

PALS NEWSLETTER

A newsletter of the Pittsburgh ADHD Longitudinal Study

STUDY UPDATE

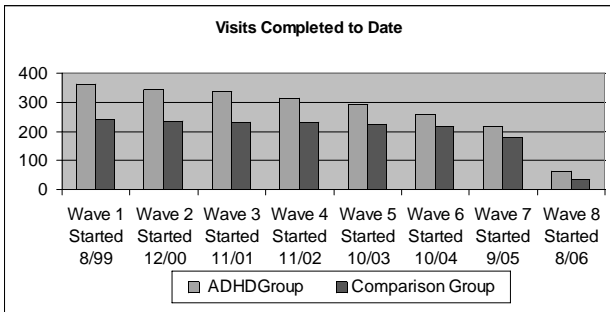
Wave 8 Begins



On Friday, August 4th, we began our eighth annual wave of visits.

Letters have gone out to everyone who completed their seventh wave interview in September or October of 2005. **So far, more than 90 Wave 8 visits have been scheduled!** In early September, additional letters will go out to the folks who had their Wave 7 visit in November or December, 2005. If you have received a letter, and know when you would like to come in for your visit, please call us at 412-246-5656. The Wave 8 visits will be similar to Wave 7 in terms of the length of time they take and the amount of payment participants receive.

The attached table shows how many of our participants have completed each interview wave.



Staff Updates

Since many of you get to know our staff during your annual interviews or during telephone calls, we thought you might be interested in hearing some updates about their whereabouts.

Corrie Schoffstall, an interviewer, and the designer of our www.youthandfamilyresearch.com website, recently left Pittsburgh to pursue a graduate degree in clinical psychology at the University of Memphis.

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AUGUST 2006

PARKING INFORMATION AT OUR NEW LOCATION-- 200 MEYRAN AVE

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

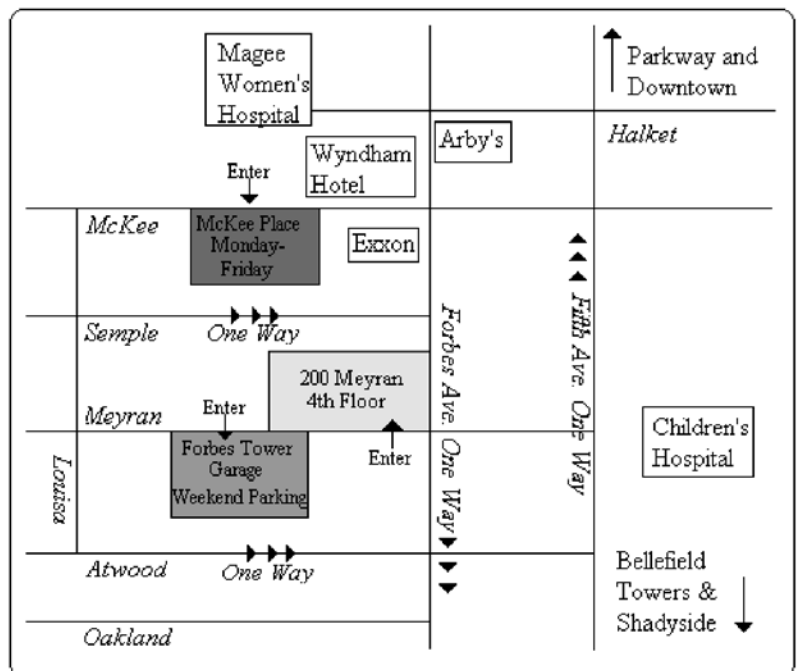


MONDAY-FRIDAY:

McKee Place parking lot 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 Tower parking garage 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 FINDINGS

Are Parents of ADHD Children At-Risk for Divorce?

For well over 25 years, researchers have found that child behavior is connected with how their parents talk and problem-solve with each other. Studies consistently find that marital conflict is commonly associated with child misbehavior. Notably, evidence indicates that parents of youth with ADHD, especially those with more severe conduct problems (e.g., aggression), are more likely to report lower marital satisfaction, argue in front of their children, and fail to resolve conflicts over childrearing issues than parents of children without ADHD. Curiously, despite the elevated levels of marital conflict in families with ADHD youth, studies have found that divorce rates between parents of children and adolescents with ADHD are not always greater than the rates of divorce among parents of youth without ADHD. Researchers at SUNY-Buffalo and Pitt decided to explore divorce rates among families participating in PALS to see how long marriages last for parents of children with ADHD compared to marriages between parents of children without ADHD.

With the permission of Dr. Molina and Dr. Pelham, Brian Wymbs, one of Dr. Pelham's graduate students at SUNY-Buffalo, has worked for the past year gathering data from the PALS for a study examining marital stability among parents of adolescents and young adults with and without ADHD. Brian has collected divorce information from questionnaires completed during Wave 1 visits as well as through phone calls placed last summer and fall.

Results of the statistical analyses indicated that marriages between parents of adolescents and young adults with ADHD, especially those with other conduct problems, did not last as long as marriages between parents of adolescents and young adults without ADHD. However, divorce rates for parents of adolescents and young adults with and without ADHD in PALS (36% and 24%, respectively) were well below commonly reported national divorce rates (50%). Thus, even though marriages between parents of ADHD adolescents and young adults were more likely to end in divorce sooner than marriages between parents of adolescents and young adults without ADHD, marriages were more likely to succeed for PALS families than those in the rest of the U.S.

Additional analyses were conducted looking at what parent or child characteristics might "predict" how long marriages last between parents of ADHD offspring. Parents of adolescents and young adults without ADHD were not included in these analyses. Using information collected for PALS families prior to their enrollment in the Summer Treatment Program (STP) between 1987-1996, analyses indicated that parent-reported ADHD severity, as well as the frequency of the mother's prior marriages and receipt of mental health treatment, prior to the STP all significantly predicted the length of marriages among parents of adolescents and young adults with ADHD. Specifically, the greater the 1) severity of childhood ADHD exhibited by adolescents and young adults, 2) mental health problems reported by mothers prior to the STP, and 3) number of prior marriages experienced by mothers prior to the STP, the greater the likelihood of eventual divorce in families with ADHD offspring.

Importantly, results of this study do NOT suggest that children with ADHD cause their parents to divorce. However, it does indicate that ADHD is one of potentially many factors that increase the risk for divorce among parents. The results of this study will likely have an important influence on improving treatment for children with ADHD and their families. For example, Brian Wymbs and others are interested in eventually enhancing evidence-based treatments for ADHD (e.g., parenting strategy workshops) by focusing on efficient and effective means for parents to communicate and work through childrearing problems. It is believed that doing so may improve the long-term outcome for ADHD children as well as the stability of their parent's marriage.

Don't forget to check our program website!

Visit us at

www.youthandfamilyresearch.com



Staff Updates

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Nate Tatro, also a PALS interviewer, left last year to pursue a graduate degree in

Psychology at George Mason University in Virginia.

Tara Pienkosky was recently accepted into the Master's program in Applied Developmental Psychology through Pitt's School of Education and will be starting classes in the fall. While attending graduate school, she will continue to work as a weekend interviewer for PALS. We recently hired a new interviewer, **Renee Weinman**. Renee has worked for a number of other child research programs at WPIC, and brings a wealth of great experience to the position. **Erika Greisenegger**, PALS interviewer, recently completed her Master's Degree in Applied Developmental Psychology (yes, the same program that Tara will be pursuing). **Liz Jacob**, will continue to work part time as a weekend interviewer for PALS while she pursues a degree in nursing. **Lourie Collins**, a former PALS interviewer has recently moved with her husband and two young children from Shanghai to Beijing. We also recently heard from **Sara Perez**, a former PALS interviewer who is completing her graduate studies in Clinical Psychology at Kent State University. Summer Program families may remember **Andrew Greiner**, who has worked for the ADD Program in a variety of capacities since 1988. Most recently, he coordinated the MTA Study. Andrew recently left Pitt to join Dr. Pelham's lab at SUNY Buffalo. **Vicky Krug**, former PALS interviewer, recently returned to Pittsburgh from Maine and will be teaching at Westmoreland County Community College.

Did you know...



It's not just **WHAT** you put on your questionnaires that matters... **HOW** you tell us is also important.

The PALS project is a longitudinal study, meaning that we gather information from study participants over the course of a number of years. In these studies, researchers strive to have participants provide information in as similar a way as possible each year. To be able to compare results over time, it is important to limit factors that might influence a participant's responses, such as where someone completes the questionnaires. Another important part of PALS is our comparing results across groups. To help us do that, we want the ADD and Comparison groups to provide information in a similar way.

Since most of you, in the both groups, started participation during the first few waves by coming to our offices to complete your questionnaires, we hope that you will be able to continue to do that. We try to make this as easy and convenient as possible in a variety of ways: by having visits available seven days/week; providing convenient, free parking for all participants; offering visits in a central location in the city. One of our biggest concerns when facing last year's move was that our new location be easy to find, accessible to public transportation, and that adequate parking resources be available. This seems to be working out as we continue to schedule the same number of visits in our new location as we did in the Bellefield Towers. We know that in clinic study visits are not always possible—particularly for those participants who have moved away from Pittsburgh. A number of our participants DO drive in to Pittsburgh for weekends with friends and family and participate in the study while in town. Others, like college students, schedule study appointments on holiday breaks or summer vacations.

Important Study Phone Numbers

Brooke Molina, Ph.D.

Principal Investigator
(412) 246-5656

Tracey Wilson

Program Coordinator
(412) 246-5673

Joanne Bethune

Administrative Assistant
(412) 246-5656



If you need
to **change or cancel** your study
appointment,
please call Joanne at
(412) 246-5656.



SUDOKU CLASSIC

Sudoku is the Japanese word combining "number" and "single". Its origin stems from an 18th century game by a Swiss mathematician. His game was named "Latin Squares". This is truly an international game.

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

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GAMEPLAY

The object of the game is to fill all the blank squares with the correct numbers. Several of the 9 x 9 grid squares already contain numbers -- you cannot change these. To work the puzzle, 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 through 9 with each numeral appearing only once. **Good Luck!**



NATIONAL ADHD AWARENESS DAY

SEPTEMBER 20, 2006

ADHD Experts on Call 1-888-ASKADHD

Chances are, celebrity carpenter Ty Pennington wasn't voted "most likely to succeed" back in high school. In fact, if pals from his youth had tried to predict what would become of the Emmy Award-winning team leader of ABC's *Extreme Makeover: Home Edition*, they likely would have gotten it wrong. "I'd run around half-naked and swing on blinds. I was always in detention and never trusted with anything," he recalls. "Who would have guessed that as an adult I'd juggle so many things at the same time?" he says, referring to his ability to use power tools, recreate rooms and design his own accessory line for Sears.

Pennington, 41, was diagnosed and treated for attention deficit hyperactivity disorder (ADHD) at age 18. In the wake of his TV success, Shire Pharmaceuticals approached the popular handyman in 2005 to serve as a spokesman for the company's ADHD medication.



Now, for the second year running, Pennington and a team of experts will man a hotline for the company's "ADHD Experts on Call" event, which invites the public to phone in questions about living and thriving with ADHD. The event takes on **September 20, 2006**, National ADHD Awareness Day. To reach the team of experts, please call 1-888-ASKADHD during the hours of 8:00 am to midnight (EST). You may also log on to www.adhdexpertsoncall.com from 12:00 pm - 1:00 pm (EST) for a LIVE On-Line forum.

For more information regarding Ty's success story, log on to www.adderallrx.com

**Adults w/ ADD for Pittsburgh &
TriState Area
CHADD International Chapter #477
Upcoming Meetings**

Thursday, August 31, 2006

**"Sharing Tips on What Works
& Frustrations of What
Doesn't!"**

Breaking into Focus Groups for:
New Attendees, Spouses, Significant Others,
& Supporters of ADDers & Everyday
Living with ADD

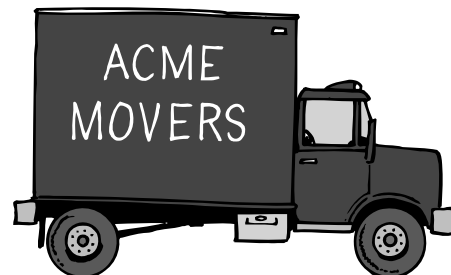
Speaker: Open Forum

Thursday, September 28th, 2006

Speaker & Topic to Be Announced

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

lesliestone@pittsburghadd.org



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

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