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Effects of Vedic mantra chanting on attention-deficit/hyperactivity disorder symptoms in young children: Results from Quasi-experimental study

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Attention Deficit Hyperactivity Disorder (ADHD) is a complex condition affecting children worldwide. In India, prevalence found to be 11.32% in primary school. Previous studies explored the effect of Vedic chants on cognitive

function in children, but no study has been conducted to evaluate the effect of chanting on ADHD. The present study was undertaken for ADHD-risk children; n=94). The intervention consisted of 30mins group practices, Vedic chants for 20 and relaxation for 10mins. Children were assessed before and after the 3months of intervention in the school. Outcome measures were parent and teacher ratings of ADHD symptoms, behavior, mood, attitude and understanding toward peers. Post data included 90 parents and 12 teachers. At the end of intervention, parents

reported significant decrease in ADHD symptoms: $p < 0.001$; oppositional symptoms: $p < 0.001$; mood symptoms; $p < 0.01$. Parents reported better behavior towards peers but that did not reach significance levels. Teachers also reported overall reductions in ADHD symptom and better functioning with peers in children. To our knowledge, this is the first randomized trial to address Vedic chanting for an ADHD-risk sample. This study provides significant evidence on the beneficial effect of Vedic chanting on at-risk ADHD Children.

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