# Zone In: Research Report

Discovering Topics Such As ADHD, ADHD-Friendly Games, and Fonts To Be More Engaged

## Introduction

My project x "Zone In," were the mainly aims of the study to investigate the nature of attention-deficit/hyperactivity disorder (ADHD) as well as to find games for adults with ADHD, identify fonts suitable for children with ADHD and synthesize the research results to provide both this project and further projects going forward with a direction.

## Research on ADHD

ADHD is a neurodevelopmental disorder that comes hand in hand with inattention, hyperactivity, and impulsivity symptoms. It is a condition that is common to people of all ages, however, typically, the difference is that children show these traits more intensely than adults. Adults that have ADHD usually find it hard to concentrate, manage time, organize themselves and this can easily trickle down to their personal and professional life.

Key findings from ADHD research:

- 2.5% of the adult population globally are considered to be affected by ADHD.

- The cause of ADHD is still unclear but it has been greatly supported that genetics are behind it to a considerable extent, besides that, the environment also plays a significant role.

- Appropriate strategies for the management of the disorder include behavioral tapering, medication, and changes in lifestyle such as mindfulness and organized routines.

- ADHD attending traits-matching implements and conducts activities like game-based learning and sensory-friendly environments can be used for enhancing focus and engagement.

## ADHD-Friendly Games for Adults

Games can be a great source of a lot of good things, such as focus, relief from stress, and building executive functioning skills for adults with ADHD. The games that are friendly to people with ADHD are usually characterized by the usage of specific design elements such as simple instructions, a low-pressure environment, and game mechanics that are interesting but do not cause overstimulation.

Examples of ADHD-friendly games:

- Brain-training games: Games like Lumosity or Elevate give the opportunity to train cognitive functions that can improve memory and focus.

- Puzzle games: Titles such as Monument Valley or Tetris are going to give you visually engaging, but at the same time relaxing gameplay.

- Sandbox-style games: Games like Minecraft let creative freedom go without rigid objectives, thus turning them into great games for ADHD players.

- Relaxation-focused games: Stardew Valley or Animal Crossing are definitely the places players will want to turn to when they want to engage in a low-pressure environment that encourages mindfulness and decompression.

These games help their users use their energy to either structured or creative tasks, thus providing them with a kind of therapy which helps the individuals, who have the traits of ADHD, to fight against their condition.

## ADHD-Friendly Fonts

Typography in general plays a vital role in accessibility for individuals with ADHD. Fonts that eliminate the need for visual accommodation and assist in reading can lead to better understanding and concentration. ADHD-friendly fonts are generally made to reduce distractions by removing unnecessary parts of letterforms and making the space between them more optimal.

Key characteristics of ADHD-friendly fonts:

- Arial, Verdana, or Helvetica belong to the sans-serif font category, which is highly recommended because of their clean and simple design.

- The fonts used in this category are OpenDyslexic and Dyslexie. They work by giving the characters of the alphabet different shapes making them easier to decipher.

- More spacing, both between letters and lines, and bigger font can help cut down on the visual noise.

In particular, these fonts have been proven to be helpful with digital tools, games, and learning materials; they create a more inclusive and engaging experience for users with ADHD.

## Conclusion

The study done for "Zone In" has contributed to significant knowledge about ADHD, its difficulties, and the tools that are most suitable for individuals with ADHD. The main takeaways include:

- ADHD is a condition that is multidimensional and intricate and, therefore gets the best form tailored trement approaches.

- Games with peaceful atmospheres and positive interventions seem to be the best fit for adults with ADHD.

- Typography that eliminates unnecessary visual stimuli can provide a big difference in focus and understanding of a text.

## Actionable insights for "Zone In":

The project can integrate the following based on the current study:

- Creating games or activities that focus on relaxation and give players the opportunity to express their creativity.

- Making sure that all the written materials and the user interfaces have the proper spacing, and use fonts that are suitable for people with ADHD and are easy to read.

- Using the results of this study to develop projects that are sensory-friendly and that allow people with ADHD to flourish.

These findings will also be the basis for future projects to become more welcoming to all types of users, and to remain accessible and respectful of users' needs and preferences.

# Sources of Information

- Articles and journals on ADHD, published by organizations such as the American Psychological Association and National Institute of Mental Health.

- Blogs and websites of ADHD experts, which include resources and tools that are friendly to those with ADHD, such as ADDitude Magazine.

- Gaming forums and reviews highlighting games tailored to adults with ADHD.

- Typography and design guidelines from platforms such as Adobe and accessibility-focused forums.