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# **Evaluation of motor proficiency and adiponectin in adolescent students with attention deficit hyperactivity disorder after high-intensity intermittent training**

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## **Abstract**

Attention deficit hyperactivity disorder (ADHD) is a chronic condition with frequent comorbidities such as obesity, troubled relationships, low self-esteem, and difficulty in motor proficiency. This study aims to elucidate the effect of high-intensity intermittent training on motor proficiency, adiponectin, and insulin resistance in adolescent students with ADHD disorder. Fifty adolescent students of both genders with ADHD diagnosis participated and assigned into four experimental groups (each group with 15 girls and 10 boys students; two experimental and two control groups). High-intensity intermittent

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