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## Can children with AD/HD learn relaxation and breathing techniques through biofeedback video games?

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### Abstract

This study investigated *The Journey to Wild Divine* as a biofeedback management tool teaching breathing and relaxation skills to children with Attention-Deficit/Hyperactivity Disorder (AD/HD). The children played the game by manipulating their heart rate using breathing techniques taught in the game, measured through three finger sensors. Parents completed questionnaires to measure behavioural and emotional changes. In the experimental group, children with AD/HD (n=24) demonstrated significant reductions in the AD/HD Questionnaire,  $F(1,34) = 44.30$ , and the Strengths and Difficulties Questionnaire,  $F(1,34) = 19.90$ , compared to a control group (n=12). The Wild Divine has shown potential in teaching breathing and relaxation techniques to reduce disruptive behaviours in children with AD/HD.

[Link to full text paper pdf \(89KB\)](#)

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