

Title: Associations between Physical Activity and Self-Esteem with Physical and Psychological Wellbeing among Children with ADHD during the COVID-19 Pandemic

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Biography

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necessary to adopt appropriate strategies to increase the level of physical activity among children with ADHD during the pandemic.

Abstract

Statement of the Problem: It has been shown that physical activity positively affects well-being of children during the COVID-19 pandemic. However, this issue has rarely been investigated among special groups such as ADHD. Therefore, the aim of this study was to evaluate the associations between physical activity level and self-esteem with physical and psychological wellbeing of children with ADHD during the COVID-19 pandemic.

Methods: 67 children aged 7 to 10 years old with ADHD participated in this study. Physical activity, wellbeing, and self-esteem were measured by using standard questionnaires. Structural equation modeling was used to analyze data.

Results: On average, level of children' physical activity, wellbeing, and self-esteem were lower than the average. Physical activity positively affected physical and psychological wellbeing as well as self-esteem among children with ADHD. Moreover, self-esteem can be considered as a plausible mechanism for the relationship between physical activity and wellbeing.

Conclusion & Significance: These findings, together, indicate that physical activity and wellbeing are critical concerns for children with ADHD during the pandemic. Accordingly, it is

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