

# Just Keep Swimming

*Vy Bui*

## RESEARCH

Studies show that most people with ADHD tend to have a higher level of sensitivity (or hypersensitivity) than people without ADHD when it comes to senses, which results in their feeling more overwhelmed by less stimulation in distracting environments and intense conversations.

A study in which an environment was created with a controllable amount of noise to test the difference between people with and without ADHD, the result came out as “noise amplitude was significantly higher (138%) in people with ADHD.” Additionally, ADHD people suffer from sensitive touches and light conditions, since “emotional pain and physical pain are experienced in the same part of the brain,” said Gabor Maté, M.D., a physician and psychotherapist.

## ABSTRACT

This project is to observe the world in the shoes of a student with Attention Deficit Hyperactivity Disorder (ADHD). This project brings attention to people with ADHD and informative experience for people without ADHD, using virtual reality. The goal is to get one to travel in the mind of an ADHD person so that in the end, one is aware of the state of anxiety happening on an ADHD person's mind.

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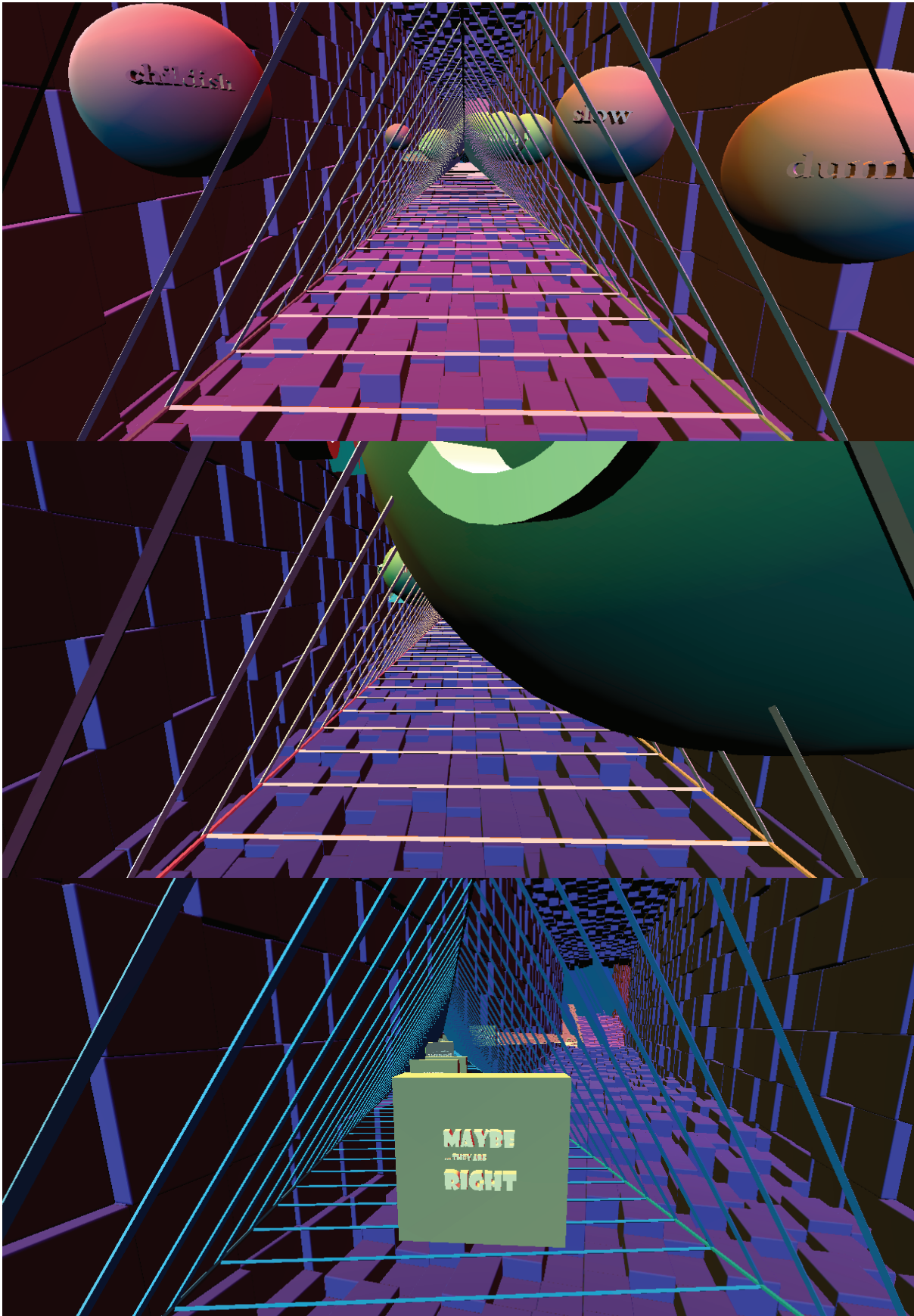
## VR SOLUTION AND ENVIRONMENT

*Interactive scene* depicts the view from the player's eye as one is an invisible force of thought running through distractions in order to get to the final destination. The force of thought appears to be bumpy in movement as the thought of an ADHD person is compulsive and disordered. The external distractions consist of light conditions and simple 3D types which the player could either pass through or destroy using specific computer keyboard keys.

An ADHD person usually suffers from a lot of anxiety and negative thoughts that make them appear not very well-functioning, which does not help with their present anxiety, which later makes them even less productive. It is a vicious cycle and a connection between thought and action.

*This project is a direct portrayal* of many negative thoughts - narrowed down to social assumption and self-doubts – that a person with an anxiety disorder goes through in their mind before any task they have to complete. This little journey of inner thoughts also speaks the fact that even when one knows that things might not end well due to their mental conditions, they have to keep pushing themselves and push down these obstacles until the end in order to be able to finish the task. Even when they know: another task will show up after that, and this journey will start all over again.

While this is not a new concept where new ideas are introduced, this presentation about one among all the struggles from people with ADHD is crucial in order to raise awareness, seek understanding, comprehension, and sympathy as we should have to people that are different from us.



My Hypersensitivity Is Real: Why Highly Sensitive People Have ADHD:  
<https://www.additudemag.com/hypersensitivity-disorder-with-adhd/>

Elevated Background Noise in Adult Attention Deficit Hyperactivity Disorder Is Associated with Inattention:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4333120/>

NIRS-based neurofeedback training in a virtual reality classroom for children with attention-deficit/hyperactivity disorder: study protocol for a randomized controlled trial:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5259870/>

