

# Music for Focus

Do students with ADHD benefit from having background music while studying?

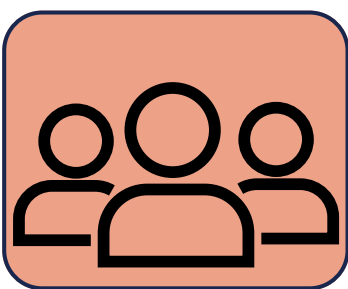
## Quiet or not quiet?

Students are often advised to study in quiet settings.

However, many professionals claim that silence is not helpful for those with ADHD.



## Method



### PARTICIPANTS

25 students with ADHD (mean age = 10.28)

25 neurotypical students (mean age = 10.44)

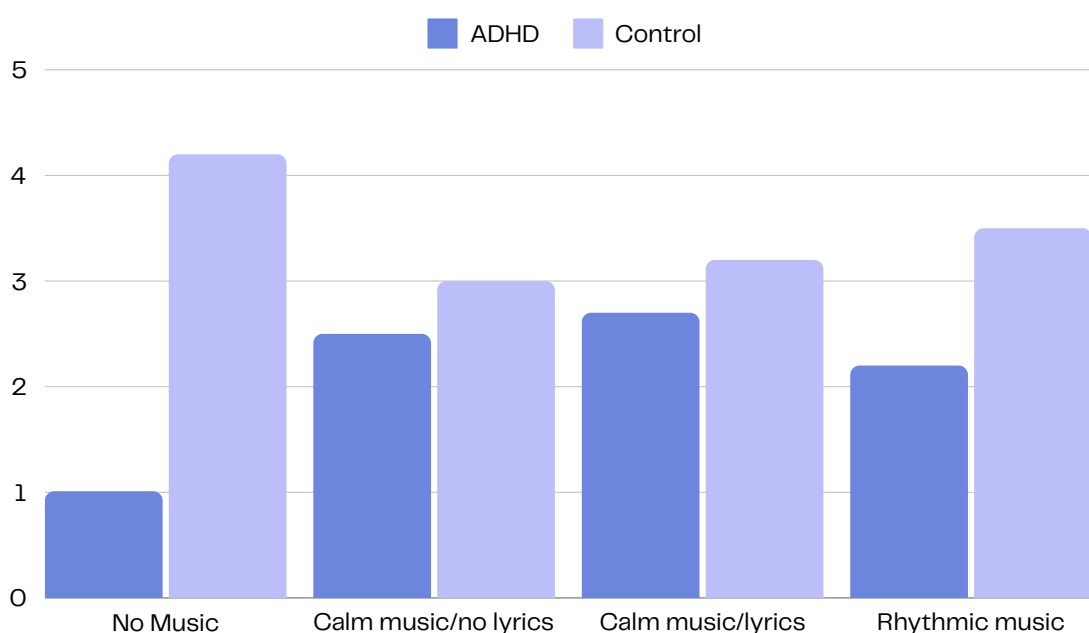


### CONDITIONS

- 1) Without background music
- 2) With calm music without lyrics
- 3) Calm music with lyrics
- 4) Rhythmic music with lyrics

## Results

Music improved reading comprehension only among children with ADHD



## Conclusion

- For most students, background music may be distracting
- Those with ADHD seem to benefit from background music
- This could potentially be expanded to older students with ADHD