

PALS NEWSLETTER

A newsletter of the Pittsburgh ADHD Longitudinal Study

**November
2005**

**Our new location, 200 Meyran Avenue
At the corner of Forbes Avenue:**



PALS STUDY MOVES

On October 8, 2005, the ADD Program and PALS Study moved to the other end of Oakland. We are now located at 200 Meyran Ave., 4th Floor, at the corner of Meyran and Forbes Ave. The entrance is located on Meyran Ave.

All program phone numbers are the same. Please feel free to call Joanne Bethune at (412) 246-5656 or Tracey Wilson, Study Coordinator at (412) 246-5673 with any questions.

NEW PARKING INFORMATION

Reserved parking is available for PALS participants at the following lots:

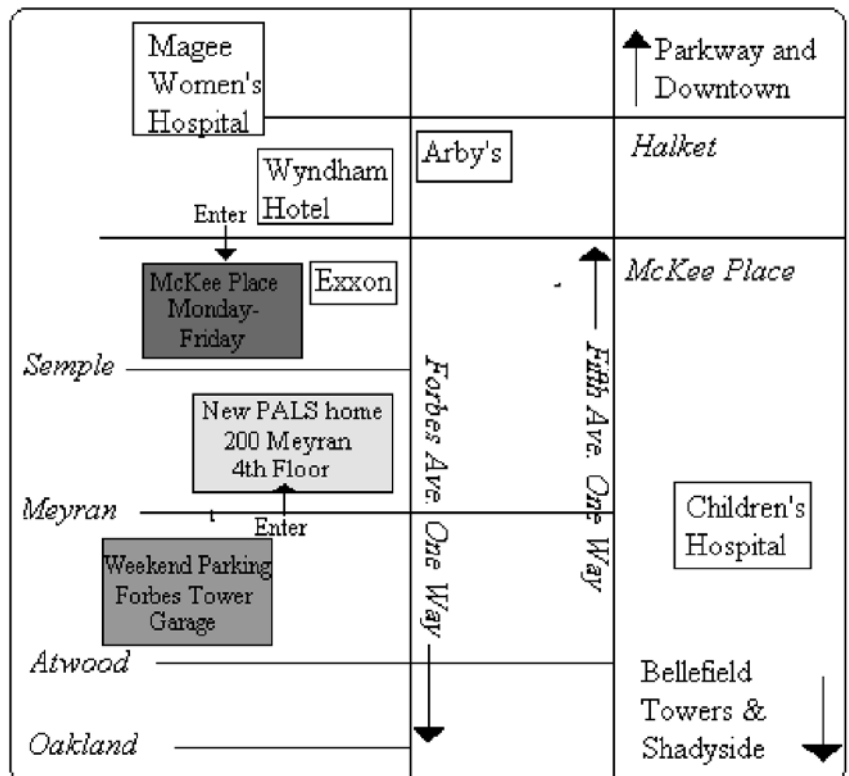


MONDAY-FRIDAY:

McKee Place parking lot (A.) behind the Exxon Station. Enter from McKee Place and tell the Attendant that you are here for an appointment at 200 Meyran Avenue.

SATURDAY AND SUNDAY:

Forbes Towers parking garage (C.) on Meyran Avenue directly across from our building. **Please bring your ticket with you and we will validate. You will not need to pay for parking in either location.**



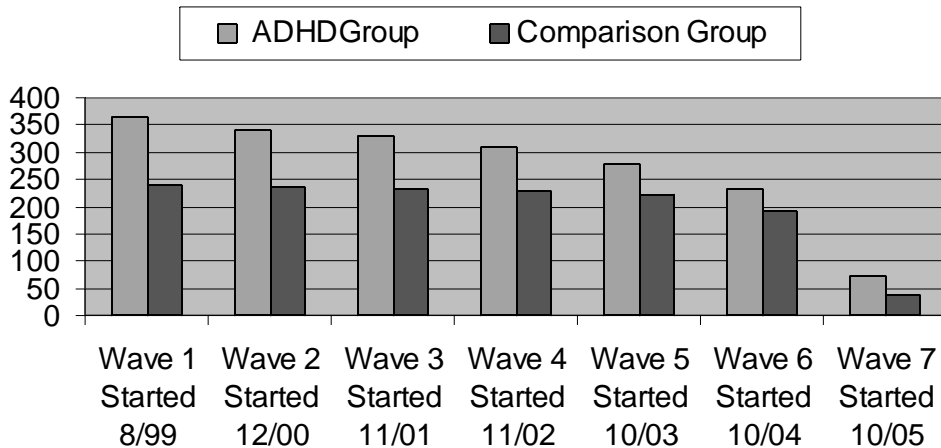
STUDY UPDATE

For the first time since 1999, the PALS study took an almost two week break in running visits to accommodate our move. PALS interviews resumed at their usual brisk pace-- see visits completed, below-- on October 15th. Drs. Molina and Pelham continue to analyze study data and have presented findings at a number of professional meetings during the past year. See page 4 for a discussion of one of those findings.



Visits Completed to Date

The chart shown below provides an overview of the interviews that have been completed to date at each wave, for both the ADHD group and the Comparison group. We continue to see high participation rates across both groups, and across waves, which strengthens the results of our study. Thanks to each of you for helping to make this possible.



Wave 7 Begins

In October, 2005, we started our seventh annual round of interviews. Letters have gone out to everyone whose Wave 6 visit was prior to February, 2005. We send letters 9 months after your previous year's interview, allowing a couple of months for scheduling. From a data perspective, it is helpful to interview participants at the same time each year and also to interview all of the participants in one family as close together in time as possible. The Wave 7 interviews are going well—we find that most participants are completing their interviews in approximately 2 to 2 1/2 hours. The only exception to this are the 17 and 18 year old visits—for both the teenager and the parent. As you may recall, these are longest because we add adult versions of the questionnaires to the interview at these ages.



Important Study Phone Numbers

Brooke Molina, Ph.D.

Principal Investigator

(412) 246-5656

Joanne Bethune

Administrative Assistant

(412) 246-5656

Tracey Wilson

Program Coordinator

(412) 246-5673

If you need to change or cancel your study appointment, please call (412) 246-5656. The answering machine is checked seven days a week.



A New View on ADHD: The Glass Half Full!

Kellie Spontak, PALS Interviewer

“Attention deficit hyperactivity disorder (ADHD) hasn’t changed, but how experts view the disorder is evolving in a new direction. Instead of only focusing on the difficulties posed by ADHD, today, the upsides are likely to be noted, too: the quick-wittedness, the speedy grasp of the big picture and the great enthusiasm for nearly *everything*, (the traits that) make ADHDers endearing and simultaneously exasperating.” This is just one the many interesting perspectives that discusses ADHD in a different light and are currently being debated. Other such “newer” perspectives on ADHD can be found at the following website

<http://articles.health.msn.com/id/100109339/site/100000000>. This website, through numerous articles, presents a different way of thinking about individuals who have been diagnosed with ADHD. Within the site are links to articles to a number of articles that help to illustrate this point. These articles include discussions on symptoms and diagnosis in adult ADHD, the results of a recent MRI study conducted with teenagers, stories of successful executives who have ADHD and/or learning disabilities, and an article “Men Who Can’t Concentrate” that provides a great list of the positives of ADHD as published in ADDitudes, an online magazine for people with ADHD. These include:

- Boundless energy and enthusiasm
- Innovative thinking
- Curiosity
- Emotional intuition
- Great memory for minute details
- Acceptance and forgiveness of others
- Embracing risk and change
- Persistence
- Sociability
- Creativity

For more information, check out the website noted above, or <http://www.additudemag.com>.



CHADD'S Chapter #477 Adults with ADD/ADHD

Pittsburgh & Tri-State Area Upcoming Meetings

No December Meeting

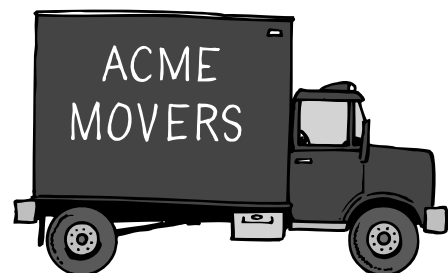
Thursday, January 26, 2005

"Open Forum"

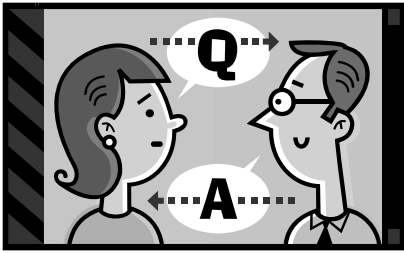
Sharing Tips on What Works & the Frustrations of What Doesn't

Breaking into Focus Groups for Spouses, Significant Others, & Supporters of 'ADDers', Work Issues, or Living with ADD.

Regular Meetings are held the 4th Thursday of each month at Western Psychiatric Institute and Clinic, Room 292, 3811 O'Hara St. at DeSoto St. in Oakland (7:00 to 9:30 pm). For additional information or for a complete listing of 2006 meetings, contact Leslie Stone at 412-682-6282 or slesliestone@aol.com.



If you have moved, plan on moving or changed your telephone number, please contact Joanne at (412) 246-5656 to provide us with updated information.



STUDY FINDINGS: Parent Monitoring Decreases Risk for Heavy Alcohol Use

Have you ever wondered if the time you spent keeping after your kids in their teenage years was worthwhile? Many of us have seen the latest public service advertisements in which parents are urged to stick to their guns despite their adolescent's protests that "it was only a little marijuana!" and "I hate you!". Is this easy? Absolutely not. Is it important? Yes.

We recently looked at this question in the PALS data, and the results were presented at the Annual Meeting of the Research Society on Alcoholism in Santa Barbara, California, June 2005. Specifically, because of the large size of our dataset, and the annual data collection, Drs. Molina and Pelham were asked to examine whether parenting influences could be seen in the adolescents' use of alcohol one year later. Many studies have shown that adolescents who drink alcohol heavily or use drugs are less well-monitored by their parents, but fewer studies are able to examine this over the course of time. No studies have examined whether the effects are different for adolescents with and without childhood ADHD. The results would have obvious treatment implications.

The results showed statistically significant effects of parental monitoring on adolescent's heavy drinking one year later. Specifically, adolescents were **less** likely to report heavy drinking one year later when their parents knew:

- ◆ who their friends were,
- ◆ where they were at night,
- ◆ how they spent their money,
- ◆ what they did with their free time, and
- ◆ where they were most afternoons after school.

In these analyses, "heavy drinking" was the adolescent's self-reported frequency of drinking five or more drinks at a time in the past year.

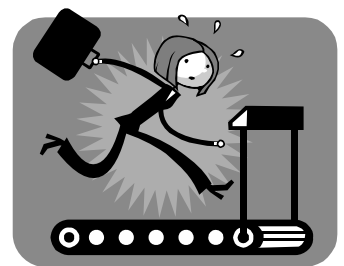
There was definitely much to celebrate in these findings. First, although children with ADHD were more likely to report heavy drinking in adolescence, most youth in the PALS (about 80%) reported that they did **not** drink this heavily in the past year, which is good news because teenagers who drink heavily are more likely than those who don't to have problems with alcohol later.

Second, perhaps the most encouraging aspect of these findings was that higher levels of parent monitoring predicted less frequent heavy drinking for all youth, regardless of their ADHD history. This is a helpful finding for parents and professionals given the challenges associated with sustained parenting efforts through the teenage years. Aren't you more likely to make the extra effort when you know your work will have positive results? The PALS data suggest that the effort is worth the time and energy, whether or not ADHD brings other challenges to the table.



PALS Staff Update

Welcome New Staff! Two new interviewers recently joined the study--**Beverly Worley and Corrie Schoffstall**. Bev completed a bachelor's degree in Social Work at the University of Pittsburgh. In addition to conducting interviews, Bev is using her social work skills to develop a Community Resource file for use by PALS participants. Corrie Schoffstall is a graduate of Penn State University. Prior to joining PALS, Corrie worked on a study at Penn State designed to evaluate the benefits of Head Start programs in Central Pennsylvania. **Congratulations!** Congratulations to PALS Interviewer **Erika Greisenegger** on the completion of a Master's Degree in Applied Developmental Psychology and a promotion to a Project Coordinator on the study. **Congratulations!** to PALS Interviewer **Andrea Grana** on her recent marriage to John Phillips. John is serving in Iraq with the 82nd Airborne. **Fond Farewell!** to **Vicky Krug**. Vicky, an interviewer on the study since 2000, is moving to Maine. Good Luck, Vicky and stay warm!





WINTER FUN



P E S E L C I C I T E R A
G H U T N D I B K B E T S
R H J A C K E T S U N S D
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FIND THE HIDDEN WORDS.....

HOLIDAYS

HOMEWORK

GREETING CARDS

SKIING

JACKETS

DECORATIONS

COLDS

SHOPPING

FIREPLACE

HOT CHOCOLATE

SCHOOL DELAYS

ICICLES

BAKING

PARKAS

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