxiety, depressed behaviors, mothers

Author Contributions: All authors responsible for leading the overall research process, research plan design, data collection, analysis discussed the results, reviewed and approved the final version of the manuscript.

Acknowledgments: The authors thank all mothers who participated in this research.

Conflicts of interest: The authors declare there is no conflict of interest in this article.

Funding: This research is not sponsored by any institution and all costs have been borne by the authors.
