

Question

What games do people with ADHD excel at?

Hypothesis

I believe that people with ADHD will do better at quick, simple, & colorful games, like Dutch Blitz, Uno, & Happy Salmon.

Materials

- Games
- 1. Clue
- 2. Codenames
- 3. Uno
- 4. Dutch Blitz
- 5. Happy Salmon
- 4 test subjects
- 2 control subjects

Procedure

- First, I pick out 5 games
- Next, I play each game with my 4 test subjects
- I then use the data for research
- Finally, I evaluate the data

ADHD?

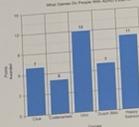
ADHD stands for Attention Deficit Hyperactivity Disorder. The core symptoms are:

- hyperactivity
- impulsivity
- inattention

Variables

Independent- I changed the games.

Dependent- I measured what games my subjects excelled at.



Score about scoring. Each of the 4 subjects received 8 points for 1st place Dutch, 2 points for a second place Dutch, & 1 point for a third place Dutch.



All the Games Played



Playing Clue



Playing Code Names



Playing Dutch Blitz

Result

Overall, my test subjects did best at Dutch Blitz, & Uno. When playing games with people with ADHD, it helps to play games where they can get instant rewards and be able to achieve quick goals.

Conclusion

People with ADHD, mostly have a hard time sitting still, therefore they did better on the quick-motion games.

Application

If you need to find the best game to play with someone with ADHD, you now know to pick quick, simple, & colorful games.

References

I came up with this experiment by myself. I used an article * to help me understand ADHD, & why people with ADHD like colorful, simple, & quick games.