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Athletes have more parallel ADHD symptoms than non-athletes?

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Background: Attention deficit hyperactivity disorder (ADHD) is considered a disorder. Studies have shown how environmental factors and physical activity can influence ADHD in a positive direction and prevent its negative effects. Most ADHD studies in the sport context has focused on the problems the individual has developed such as increased risk of injury, higher levels of aggression and less focus has been on how it (ADHD) can be to an advantage for the individual. Core symptoms are inattention and hyperactivity, and selective attention is considered a deficit in ADHD. The extreme form of attention or “hyper focusing” is however, not discussed in current conceptions of ADHD symptoms, but has been suggested to be added as a separate dimension of adult ADHD

Biography

Elizabeth Ekman, Phd, Licensed Psychotherapist and Supervisor in CBT, was born in Gothenburg Sweden. She Started out in education for Chemical Engineering for some years. Bachelor of Science, Psychology – 1979 Hahnemann Medical College, Philadelphia, U.S.A. (Drexel University) Social work -1983 Gothenburg University, Sweden Psychotherapist program – 1994, and authorizing as Supervisor, 1997: Uppsala University and the Swedish association for Behavioral therapy – BTF, Uppsala, Sweden Karlstad University, Phd in psychology. Over 10 years of psychotherapeutic work in hospitals, with inpatients and outpatients, treating various disorders such as anxiety, eating disorders, depression, psychosis, autism /ADHD with CBT. Private Practice since – 1993. Worked with athletes and worked as a consultant to National sports federation and Swedish Olympic Committee.