



PALS NEWSLETTER

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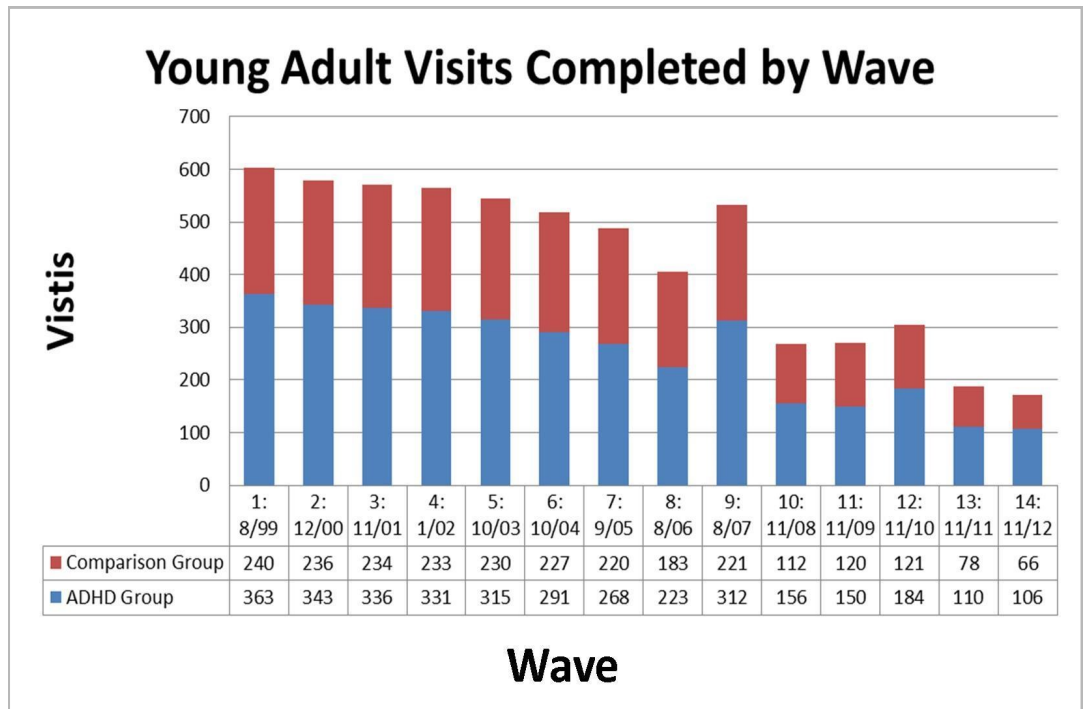
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PALS STUDY CONTINUATION

As you may know, the PALS study was refunded by the NIH and began its 16th year in September. A total of 643 young adults and 898 parents have been enrolled in the study. To date, 93% of the enrolled young adults (595) remain active in the study. A total of **13,427** interviews have been completed—6,009 with young adults and 7,418 with parents.

All of us who work on the study are quite proud of this, yet fully understand that our progress is a result of both our efforts and yours. We appreciate each and every one of you who has faithfully continued with the study.

The chart below shows young adult visits completed by data collection wave. In the past week, we completed our 14th wave of assessments. The number of visits/wave is highest in the first nine waves, when everyone was interviewed annually. Beginning in Wave 10, the number decreases, reflecting the start of the age-based interviewing schedule.



PLANS FOR THE FUTURE

Continuing with the same age-based schedule for young adults and a parent:

Young adults and one parent will be interviewed at ages 23, 25, 27, 30, 35, and 40. We will call young adults on their non-visit years to update address and contact information.



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PALS
Scheduling Line
(412) 246-5656

Visit our Website
[www.youthandfamily
research.com](http://www.youthandfamilyresearch.com)



PALS Study Continuation

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Renewing consent to participate - electronically: Everyone enrolled in the study—both young adults and parents--will need to renew their consent for participation before their next interview. This may now be done remotely via computer, something that will be particularly efficient for participants who live out of state. We will continue to notify participants by letter when they are due for a visit. To complete the consent, we will send a follow up email with log in instructions. A member of our staff reviews the consent by telephone with the participant, who then indicates agreement to participate electronically rather than by signing a form and mailing it back to us.

Involvement of partners and friends: Many of you have asked about our continuing to interview parents as young adults move out of their parents' home or spend less time together. We have shortened the parent interview and continue to find their input useful and important. This year, with the young adult participant's permission, we will invite other important people in their life to participate in the study. At the young adult's interview, we will ask them to provide us with the names and contact information for their spouse or significant other and a close friend or two. We will contact these people and invite them to complete a few brief questionnaires remotely via computer. They will not be enrolled as subjects in the study or need to come to Oakland. Completion of the questionnaires should take 15 minutes or less and we will pay them for their participation. **We modeled our procedures after other studies that found partner and friend involvement to be well received, successful, and important.**

EXTREME SPORTS PITTSBURGH



Many people enjoy thrilling sports or activities such as roller coasters or snowboarding for the adrenaline rush and/or skill challenge required. If watching the winter Olympics in Sochi have piqued your interest, we are happy to report a host of opportunities in our own backyard for those of you who are of the adventure-seeking persuasion!

In 2013, North Park added a **zip line & treetop adventure course**. The course contains 5 sections with over 1,400 feet of zip lines as well as swings, rope ladders, and other obstacles. You will be safely equipped with carabiners, pulleys, and harnesses as you climb, fly, and swing through the trees and navigating a variety of challenging obstacles. March thru November. Reservations suggested. 2-3 hours, Adults: \$55, Children 10-17: \$35 www.goape.com

National Geographic rated Pittsburgh as one of the top ten **kayaking** cities in America. Kayak Pittsburgh maintains two rental sites: North Park & North Side. The North Park location also has canoes, pedal boats, and rowboats. Get a unique view of the city and front row seats to firework displays with Firework Night Paddles (priced higher than daily rentals). Ages 3+, Memorial Day - October; \$16/hour Solo, \$21.50/hour Tandem. www.kayakpittsburgh.com

Skydiving will require a short road trip with Skydive Pennsylvania being the closest drop zone. Beginners start with a tandem jump, safely secured to an experienced instructor. \$239. Photos and video are provided at an extra charge. Ages 18+. Open Wed-Sunday. Make a reservation and call to check weather conditions before making the drive.

www.Skydivepa.com



The newly opened SkyZone **Trampoline Park** in Leetsdale, PA is a short drive from the city and offers a room full of connected trampolines, including angled trampolines for "bouncing off the walls". Purchase tickets on-line to guarantee your date and time, prices start at \$12/30 minutes. <http://www.skyzone.com/leetsdale> (Monroeville location coming soon!).

The Climbing Wall's 14,000 square feet of indoor **rock climbing** space includes bouldering, top-ropeing, and sport lead climbing. Membership and Classes available. Ages 6+, adult rates starting at \$12/hour. Visit www.theclimbingwall.net for more information.



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Study Findings: ADHD and Cigarette Smoking

Attention-Deficit/Hyperactivity Disorder (ADHD) persists into adolescence and adulthood for many, but not all, children. One difficulty with which some adolescents and adults with ADHD struggle is substance abuse.



Increased understanding of the specific risk factors associated with substance abuse, as well as how it unfolds over time, is needed for individuals with ADHD. We know that there are a number of factors (parental relationships, executive functioning, peer relationships, academic performance, availability, expectations of substance use effects) that influence the relationship between childhood ADHD and later substance use in adolescence. (Substance “use” refers to the consumption of substances while “abuse” or “dependence” refer to the development of problems that typically occurs from heavy use.) Studies of these factors, such as the PALS, are ongoing and this literature continues to grow.

ADHD has consistently been shown to have a strong relationship with cigarette smoking. In fact, approximately 40-50% of children with ADHD become regular, dependent smokers in adulthood, compared to 18% of adults in the United States. Research has also shown that adolescents and adults with ADHD who smoke cigarettes, smoke more cigarettes per day, tend to start smoking at younger ages, and are more likely to become dependent smokers than those without an ADHD diagnosis. Most notably, adult smokers with a diagnosis of ADHD report having a harder time quitting smoking than other non-ADHD adult smokers.

There are a number of factors that may contribute to the association between ADHD and cigarette smoking. These factors include a genetic predisposition to smoking, executive functioning deficits (i.e. attentional and inhibitory/impulsivity difficulties) and psychological and psychosocial factors (i.e. impulsive decision-making, peer and family difficulties). The combination of these factors may result in an increased risk for the development of cigarette smoking.

While 40-50% of children diagnosed with ADHD go on to smoke cigarettes regularly in adolescence and adulthood, 50-60% do not. More work is needed to better understand the factors that put some individuals at risk for smoking. Importantly, research does suggest that current first-line smoking cessation aids may work partly because they may improve attention, working memory, and inhibitory control/impulsivity -- the core characteristics of ADHD.

There are currently a number of treatment options to help smokers quit. Both medication (i.e. Chantix, Zyban) and nicotine replacement treatments (NRT) (i.e. patch, gum, inhaler, lozenge, nasal spray) are considered first-line (first choice) smoking cessation treatments. Research has also suggested that the combination of both medication and NRT may be more effective for some individuals. In addition to medication, counseling (individual, group, and telephone) is effective in aiding people to quit smoking. Smoking cessation guidelines recommend that while pharmacotherapy (medication, NRT) and counseling are each effective on their own, the combination of both can be more effective for complete smoking abstinence. If you or someone you know smokes, and are interested in quitting smoking, speak to your primary care physician for more information on smoking cessation treatments.



*Jessica D. Rhodes, M.A.
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EXTREME SPORTS PITTSBURGH

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Splash Watersports is one of several locations in the area that provide **scuba** instruction. Open year round, they offer classroom, pool, and open water instruction. Local quarries and Lake Erie provide opportunities for open water dives, if you are willing to brave the cold water. They also organize group diving trips. Check out www.splashws.com.

Urban Assault indoor **paintball** facility includes catwalks, black lights, barricades and various terrain. Bring some friends and play as a private group or join in for open games. You can even protect the world from a Zombie Outbreak. www.urbanassaultpb.com.

At **Pittsburgh Adrenaline** you can choose from Hang-gliding, Paragliding, Standup Paddle boarding, Airsoft, Scuba, ATV, Go Kart, or Zombie hunting adventures. Can't choose? For \$650 you can purchase an Adventure Challenge package which includes a taste of them all! www.pittsburghadrenaline.com

Sick of speeding tickets? Save the speed for the track at the **Pittsburgh International Race Complex**. Drive your car or motorcycle or rent a go-kart and race along one of their two tracks. Sign up for one of their Xtreme Xperience sessions and test drive an exotic

supercar like the Lamborghini LP560 or Ferrari F430. Race Car and Performance Driving Education classes also available, including safe winter driving courses. <http://www.pittrace.com/>

Pittsburgh Balloon Rides offers a more mellow adventure. Float 1500 feet above the city in a private or group **Hot Air Balloon** trip. Most hot air balloon baskets can hold anywhere from 2-8 passengers during a single ride. Visit www.pittsburghballoonrides.com for info.



Venture Outdoors offers classes, trips, and activities throughout Pittsburgh and the surrounding region. They offer over 500 Public Programs annually including kayaking, hiking, biking, snowshoeing, fly fishing, cross country skiing, and geocaching trips - See a listing of upcoming programs at more at www.ventureoutdoors.org/

This represents just a sampling of opportunities for adventure that Pittsburgh and the surrounding areas provide. We also have skiing, spelunking, BMX, and skate parks with new activities and events appearing every season. Mild to wild, Pittsburgh has an adventure for everyone!

Tara Draper
PALS Interviewer

Olympic Fun Facts

- **First Winter** Olympic Games were held in Chamonix, France in 1924.
- **Norway** has won the most medals (263) at the Winter Games.
- The **United States** has won more medals (2,400) at the Summer Games than any other country.
- The five rings of the **Olympic flag** symbolize the five main regions: Africa, the Americas, Asia, Europe and Oceania. They are connected to symbolize the friendship between these international competitions. At least one of the rings' colors appear on every national flag of the world.
- Carrying the **Olympic Flame** is a practice continued from the ancient Olympic Games in Greece. A sacred flame was lit from the sun's rays at Olympia, and stayed lit until the Games were completed. It represented the "endeavor for protection and struggle for victory." It was first introduced into the modern Olympics at the 1928 Amsterdam Games. Since then, the flame has come to symbolize "the light of spirit, knowledge, and life."
- **Gold medals** haven't been pure gold in 96 years. The 1912 Olympics was the last time that gold medals were solid gold. Ever since, they've been silver with gold plating.





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

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.

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Sudoku Classic

9x9 Sudoku grid with numbers 1-9 in specific cells

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.

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Address Correction Requested