

Study Looks at the Prevalence, Challenges of Athletes with ADHD

Athletes with ADHD more likely to choose team sports, which can increase risk of injury

***Note: Embargoed until Thursday May 11, 2017 at 1:00pm eastern**

The Ohio State University Wexner Medical Center

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NEWS PACKAGE

<p>SUGGESTED TEASE</p>	<p>STILL TO COME, TACKLING THE ISSUE OF A-D-H-D IN ORGANIZED SPORTS. SURPRISING DETAILS ABOUT HOW COMMON A-D-H-D IS IN ATHLETES - AND THE TYPES OF SPORTS THEY TEND TO PLAY. DETAILS NEXT IN HEALTH NEWS.</p>
<p>ANCHOR LEAD</p>	<p>IT'S ESTIMATED MORE THAN SIX MILLION CHILDREN STRUGGLE WITH A-D-H-D IN THE UNITED STATES.</p> <p>AND WHILE WE KNOW A LOT ABOUT HOW IT CAN AFFECT THOSE CHILDREN IN THE CLASSROOM, NOT MUCH IS KNOWN ABOUT HOW A-D-H-D IMPACTS CHILDREN ON THE PLAYING FIELD.</p> <p>BUT A NEW STUDY LOOKS INTO ATHLETES WITH A-D-H-D AND IS UNCOVERING SOME SURPRISING TRENDS. CLARK POWELL HAS DETAILS.</p>
<p>(PACKAGE START) -----</p> <p>CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03</p> <p>Shot of Brian doing homework</p> <p>CG: Brian Ward Has ADHD</p> <p>Shot of Brian taking medicine</p> <p>Shots of Brian practicing</p> <p>CG: Dr. Trevor Kitchin</p>	<p>(Nats - Brian typing on keyboard) :02</p> <p>LIKE MILLIONS OF OTHER STUDENTS DIAGNOSED WITH A-D-H-D, BRIAN WARD SAYS WHETHER IT WAS HIGH SCHOOL OR COLLEGE, KEEPING UP IN CLASS HAS ALWAYS BEEN A STRUGGLE. :07</p> <p><i>"I couldn't really sit still, trouble focusing in school, simple homework tasks would take me while."</i> :06</p> <p>BRIAN TAKES MEDICATION TO HELP CONTROL THE SYMPTOMS OF HIS A-D-H-D. :04</p> <p>(Nats - picking up lacrosse stick) :01</p> <p>BUT IT'S ON THE LACROSSE FIELD WHERE BRIAN SAYS HE'S ALWAYS FELT HIS BEST. :04</p> <p><i>"A lot of studies have actually shown that participation in sports can help alleviate some of the symptoms of ADHD,</i></p>

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<p>Ohio State Wexner Medical Center</p> <p>Shots of football practice</p> <p>Shot of Dr. Borchers at computer</p> <p>Shots of high school students</p> <p>Shots of different sports</p>	<p><i>kind of being on the field, getting rid of some of that extra energy that they have.” :08</i></p> <p>BUT WHAT ROLE DOES A-D-H-D PLAY IN THEIR ATHLETIC LIVES?</p> <p>DOCTOR JAMES BORCHERS IS A SPORTS MEDICINE EXPERT AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER.</p> <p>HE SAYS WHILE THERE HAS BEEN A LOT OF RESEARCH ON HOW A-D-H-D AFFECT STUDENTS - LESS IS KNOWN ABOUT HOW IT CAN AFFECT ATHLETES.</p> <p>IN A RECENT STUDY, HIS TEAM LOOKED AT MORE THAN 850 ATHLETES OVER A FIVE YEAR PERIOD AND NOTICED SOME SURPRISING TRENDS. :22</p>
<p>CG: Dr. James Borchers Ohio State Wexner Medical Center</p> <p>Graphic over football practice</p> <p>-Nearly twice as likely to compete in team sports</p> <p>-Participation in contact sports was 142% higher</p>	<p><i>“We expect a lot of athletes with ADHD to gravitate towards an individual sport, where they have maybe a little bit more control, there’s a little bit more repetitiveness.” :09</i></p> <p>BUT THEY FOUND JUST THE OPPOSITE. ATHLETES WITH A-D-H-D WERE NEARLY <i>TWICE</i> AS LIKELY TO COMPETE IN <i>TEAM</i> SPORTS.</p> <p>AND THEIR PARTICIPATION IN <u>CONTACT</u> SPORTS WAS 142-PERCENT HIGHER THAN IN <u>NON-CONTACT</u> SPORTS, WHICH COULD PRESENT SOME CHALLENGES. :14</p>
<p>Dr. Kitchin (CG’d earlier)</p> <p>Shots of hockey practice</p> <p>Shots of Brian practicing</p>	<p><i>“We also find that they do have increase in impulsivity and a little bit more reckless behavior which can put them at a higher risk for injury, especially in those contact sports.” :08</i></p> <p>TO BE CLEAR - THERE IS NO <u>DIRECT</u> LINK BETWEEN A-D-H-D AND INJURY - BUT EXPERTS SAY IT’S A GOOD IDEA THAT COACHES ARE TOLD ABOUT A-D-H-D EARLY ON, SO THEY CAN TAKE STEPS TO HELP THOSE ATHLETE REACH THEIR GOALS.</p> <p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :15</p>
<p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>DOCTORS SAY THERE ARE MANY BENEFITS TO PLAYING SPORTS FOR CHILDREN WITH A-D-H-D AND THEY ENCOURAGE THEM TO PARTICIPATE. IF YOU HAVE A CHILD WITH A-D-H-D, BE SURE TO TALK WITH THEIR COACHES AND TRAINERS TO MAKE THEM AWARE OF THE CONDITION AT THE START OF EACH SEASON.</p>

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>A new study @OSUWexMed finds surprising trends in athletes with ADHD. http://bit.ly/2qXh2k8</p>
<p> Suggested post:</p>	<p>It's estimated more than six million children in the United States have attention-deficit/hyperactivity disorder (ADHD). While there's been a lot of research about the impact ADHD can have on children in the classroom, not much is known about ADHD in sports. In a new study, researchers at The Ohio State University Wexner Medical Center take a look at ADHD in athletes and uncover some surprising trends. Details: http://bit.ly/2qXh2k8</p>

EXTRA BITES

<p>CG: Dr. James Borchers Ohio State Wexner Medical Center</p>	<p>Dr. Borchers talks about the study's findings: <i>"The result was a little bit surprising because we expect a lot of athletes with ADHD to gravitate towards an individual sport, where they have maybe a little bit more control, there's a little bit more repetitiveness, they don't need to be able to pay attention to what's going on with their teammates and those sorts of things."</i></p> <p>Dr. Borchers talks about the rate of athletes with ADHD: <i>"If we do have more student athletes than we might have expected that are in contact, team sports, we need to understand the challenges those athletes may have with ADHD, and how we can better help to support them so they're successful in that sport."</i></p>
<p>CG: Dr. Trevor Kitchin Ohio State Wexner Medical Center</p>	<p>Dr. Borchers talks about helping athletes with ADHD: <i>"It's important for coaches and other staff that works with those athletes to recognize that if an athlete has difficulty with attention, focus, retention, participation because of those issues, that they get them to the right people to get an evaluation."</i></p> <p>Dr. Kitchin talks about injury risk in athletes with ADHD: <i>"There is some evidence that athletes with ADHD may be a little more inconsistent with their injury reporting, both concussions and other injuries. And because of their increase impulsivity, they may be at a higher risk for a little bit more reckless behavior."</i></p> <p>Dr. Kitchin talks about the goal of this study: <i>"It's getting the knowledge out there for the parents. We see a lot more information coming out about concussions, and I think this will go along with that: getting more information about ADHD and the risks that come with it."</i></p>

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**CG: Brian Ward
Has ADHD**

Brian talks about how ADHD has impacted his game:
“When we would be going over plays and coach would bring us in and draw up something on the whiteboard and I had trouble focusing on what he was saying, what he was drawing out. And I’d get into the game and I’d be like, ‘Uh oh, what’d he say or what’d he do?’ so that’s definitely had a negative impact on my play.”

Brian explains how medication has helped:
“In college when I started taking medicine for my ADHD, it definitely had a more positive impact because I was able to focus more on what he was saying.”

References

¹*Data & Statistics; Children with ADHD, Centers for Disease Control and Prevention, 2017.*
Online: <https://www.cdc.gov/ncbddd/adhd/data.html>.

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