



## Inside this Issue

**Study Update** 1

**Healthier Fast Food Choices** 2

**Social Anxiety in Adulthood** 3

**Tips For Filing Your Taxes** 4

**CHADD Chapter #477 Upcoming Meetings** 5

**Sudoku Puzzle** 5

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

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



# PALS NEWSLETTER

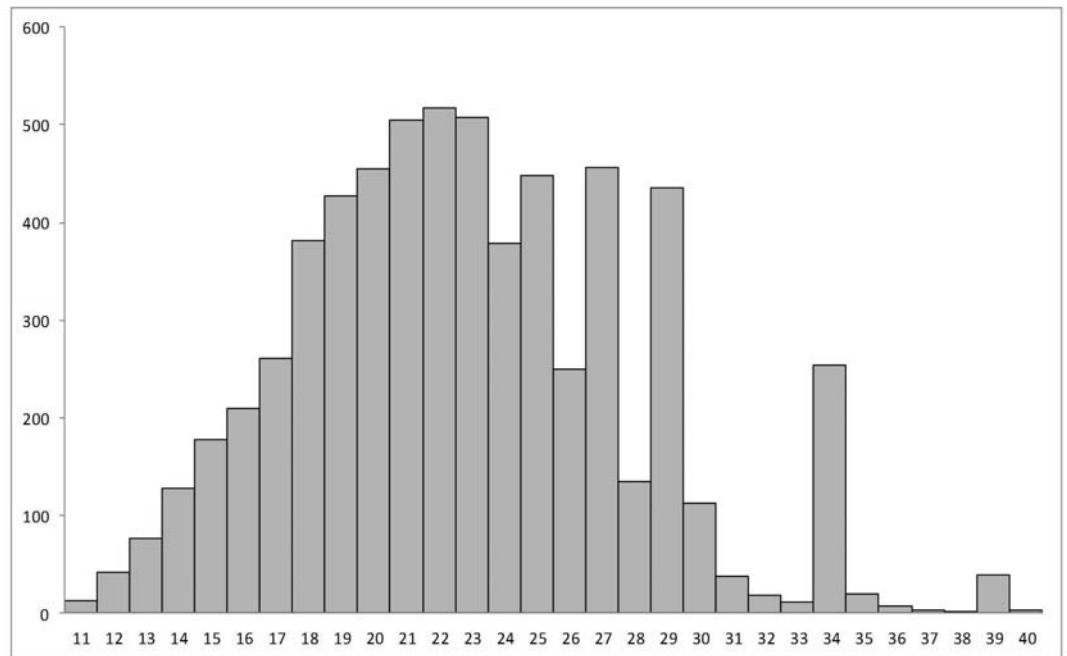
Volume 13, Issue 1

February 2017

**Study Update** ~ The PALS study began its 19<sup>th</sup> year of funding in September. A total of 650 young adults and 835 parents have been enrolled to the study. A total of 14,359 interviews have been completed during the study's lifetime: 6,419 with young adults and 7,940 with parents. We hope that you all know how much we appreciate your faithful participation in the project!

The chart below shows the number of interviews that we have done by age. This graph shows the large numbers of participants in the mid-to-late adolescence and in early adulthood through age 30. These numbers are important scientifically, because they allow us to describe the wide ranges of life experiences had by the participants in our study. For those of you savvy with statistics, you know that larger sample sizes create more reliable findings. Thus, with literally hundreds of participants, we are able to describe different life course trajectories over time. This is not possible with smaller studies that have fewer interviews. You'll see in the graph that there is a lot of white space on the right side. Our hope is that we will eventually be able to have tall bars for 34-35 and 39-40 year olds. That will require continued funding, and given conversations with many of you, we think that is may be important to understand our participants' lives through their 30s.

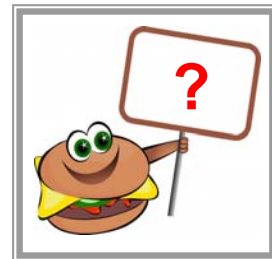
**Number of Participants who Completed a Visit at Each Age**



**PALS Neuroimaging Study:** The PALS Neuroimaging Study began two years ago (January, 2015). To date, 126 PALS participants have been enrolled to the study, and another 6 are scheduled (about 5-6 per month). We attempt to scan participants close to their regularly scheduled PALS visit. We send introductory letters out and follow up with a brief phone screen to determine eligibility. Participation in the project involves one six-hour visit to Oakland: the first half involves an MRI scan at the MR Research Center at Presbyterian University Hospital; the second half is completed in our offices and consists of completing questionnaires and computer tasks. Participants may earn up to \$300.

## What to consider when asked “Do you want fries with that?”

It happens to all of us. When you're hungry and have only a few minutes or a few dollars, fast food calls out to you. Yes, fast food. Foods that tend to be much higher in sodium and fat than it should be. They also tend to be devoid of fruits, vegetables, and fiber. But, there are some healthier fast-food options out there. You just need to know how to order. *Below are a few things to consider to help make your next fast food order a little healthier.*



One thing to think about when ordering fast food is something as simple as being cautious about what condiments you order. Some fast food condiments add a lot of fat and calories - like mayonnaise- and oil-based sauces. This can add up to half the fat grams in your food order coming from things such as ranch sauces and mayonnaise. *So, use a little ketchup or marinara sauce instead of creamy sauces and spreads.*

A second thing to consider when ordering is to not consume liquid calories. The last thing you need when eating at a fast-food chain is to drink something that gives you calories without nutrients, like soda, sweetened tea, lemonade, and fruit drinks. It's even worse if your drink is also loaded with fat -- like shakes. *Choose either a no-calorie beverage (like water, unsweetened tea, or diet soda) or one that contributes some nutrients along with its calories (like low-fat milk or 100% orange juice).*

A third thing to consider when ordering fast food is your side options. Anything on the side that's fried is suspect, like French fries and onion rings. If you need something to keep your entree company, *look for fresh fruit cups or side salads with reduced-calorie dressing of course.*

Keeping an eye on portion size is also important to consider when ordering. Many fast food meals deliver enough food for several meals in the guise of a single serving. *Avoid supersized and value-sized items, and go for the smallest size when it comes to sandwiches, burgers, and sides.* You can also find more reasonable portions on the children's menu.

Finally, opting for a meal from a *fast food chicken restaurant can be healthier than eating at a burger or pizza place.* However, you still need to watch how the chicken is prepared—grilled or rotisserie chicken is far healthier than battered and fried, for example. And no matter where you go *always pass on the bacon!*

\*\*\*\*\*

### Healthier Fast Food Choices:

Now, let's put some of these considerations into action and look at some healthier options at a few popular fast food chains.

**McDonald's** - Artisan Grilled Chicken Sandwich. Only 360 calories with 32 grams of protein.

**Chipotle** - Burrito Bowl with Steak, Black Beans, Fajita Veggies, Fresh Tomato Salsa, Cheese, and Romaine Lettuce. 460 calories with 46 grams of protein.

**Subway** - Six-inch Turkey Breast Sub on 9-Grain Wheat with Swiss Cheese, Banana Peppers, Cucumbers, Green Peppers, Lettuce, Spinach, Tomatoes, Avocado, and Vinegar dressing. 390 calories and 23 g protein.

**Taco Bell** - Shredded Chicken Burrito. 400 calories and 16 g protein.

**In-And-Out-Burger** - Hamburger with Onion, Mustard and Ketchup (instead of spread) 310 calories and 16 g protein.

There you have it! Ways fast food can be healthier. For more information check out <http://www.webmd.com/food-recipes/features/21-healthier-fast-food-meals#1>

Kellie Spontak  
PALS Interviewer

# Study Findings: ADHD in Childhood Does Not Predict More Social Anxiety in Adulthood



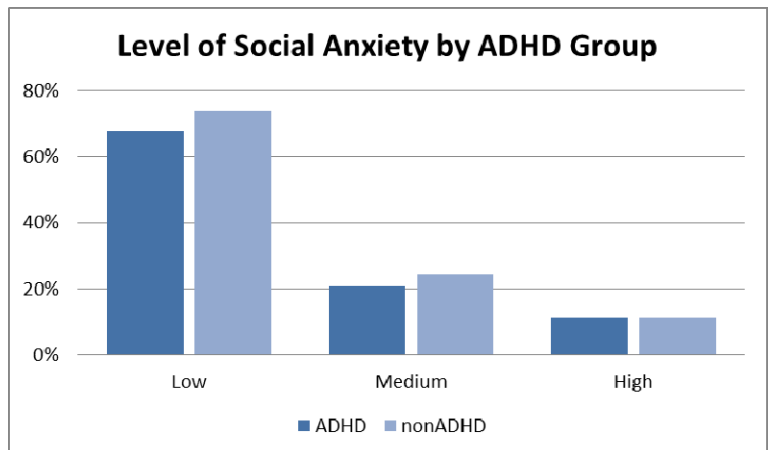
Most people experience anxiety from time to time. Anxiety disorders, however, are characterized by excessive fear and anxiety that cause enough distress to interfere with one’s ability to lead a normal life. Anxiety disorders are the most prevalent class of mental health disorders, with 29% of the population experiencing an anxiety disorder at some time in their life (Kessler et al., 2005). Most people with anxiety disorder (75%) experience their first episode by age 21. Anxiety disorders often occur with ADHD, with 47% of adults with ADHD also reporting an anxiety disorder in the past year compared to 20% of those without ADHD (Kessler et al., 2006). We are interested in understanding the degree to which PALS participants may experience a significant level of anxiety, and what types of anxiety they may experience.

Social anxiety disorder, or social phobia, as it was previously labeled, means experiencing fear or anxiety when being exposed to scrutiny by others. Social anxiety disorder is among the most prevalent of all anxiety disorders: approximately 12% of people will experience it during their lifetime (Kessler et al., 2005). Social anxiety disorder also has an earlier age of onset compared to other anxiety disorders, with 75% of those with social anxiety experiencing the disorder by age 15. Social anxiety is the anxiety disorder most often seen in conjunction with ADHD in adults. In one study of adults who had been diagnosed with ADHD in childhood, 29% reported having social phobia in the past year, compared to only 8% of those without childhood ADHD (Kessler et al., 2006).

A key component of social anxiety disorder is a persistent fear of being evaluated unfavorably; this has been characterized as “fear of negative evaluation” and is thought to contribute importantly to the development of serious social anxiety. Researchers have created a 30 item self-report scale to measure this and we are using it in the PALS study.

We recently examined whether fear of negative evaluation in early adulthood, at age 21, differed between those with and without a childhood diagnosis of ADHD in the PALS study. We found that fear of negative evaluation was not related to ADHD history. In fact, about the same percentage of young adults with and without childhood ADHD displayed high levels of fear of negative evaluation. Figure 1 below shows the percentages of 21 year olds who experienced low, medium, and high levels of anxiety as a function of their childhood ADHD history.

We were partially surprised by these preliminary results due to the Kessler et al. (2006) report of higher rates of social anxiety for adults with ADHD. One possible reason for the different findings is that the studies recruited their participants in very different ways. The Kessler study recruited adults and interviewed them about their ADHD symptoms, while the PALS study has followed children with ADHD throughout their lives based on a diagnosis in childhood. Sometimes research methodology differences like this can create important differences in findings. For example, we may find that if we study the PALS participants with persisting self-reported symptoms of ADHD that our findings may be more similar to those reported by Kessler.



In the future, we plan to investigate this question, as well as other factors that may affect anxiety – including social anxiety – in the PALS sample. We will also be expanding our investigation to include adolescence as well as older ages to evaluate whether rates of anxiety remain the same, or if there are ages where the rates differ across ADHD group.

We may find that individuals with childhood ADHD simply do not have higher risk for anxiety, which would be a desirable outcome. However, we want to understand if anxiety disorders are prevalent in the PALS because if they are, future research on appropriate treatment may be necessary. Effective treatments for anxiety exist (e.g., cognitive behavior therapy and sometimes medication), and if anxiety is more prevalent for adults with ADHD, investigators may need to study whether these treatments are similarly effective for people with ADHD.



**Kirsten McKone**  
**Graduate Student**  
**Clinical-Developmental Psychology**  
**University of Pittsburgh**

# QUICK TIPS FOR FILING YOUR TAXES



The deadline to file your taxes is the same day every year, **April 15th**. Many put off filing until the last minute because they view filing as a difficult task. With a little planning ahead, it may be easier than you think.

- ◆ **Gather all of your important records.** Examples of such documents are W-2 forms, loan statements for student loans, medical expense receipts, bank account and routing numbers- if requesting direct deposit.
- ◆ **Have the correct filing form in front of you.** Knowing what form to use ahead of time can also make filing easier. Many people qualify to use the 1040-EZ form. It is easier, less time-consuming and faster for the IRS to process. Form 1040EZ is probably the right tax form for you if you do not have any kids or dependents, do not own a home and did not attend school in the last year.
- ◆ **Decide ahead of time how you want to file.** Submitting your tax return by E-file (electronically filing) or mailing it in on paper are the only two options to file your return. E-file is faster, safer and generally more convenient. Filing on paper is cheaper, but refunds take longer. In order to E-file your return, your taxes must be done either by a tax preparer or prepared yourself using a purchased tax software. *If your income is \$64,000 or less* you may be eligible to use one of the "Free File" web based software programs available only through IRS. Visit <https://www.irs.gov/uac/free-file-do-your-federal-taxes-for-free> for more information. However you decide to file your return, be sure to set aside time when you won't be disturbed, be as careful as possible and double check your work.
- ◆ **Free face to face help is available through the Volunteer Income Tax Assistance (VITA) program.** VITA is a program comprised of volunteers that offer free tax assistance to people that cannot afford professional assistance in filing their taxes. Volunteers help to prepare basic tax returns for individuals with low to moderate incomes (generally, \$54,000 and below). VITA sites are typically located at community centers, libraries, schools, shopping malls and other convenient locations. To find a VITA program location in Allegheny County, visit <https://www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers> and use the VITA Locator Tool.
- ◆ **Free income tax apps for iPhone, iPad and iPod Touch are available.** Apps such as the 1040 Tax Calculator can estimate the amount of your refund or what you may owe the IRS. Another is [IRS2Go](#). If you have E-filed your return, this app will allow you to track the status of your refund using your iPhone, iPod Touch or iPad. Finally, the H&R Block Mobile Tax App provides access to multiple tools. It gives quick answers to the most often asked questions, creates a customized checklist, estimates the amount of your refund and allows you to use GPS or zip code to find the nearest H&R Block office.

If you discover an error on a tax return, or realize you qualify for deductions or credits you didn't take, or forgot to include some income, you may be able to amend your return by filing a *Form 1040X*. This form is intended to tell the IRS that you have made a mistake and that you will be amending your tax statement. When you prepare the 1040X, it's not necessary to complete a brand new tax return. Form 1040X only requires that you update the numbers that need changed. Filing this form is much cheaper than being audited and having to pay collections.

Planning ahead and using the resources that are available to help you along the way are sure strategies to make filing easier and hopefully you end up walking away with some cash!



Kellie Spontak  
PALS Interviewer





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

**Paste Label Here**

**Address Correction Requested**