

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)

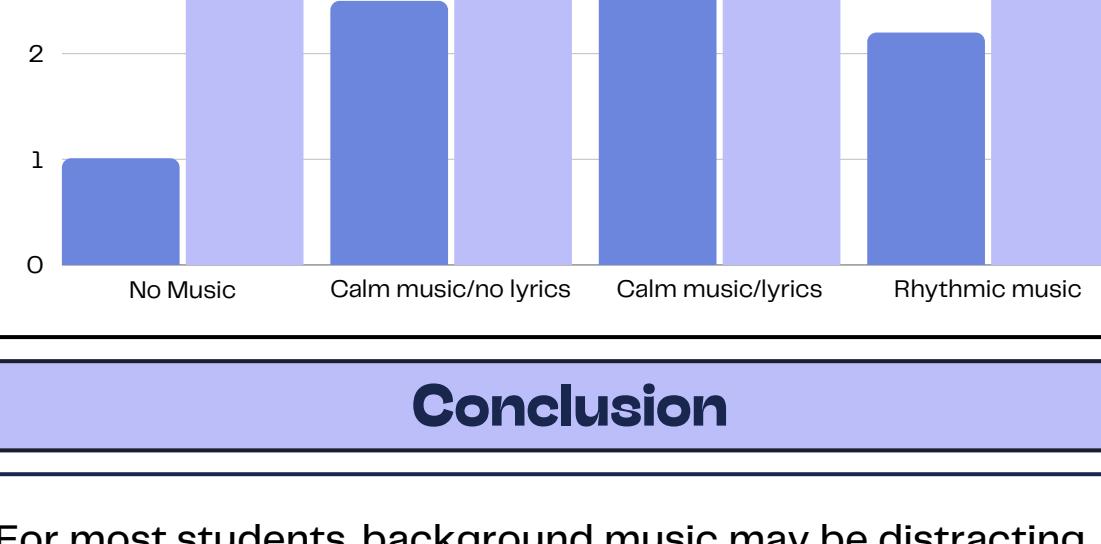


CONDITIONS

- 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