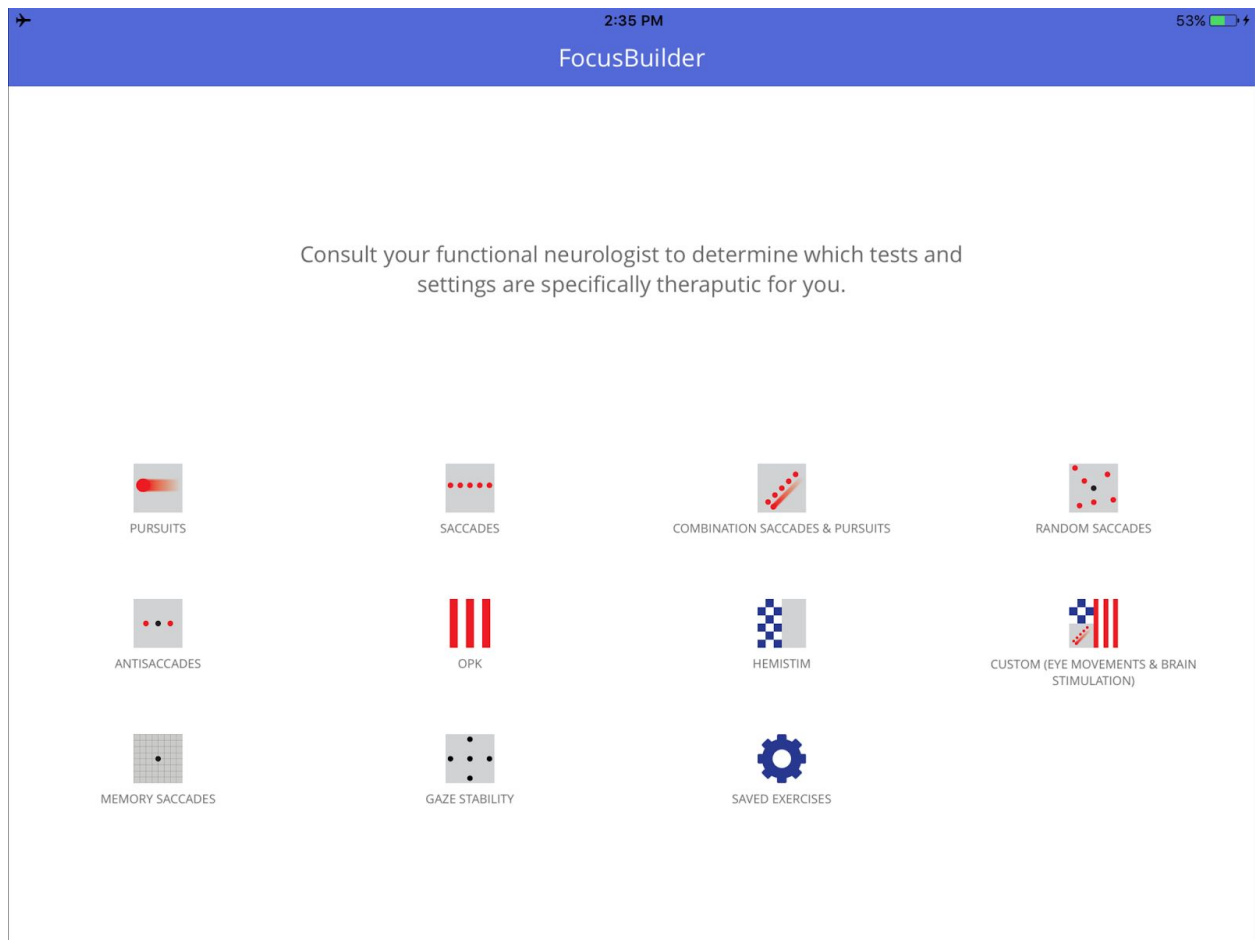


ADHD / OCD / Addiction / Substance Abuse

The 2 best type of eye movement training strategies to improve attention, impulse control are pursuits and antisaccades. They can also benefit areas of the brain involved with OCD, addiction and substance abuse.

A head pursuit should performed first because it has the potential to improve the smoothness of eye pursuits.

People who have ADHD typically find it very difficult to keep their eyes fixed on a slow moving target. It is much easier for them to constantly move their eyes to a new location. Fast eye movements, which are so easily executed with ADHD, are called saccades. For this reason, the type of eye movement training of choice is pursuit training, which is a slow eye movement. It is also difficult for them to resist the urge to shift their visual gaze to a new target, which makes antisaccades so effective. Antisaccades are type of saccades (fast eye movements) generated in a mirror (opposite) location of a target appearing on the right or left side.



→ Replace with eye pursuit after 1 week of care

1. **Head pursuit:** horizontal / vertical / Horizontal

- Follow the target keeping your nose pointing at the target as it moves on the horizontal plane back and forth 1 rep.
- Repeat on the vertical plane 1 rep.
- Repeat on the horizontal plan 1 rep.

For Horizontal:

The screenshots show the 'Pursuits' app interface. The first screen shows a 'Start' button and instructions: 'Consult your Functional Neurologist for personalized instructions! Keep your eyes focused on the dot as it moves across the screen.' The second screen shows the 'Pursuits Settings' menu with various options: MOVEMENT DIRECTION (Horizontal), TARGET TYPE (Sports Set), DOT COLOR (Red), BACKGROUND COLOR (Gray), DOT SIZE (5 - Largest), SPEED (1), SINUSOIDAL (On), REPETITIONS (1), INITIAL PAUSE (1 second), FINAL PAUSE (1 second), START POSITION (-4), and END POSITION (4). The third screen shows the 'Save As...' dialog with the name 'Horizontal Pursuit' and a 'Save' button.

For Vertical:

The screenshots show the 'Pursuits' app interface for vertical pursuit. The first screen shows the 'Pursuits Settings' menu with various options: MOVEMENT DIRECTION (Vertical), TARGET TYPE (Sports Set), DOT COLOR (Red), BACKGROUND COLOR (Gray), DOT SIZE (5 - Largest), SPEED (1), SINUSOIDAL (On), REPETITIONS (1), INITIAL PAUSE (1 second), FINAL PAUSE (1 second), START POSITION (4), and END POSITION (-4). The second screen shows the 'Save As...' dialog with the name 'Vertical Pursuit' and a 'Save' button.

2 min. Rest

2. Eye pursuit: horizontal / vertical / Horizontal

- Follow the target with your eyes only, keeping your head still in the center. The target will move on the horizontal plane back and forth 1 rep.
- Repeat on the vertical plane 1 rep.
- Repeat on the horizontal plan 1 rep.

For Horizontal:

The screenshots show the 'Pursuits Settings' screen of an app. The top section shows a 'Start' button and instructions: 'Consult your Functional Neurologist for personalized instructions!' and 'Keep your eyes focused on the dot as it moves across the screen.' The bottom section shows the settings for a horizontal pursuit task. The settings are as follows:

Setting	Value
MOVEMENT DIRECTION	Horizontal (indicated by a blue arrow pointing right)
TARGET TYPE	Sports Set
DOT COLOR	Red
BACKGROUND COLOR	Gray
DOT SIZE	5 - Largest
SPEED	1
SINUSOIDAL	On
REPETITIONS	1
INITIAL PAUSE	1 second
FINAL PAUSE	1 second
START POSITION	-4
END POSITION	4

The bottom screenshot shows the 'Save As...' dialog box with the title 'Horizontal Pursuit' and a keyboard overlay.

For Vertical:

The screenshots show the 'Pursuits Settings' screen of an app. The top section shows a 'Start' button and instructions: 'Consult your Functional Neurologist for personalized instructions!' and 'Keep your eyes focused on the dot as it moves across the screen.' The bottom section shows the settings for a vertical pursuit task. The settings are as follows:

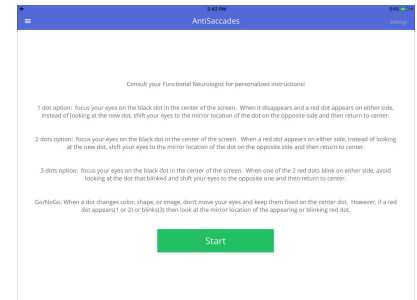
Setting	Value
MOVEMENT DIRECTION	Vertical (indicated by a blue arrow pointing down)
TARGET TYPE	Sports Set
DOT COLOR	Red
BACKGROUND COLOR	Gray
DOT SIZE	5 - Largest
SPEED	1
SINUSOIDAL	On
REPETITIONS	1
INITIAL PAUSE	1 second
FINAL PAUSE	1 second
START POSITION	4
END POSITION	-4

The bottom screenshot shows the 'Save As...' dialog box with the title 'Vertical Pursuit' and a keyboard overlay.

2 min. Rest

3. **Anti-Saccades:** (Once you make 5 errors or less, move up to the next level)

- **Level 1:** 2 targets
- **Level 2:** 2 targets with Go NoGo
- **Level 3:** 1 target with Go NoGo



Level 1

AntiSaccades Settings

DOT COLOR: Red

DOT SIZE: 4 - Large

Repetitions: 20

Go/NoGo: Off

Left/Right Blinks: 5/5

Number of dots: 2

Time Interval: 3

Distance: 3

Save As...

Level 1, 2 dots GoNoGo off

Save Cancel

Level 2

AntiSaccades Settings

DOT SIZE: 4 - Large

Repetitions: 20

Go/NoGo: Characters

Left/Right Blinks: 5/5

Number of dots: 2

Time Interval: 3

Distance: 3

Save As...

Level 2, 2 dots GoNoGo on

Save Cancel

Level 3

AntiSaccades Settings

DOT COLOR: Red

DOT SIZE: 4 - Large

Repetitions: 20

Go/NoGo: Characters

Left/Right Blinks: 5/5

Number of dots: 1

Time Interval: 3

Distance: 3

Save Save As...

Level 3, 1 dots GoNoGo on

Save Cancel

Repeat with every 10 min cycle
on Focus Unit