



FOR IMMEDIATE RELEASE

CONTACT:

Jim Gilden

meda.inquiries@sagepub.com

805-410-7335

**CHILDREN WITH ADHD CONCENTRATE BETTER AFTER WALK IN THE PARK
RESEARCH PUBLISHED IN *JOURNAL OF ATTENTION DISORDERS***

Los Angeles, London, New Delhi, Singapore and Washington DC (March 4, 2009) Children with ADHD are able to concentrate better after a taking a walk in a park compared with a walk in other environments, according to a study in the current issue of the *Journal of Attention Disorders* (published by SAGE).

The study examined children who had been professionally diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), testing them after they took walks in three different types of well-maintained environments: an urban park, a downtown area, and a residential area. The researchers found that the children were significantly better able to complete tests of concentration and impulse control after the walk in the park than the other two environments.

These findings could have significant implications for schools. As a way to enhance the attention ability of ADHD students, as well as the school's general population, the researchers suggest that schools might consider:

- Natural elements and areas in schoolyards—trees, ornamental shrubs, open lawn, and flower or vegetable gardens, which in turn attract wildlife
- Natural spaces indoors, such as quiet areas separated from the hustle and bustle of daily activities, with aquariums, terrariums, and indoor plants
- Window views of natural settings

“The findings suggest that not only does exposure to nature enhance attention in children with ADHD, but also that this effect holds for a wide variety of children, settings, and activities,” write the authors in the article. “The potential for using doses of nature to help treat ADHD deserves prompt attention.”

“Children With Attention Deficits Concentrate Better After Walk in the Park,” by Andrea Faber Taylor and Frances E. Kuo of the University of Illinois, Urbana-Champaign, in the March issue of the *Journal of Attention Disorders* is available free for a limited time at <http://jad.sagepub.com/cgi/reprint/12/5/402>.

###

Journal of Attention Disorders is the only journal devoted exclusively to research and clinical issues related to field of attention. A journal of theoretical and applied science, this quarterly publishes an objective and widely diverse cross section of studies written by leaders in all areas relevant to attention problems in the young. <http://jad.sagepub.com>

SAGE is a leading international publisher of journals, books, and electronic media for academic, educational, and professional markets. Since 1965, SAGE has helped inform and educate a global community of scholars, practitioners, researchers, and students spanning a wide range of subject areas including business, humanities, social sciences, and science, technology, and medicine. An independent company, SAGE has principal offices in Los Angeles, London, New Delhi, Singapore and Washington DC. www.sagepublications.com