



Case #580

CATS on the Move Exercise Treatment of ADHD

Attention-deficit/Hyperactivity Disorder (ADHD) is a chronic neurodevelopmental disorder that is characterized by symptoms of inattention and hyperactivity/impulsivity and is linked to impairment in multiple domains (i.e., home, school, peer functioning). Few evidence-based options are available to families for treating childhood ADHD other than psychotropic medications (primarily stimulants) and labor-intensive behavioral interventions. Children and Teachers (CATs) on the Move is a before-school exercise program that engages children in physical activity through a variety of games and activities as a tool to manage ADHD symptoms and impairments. Over a 12-week period, instructors lead games each day using a format developed by the creators of this program that involves 30 minutes of sustained exercise. Both kids at risk of developing ADHD and typically developing kids benefit from the program, making it a “do no harm” program and at-risk children showed significant drop in oppositional behavior, a decrease in ADHD symptoms. Ongoing programs are looking at the effects of earlier interventions and long-term implementation.

Applications:

- ADHD and behavioral therapy.

Advantages:

- Engaged students in the classroom.
- Healthier students.
- Potential substitute for medication.
- Reduced burden on teachers.
- Detailed manual for instructors.

Intellectual Property and Development Status:

Available for licensing and research partnerships.

References:

Research Finding: Morning Exercise Beneficial to Students

<https://www.uvm.edu/uvminnovations/news/research-finding-morning-exercise-beneficial-students>

Children and Teachers (CATs) on the Move Program Page <https://www.uvm.edu/catsmove>

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