

Title: The Role of Physical Activity in Reducing Symptoms of Common Disorders such as ADHD and Social Anxiety

Author: Sediqeh Soumi

Affiliation: Rasht Municipality, Iran

Corresponding Author: Sediqeh Soumi

Email: SediqehSoumi@gmail.com

Abstract

Background & Objective:

Attention Deficit Hyperactivity Disorder (ADHD) and Social Anxiety Disorder (SAD) are among the most prevalent psychological disorders affecting children, adolescents, and even adults. While pharmacological treatments are common, non-pharmacological interventions—especially physical activity—are gaining increasing attention for their therapeutic potential. This study aims to explore the effects of regular physical activity on reducing symptoms associated with ADHD and social anxiety, and to propose community-level strategies for integrating physical exercise into urban health promotion programs.

Methods:

This research utilizes a literature review and meta-analysis of empirical studies published between 2010 and 2024. Additionally, selected urban community programs were analyzed to assess the impact of structured physical activity interventions on individuals with ADHD and social anxiety. Key indicators such as attention span, impulsivity, self-esteem, and social interaction levels were evaluated.

Results:

Findings reveal that regular physical activity significantly reduces hyperactivity, improves attention regulation, and enhances social functioning in individuals with ADHD. For those with social anxiety, physical exercise contributes to stress reduction, better mood regulation, and increased self-confidence. Group-based sports activities in urban environments were particularly effective in fostering social integration and emotional resilience.

Conclusion:

Physical activity is a powerful, low-cost, and accessible intervention for mitigating symptoms of ADHD and social anxiety. Urban health policies should prioritize the incorporation of physical activity programs within schools, community centers, and public sports infrastructure to enhance mental health outcomes and support inclusive urban well-being.

Keywords: Physical Activity • ADHD • Social Anxiety • Urban Mental Health • Community Sports • Non-Pharmacological Interventions