Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effectiveness of Play Therapy to Improve Attention and Concentration of Attention Deficits Hyperactivity Disorder (ADHD) Children

Protocol summary

Study aim
The main aim of the current study is to examine how well play therapy works to improve the attention and concentration of ADHD children.

Design
The current study approach will be quasi-experimental, with an experimental group and a control group.

Settings and conduct
The therapist might first want to see the child playing. Sessions needed to be held in a setting where the children feel comfortable and where there are not many restrictions.

Participants/Inclusion and exclusion criteria
There will be 10 students in both of the groups, ages 3–14. For this study, there will be five children in each group. Both male and female children with ADHD will have their data collected. The age ranges 3-14 will be chosen. children under ages three and those beyond the age 14 will not be chosen, and children who use medication during treatment will not be included in this study.

Intervention groups
Select 10 children; five were to be divided equally between the experimental and control groups. The control does not receive any intervention but the experimental groups receive the play therapy intervention 16 sessions three sessions per week 30 to 50 mints.

Main outcome variables
The current study will assess if play therapy is successful at enhancing ADHD children's attention and concentration.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230919059472N1**

Registration date: **2023-10-01, 1402/07/09**

Registration timing: **retrospective**

Last update: **2023-10-01, 1402/07/09**

Update count: **0**

Registration date

2023-10-01, 1402/07/09

Registrant information

Name
Saqib Javeed

Name of organization / entity
University of Sahiwal

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Pakistan

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-23, 1402/03/02

Expected recruitment end date

2023-09-27, 1402/07/05

Actual recruitment start date

2023-07-16, 1402/04/25

Actual recruitment end date

2023-08-03, 1402/05/12

Trial completion date

2023-09-03, 1402/06/12

Scientific title

Effectiveness of Play Therapy to Improve Attention and Concentration of Attention Deficits Hyperactivity Disorder (ADHD) Children

Public title

Play Therapy improves attention and concentration of ADHD child

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Both male and female will be add in this study . The age range from 3to 14

Exclusion criteria:
who use medication during treatment will not be included in this study.

Age
From **3 years** old to **14 years** old

Gender
Both

Phase
1-2

Groups that have been masked

- Investigator
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **10**
Actual sample size reached: **10**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description
The participant and data analyst do not know each other because the analyst sometimes adds their own queries to perfect results. The participant did not know they had skipped.Focus during therapy and not a proper outcome after the post-assessment.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Dr.Waseem Tufail, Dr. Saira Irfan ,Dr. Muhammad Imran

Street address
Farid Town Sahiwal ,Punjab, Pakistan

City
Sahiwal

Postal code
57450

Approval date
2023-09-15, 1402/06/24

Ethics committee reference number
MSPSY-16

Health conditions studied

1

Description of health condition studied
The children's condition are proper well.

ICD-10 code
F90.9

ICD-10 code description
Attention-deficit hyperactivity disorder, unspecified type

Primary outcomes

1

Description
attention and concentration of ADHD children

Timepoint
The primary out come will be measured after 16 session of intervention

Method of measurement
Conner Teacher and Conner parent rating scale to measure the severity of ADHD children

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group name: experimental group; in the beginning, conduct a baseline assessment. The Conner teacher rating and Conner parent rating scales will be administered to determine the attention and concentration of ADHD children.After that, conduct play therapy. These sessions of play therapy increase the attention and concentration of ADHD children. The experimental group received 16 sessions, three of which were scheduled for 30 to 50 minutes.The baseline assessment is in the first session, then after 8 sessions of middle-line assessment, and lastly, in 16 sessions of post-line assessment. It will be typically conducted through one to one session. Purpose of play therapy intervention to improve attention and concentration of ADHD children. The post line assessment Conner Teacher and parent Rating scale after the intervention to evaluate the increase attention and concentration of ADHD children.

Category
Rehabilitation

2

Description
control group; The control group participant undergo the

same base line assessment as the experimental group. Conner teacher and parent rating scale will be administrated to measured the attention and concentration of ADHD children. The control will not received the specific play therapy intervention. Just conduct the session will be engage into other activity to maintain attention and concentration , these session will be conduct 16 session three session on each week each session time 30 to 50 mints, then conduct the post line intervention assessment for the control group. This assessment will be included the same measured and assessment used as base line assessment to enhance attention and concentration. After the intervention comparison of both group to check the effect in attention and concentration among the participant of experimental group as compare to those in the control group.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
School of Special Education Sahiwal (Autism) Sahiwal
Full name of responsible person
Dr.Waseem Tufail,
Street address
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Univeristy of Sahiwal
Full name of responsible person
Dr.Waseem Tufail,
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Grant name
Amir Hayat
Grant code / Reference number
0266
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Material and other related things with treatment team
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Univeristy of Sahiwal
Full name of responsible person
Dr.Waseem Tufail,
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document
The data will be collected and then analyzed through SPSS software and repeated ANOVA.

When the data will become available and for how long
ADHD children through different resources.

To whom data/document is available
The data will be collected at the School of Special Education, Sahiwal.

Under which criteria data/document could be used
The inclusive and exclusive criteria will be used.

From where data/document is obtainable
The date will be obtained through ADHD children.

What processes are involved for a request to access data/document
Through direct contact and mightily wish to interview the children, parents,and teachers separately.

Comments
The overall procedure will be conducted with the treatment team.