



Inside this Issue

Study Update 1

**Free
SmartPhone
Apps** 2

**Funding
Our
Science** 3

**How Pittsburgh
Neighborhoods
Got Their Names** 4

**CHADD Chapter
#477 Upcoming
Meetings** 5

Sudoku Puzzle 5

**PALS
Scheduling Line
(412) 246-5656**

Visit our Website
www.youthandfamily



PALS NEWSLETTER

Volume 11, Issue 3

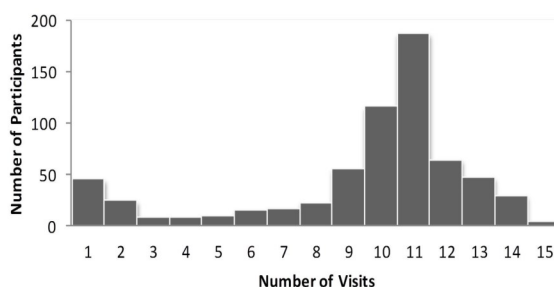
August 2015

PALS Study Turns Sweet 16! August 24, 2015 marks the 16th anniversary of the first PALS Study interview. Since August 1999, 649 young adults have been enrolled in the study (45 of these in the past few years when we reopened enrollment). To date, 599 of the 649 enrolled remain as active participants, or 92%. We are extremely grateful to all of you who continue to take our phone calls, complete our questionnaires, and cheerfully answer our interview questions to make this possible!

We thought it might be interesting to look at what 16 years of PALS represents. To date, we have completed 6,196 Young Adult interviews and 7,393 interviews with parents, or

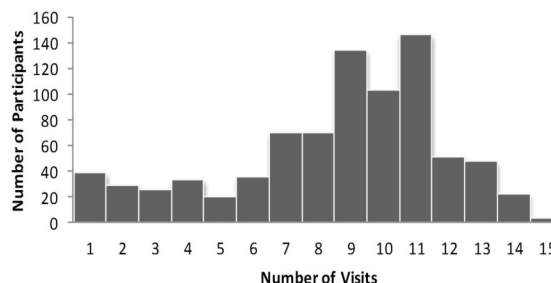
a total of **13,589 visits!** These two charts indicate how many visits have been completed by participants (Young Adults or Parents). In addition to these, we have gathered information from 106 other informants, usually a romantic partner/spouse or good friend of the young adult participant. In the past year, we have also completed 572 interim phone contacts with study participants. We attempt to contact every young adult participant who is not due for a visit to make sure that we have up to date

Young Adult Visits Completed



contact information for them. We began conducting these calls in late 2008 when we stopped completing annual visits with everyone. Since that time, we have completed a total of **2,095 IPCs!** As you all know, technology has changed appreciably since 1999, and having a considerable impact on the ways in which we keep in touch with participants. Now almost everyone has cell phones and email addresses, and we find texting and email very useful methods for making contacts.

Parent Visits Completed



PALS Neuroimaging Study Rolling Along

The PALS Neuroimaging Study is now six months old. Since January, we have scanned a total of 35 participants. It is an intensive six-hour study visit. So far, our PALS participants are doing a great job and report that it is an interesting experience. The first half of the project involves an MRI scan at the MR Research Center at Presbyterian University Hospital. We are looking at the structure and functioning of the brain during completion of tasks like simple computer games. The second half is completed in our offices and involves the completion of computer tasks and a brief set of questionnaires. Participants are paid up to \$300. We attempt to schedule the scans close to the participant's regular PALS visit. An initial recruitment letter is sent out and then a telephone screen to determine eligibility. We are scanning 6-7 participants/month and will be continuing the study for the next four years.

PALS STAFF'S FREE SMARTPHONE APP RECOMMENDATIONS

TRIPADVISOR: Find and book hotel and airfare, as well as read reviews for restaurants and attractions for your travel destination. You can search by city or let the app access your current location. When traveling outside of your network, you can download maps and reviews for the places you plan to visit to avoid roaming charges. You can also add your own reviews and photos to share your travel experiences. — *Brooke Molina, PhD*



¡Bienvenido a Duolingo!

Empecemos.



DUOLINGO: This app, developed in Pittsburgh by a Carnegie Mellon professor and his student, makes learning a new language fun and easy. The lessons are broken down into short, game like blocks that you can fit into small breaks in your day. Over twenty languages are available from Spanish to Ukrainian. You can even compete against your friends. — *Tracey Wilson*

GAMECHANGER: This app allows baseball, softball, and basketball teams to keep score and manage teams. Those who can't make it to the game can see every play in real time. — *Carol Walker*

GAMECHANGER

Get to know GameChanger.

Free scorekeeping and stat software for teams. Live updates and recaps for fans.



TEMPLERUN 2: This addictive game tests your reflexes as you avoid obstacles and collect treasure in a 3D world. Since June 2014, Temple Run 2 and its predecessor have been downloaded over 1 billion times.



— *Jason Duin*

GOODREADS: Keep track of the books you've read, as well as those you want to read. Browse reviews from other readers, see what your friends are reading, and get updates from your favorite authors.

— *Tara Draper*



OTHER NOTEWORTHY APPS:

Save money when shopping without carrying coupons with apps like

iBotta, **SnipSnap**, and **SavingStar**. **GasBuddy** helps you find the cheapest gas near you. You can also shop without leaving your home using apps from **Amazon**, **eBay**, and **Craigslist**.

No time to get to the library? You can read books on your phone using the **Kindle** app, while **Overdrive** allows you to download them for free from your local library. You can also use **Overdrive** and **Audible** to listen to audio books if you prefer that to reading. If you have Bluetooth in your car, you can listen while commuting or traveling.

Many banks now have secure apps for checking your balance, making payments, and transferring money between accounts. This can help avoid bounced checks, overspending, and missed payments. Budget apps like **Level Money** or **Simple** can help you stick to a budget, tracking what you spend each day and giving you feedback about your spending and saving.



Compiled by
Tara Draper, PALS Interviewer

Funding our Science

You've been participating in our research for years now and we thought you might like to know how our projects get up and going.

We have talked (and the news also mentions) about the grants that the federal government provides to conduct our research, but how does that all work? This is a long-term process that takes multiple years to identify the research question, demonstrate expertise, acquire the funding, conduct the research, publish the results, and disseminate the findings. First, we (the professors or their trainees) review the scientific literature to understand the current state of knowledge. For example, when we started this research in the 1990s, only a few studies had followed children with ADHD into their teenage or adulthood years and much remained to be learned. Then, as long as we can prove that we have the scientific expertise and environment to conduct the research, we complete an application to the federal government for funding.

Next, multiply the complexity of completing your taxes by five; that's about what it's like to write a grant application. There are many "moving parts" as Tracey Wilson, our Senior Program Coordinator and PALS Project Coordinator often says. We review the literature, we prove our prior experience with examples of relevant work, we describe the proposed research in detail, and we calculate and describe the cost of conducting the research (the bulk of the costs are to pay staff salaries and participant payments). There are multiple forms to complete (e.g., exactly how many participants? How many males and females? How many racial/ethnic minorities? Describe the facilities where the research will be conducted, etc.). The application is completed electronically and is routed through several offices at the University of Pittsburgh before being uploaded to the Center for Scientific Review (CSR) at the National Institutes of Health (NIH). Grant application deadlines usually are only offered three times per year. If it's late, it must be submitted for the next deadline (unless the system went down or something like a hurricane happened).

The review process is very special in the United States. It is run by the CSR to be independent of the other funding agencies within the NIH. That means that the goal is to have as objective and conflict-free a review as possible. There are approximately 300 review groups run by either CSR or other agencies within the NIH charged with independent, objective review of grant applications. Reviewers are researchers invited by CSR and the NIH. Dr. Molina was a reviewer for a treatment research panel for seven years. Surprisingly, however, given the wide range

of applications received by the NIH, each application is only suitably reviewed by a few committees because expertise is so highly specialized these days. In addition, it's become harder for the NIH to get scientists to review grant applications. This is because the federal government budget for research has failed in the last decade to keep pace with inflation. Thus, more scientists are writing more grant applications to compete for funding, and they are less available to serve as reviewers. Thus, the whole system has been very stressed in recent years.



Once a grant application is entered into the electronic system, it is assigned to a specific review panel to be discussed about four months later (this feels like a really long time to wait!). These review panels meet for one to two days and discuss anywhere from 50 to 80 or more applications in a meeting. Each application is briefly described and discussed (if it makes the first cut), and then it's assigned a score. That score and the reviews are then used by the relevant funding agency within the NIH to decide whether or not to fund the application. In 2014, 21% of applications to the NIH were funded. The competition is stiff which is a really good thing for advancing science and answering important questions. However, this also means that, applications usually have to be revised and resubmitted, and even after that, there's no guarantee that an application will be funded. The science needs to be compelling, important, timely, efficiently conducted, and convincing in many other ways including to other scientists who don't conduct the exact same type of research.

Fortunately, since we began our long-term research on children with ADHD, we have been continuously funded. As you know, a number of projects have been developed from the basic PALS research, including a brain imaging (fMRI) study and a study examining how individuals respond to alcohol. Both of which we are conducting right now. The findings have helped shape important decisions that affect many people across the nation and internationally, including characteristics of the long-term course of ADHD, diagnosing ADHD in adulthood, understanding the extent of risk for alcoholism and drug abuse, and clarifying factors that can be addressed in treatment for teens and young adults. Stimulant medication remains the primary treatment in the nation for ADHD, but we continue to study a wide range of factors that can be targeted in treatment beyond the use of stimulants. Our basic hypothesis is that long-term outcome is a function of many factors, and we continue to study those variables in our research.

*Brooke Molina, PhD
Principal Investigator, PALS*

*Sarah Pedersen, PhD
Co-Investigator, PALS*

How Pittsburgh Neighborhoods Got Their Names



BLOOMFIELD This East End locale was once covered with fields of blooming flowers. George Washington, who visited the Pittsburgh area seven times, wrote of walking through “the high ground through a field of many blooms.”

Duquesne Heights From across the Monongahela, this hillside neighborhood faces what was once Fort Duquesne, the French settlement built at the convergence of the rivers in 1754 and named in honor of Michel-Ange Du Quesne de Menneville, Marquis DuQuesne, governor of the French colonies in North America. Duquesne University is also named after him.



East Liberty East Liberty Valley originally consisted of lush hunting grounds used by many Native Americans. In the 1700s, British General John Forbes instructed George Washington to build a military road from Fort Ligonier through the East Liberty Valley to the forks of the Ohio River. By the early 1800s, it became the center of travel from east and west. Jacob Negley and his family was one of the first permanent European settlers and played a substantial role in its founding — building a steam-powered grist mill, establishing a banks and churches.

His daughter Sara Jane married the lawyer Thomas Mellon, patriarch of the banking family.



Homestead From the time the first settlers arrived in the late 1800's, the Borough was known for its rolling farmland. Carnegie Phipps Company began the industrial transformation with a Glass Works Factory. Shortly thereafter, Phipps Company took over a local steel mill and by the turn of the Century, Homestead was home to one of the most important plants of The Carnegie Steel Company. The Monongahela river not only provided easy access to ample coal and ore deposits, but it made shipping the final product easy and convenient. The unprecedented growth of Andrew Carnegie's mills and the desire for ever-increasing output and profits led to the famous Homestead Strike of 1892.

Lawrenceville was founded in 1814 by William Foster, father of composer Stephen Foster, who was born there in 1826. It is named for Captain James Lawrence, hero of the War of 1812, famous for his dying words, “Don't Give Up The Ship!” Lawrenceville was selected as home to the Allegheny Arsenal, due to “The area's accessibility to river transportation and its proximity to what was then the nation's only iron producing district”.

Oakland The area got its name from the abundance of oak trees found on the farm of William Eichenbaum, who settled there in 1840. Oakland developed rapidly following the Great Fire of 1845 in downtown Pittsburgh, with many people moving out to suburban territory. By 1860, there was considerable commercial development along Fifth Avenue. In 1925, work began on what was then the world's tallest educational building, the 42-story Cathedral of Learning



From *Mentalfloss.com* <http://mentalfloss.com/article/65575/how-65-pittsburgh-neighborhoods-got-their-names>



Adults with ADD for Pittsburgh & Tri State Area -- CHADD Chapter #477

Speaker: To be announced

Meetings are held on the 4th Thursday of each month at WPIC, Room 292, 3811 O'Hara at DeSoto St in Oakland from 7:00 to 9:30 pm.

For more details about specific meeting dates and topics, please contact Leslie Stone at (412) 682-6282 or visit www.pittsburghadd.org

MOVING?

If you have moved, plan on moving or changed your phone number, please call our PALS study line at (412) 246-5656 to provide us with updated information.



Need to Schedule Your Study Visit?



If you would like to schedule your study appointment or need to change or cancel your existing appointment, call the PALS study line at (412) 246-5656.

Sudoku Classic

9						3		
		4	2		6			
				7			8	
	2							6
	3						5	
7							1	
	8			3				
			6		9	4		
		5						2

GAMEPLAY

The object of the game is to fill all the blank squares with the correct numbers. Fill in the empty squares of the grid with the numerals 1, 2, 3, 4, 5, 6, 7, 8, and 9. The puzzle is solved when each ROW and each COLUMN, and each 3 x 3 square within the puzzle contain the numerals 1—9 with each numeral appearing only once.

SOLUTION

An answer key is available on our website at

www.youthandfamilyresearch.com.

From our home page on the website, select *Studies*, click on *PALS, Newsletters* and you will see *Sudoku Puzzle Answer Key*.

PALS Study
Brooke Molina, PhD
University of Pittsburgh
3811 O'Hara St.
Pittsburgh, PA 15213

Paste Label Here

Address Correction Requested