



## Effective Health Care

### Fidget Spinners: Benefits and Harms

#### Next Steps

The nominator is interested in research about the benefits and harms of fidget spinners for adults and children with specific conditions, such as obsessive-compulsive disorder.

Due to limited program resources at this time, AHRQ will not further assess this topic. We identified a review which may be useful for the nominator. No further activity on this topic will be undertaken by the Effective Health Care (EHC) Program.

#### Topic Summary and Considerations

**Topic Name and Number:** Fidget Spinners: Benefits and Harms, #740

**Date:** 8/18/2017

**Key question from the nomination:**

Do fidget spinners or other self-regulation tools improve symptoms for people with conditions such as obsessive-compulsive disorder, or people with increased stress?

- A fidget spinner is a small, ball-bearing device that someone can rotate between his or her fingers.
- It is hypothesized that they can benefit individuals with certain conditions, such as Attention Deficit Hyperactivity Disorder, Obsessive Compulsive Disorder and autism by improving concentration.
- While we are unable to further assess this topic at this time, this reference may be useful to the nominator
  - Schechter RA, Shah J, Fruitman K, Milanaik RL. Fidget spinners: Purported benefits, adverse effects and accepted alternatives. Current Opinion in Pediatrics: doi: 10.1097/MOP.0000000000000523