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# PALS NEWSLETTER

A newsletter of the Pittsburgh ADHD Longitudinal Study

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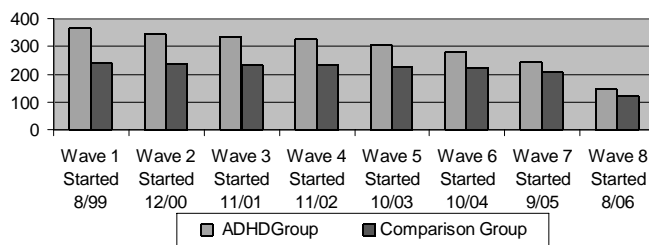
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## STUDY UPDATE Wave 8 Continues



Wave 8 began in August, and to date, approximately 600 kids and parents have completed their Wave 8 visit. Letters are now going out to everyone whose Wave 7 visit was in April and May of 2006. If you have received a letter, and know when you would like to come in for your interview, please call the PALS scheduling line at 412-246-5656. The table below details the number of young adult interviews that have been completed at each wave. In total, 9088 visits have been completed since the study began in August, 1999.

Young Adult Visits Completed to Date



## Study Continuation

As many of you know, the current study is funded for a total of nine waves of data collection, or through August, 2008. This summer, Drs. Molina and Pelham will be submitting an application to our NIH funding agency to extend the study. More information will follow in the May newsletter and direct correspondence to participants about what the extension will look like. The application will be reviewed in the fall, and we should know the results of the review by late October. One factor that should help a favorable review of the application is our great retention rate—more than 95% of the original study participants continue to be interviewed annually. This greatly contributes to the strength of the study.

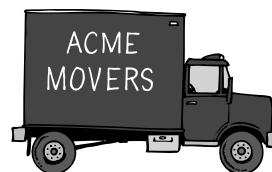
**FEBRUARY  
2007**

## PALS Articles



Keep your eyes open in future newsletters for **new** findings from the PALS about alcohol use and alcoholism. This spring some new

findings from the PALS study will be published in the journal Alcoholism: Clinical and Experimental Research. The first paper describes rates of drinking and drinking-related problems among the participants in the PALS, and the second paper shows the role of parental drinking and stress. In short, we do find that childhood ADHD increases risk for heavy drinking and drinking-related problems, but not for everyone with ADHD. Look to future newsletters for more details on these important findings.



**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.**



# What's New in ADHD Treatment

*Oscar Bukstein, M.D.*

*Youth and Family Research Program Medical Director*

Although we know that there are both medication and non-medication treatments that effectively treat ADHD, we are continuing to see advancements in ADHD treatment, including new medications, behavioral and other therapies, and guidelines for the treatment of ADHD. Joining the list of long acting (up to 12-hour control) medications, is lisdexamfetamine (Vyvanse), recently approved by the U.S. Food and Drug Administration (FDA) and should be available in the Spring of 2007. Lisdexamfetamine or brand name Vyvanse is a pro-drug, meaning it is inactive until it is changed to d-amphetamine in the gastrointestinal system. This means that illicit drug use practices such as intranasal or IV use to get "high" will be very, very difficult with this medication. Modafinil (Provigil) is a medication already approved for narcolepsy (a sleep disorder), excessive daytime sleepiness, and shift work. In a study of children at somewhat higher doses than used in adults for sleep problems, the modafinil produced significant improvements in ADHD symptoms. However, due to concerns about the possibility of a very severe rash, the FDA refused to approve the drug for use in the treatment of ADHD in children.

We are also seeing more treatment research for other age groups such as adults and preschoolers. Research support for ADHD medication use in adults now exists for Adderall XR, Concerta, Focalin XR, and Strattera. Researchers are also studying non-medication treatments for adults such as cognitive-behavioral therapy, and forms of coaching. At the other end of the age span, the Preschool ADHD Treatment Study (PATS) showed that methylphenidate was effective for preschoolers, although the magnitude of improvement was not as great as for school-aged children with ADHD and the preschoolers had a higher rate than older children for side effects such as appetite suppression and irritability.

While new research in ADHD is important, helping doctors and other professionals understand the best standards for treatment is critical to making sure that the best treatment practices are delivered. The American Academy of Child and Adolescent Psychiatry (AACAP) has completed a revision of its "Practice Parameter for The Assessment and Treatment of Children and Adolescents with Attention-Deficit/Hyperactivity Disorder". This document helps to guide professionals in the best standards of ADHD treatment. The American Academy of Pediatrics is also working on a revision of its practice guidelines.

So a lot is happening in the world of ADHD treatment. We will continue to provide updates in the future.



**Don't forget to check our program website!**

**Visit us at**

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

**Not only can you find information about the Youth and Family Research Program and our Staff, but you can:**

- Ø Get directions to our office and information on parking**
- Ø Contact a Youth and Family Research Program staff member**
- Ø Find information about community resources**
- Ø Find out about new research projects that are currently accepting participants**

**Log on today!**



## A Portrait of "Generation Next"

The Pew Research Center for the People and the Press conducted a special survey in September and October, 2006 among 1,501 adults, including 579 people ages 18-25. Summary findings took stock of a new generation-- Generation Next, which is made up of 18-25 year-olds (born between 1981 and 1988). It explores their outlook, lifestyle and politics and includes the following information about the generation that incorporates our PALS participants:

- They use technology and the internet to connect with people in new and distinctive ways. Text messaging, instant messaging and email keep them in constant contact with friends. About half say they sent or received a text message over the phone in the past day, approximately double the proportion of those ages 26-40.
- They are the "Look at Me" generation. Social networking sites like Facebook, MySpace and MyYearbook allow individuals to post a personal profile complete with photos and descriptions of interests and hobbies. A majority of Gen Nexters have used one of these social networking sites, and more than four-in-ten have created a personal profile.
- Their embrace of new technology has made them uniquely aware of its advantages and disadvantages. They are more likely than older adults to say these cyber-tools make it easier for them to make new friends and help them to stay close to old friends and family. But more than eight-in-ten also acknowledge that these tools "make people lazier."
- About half of Gen Nexters say the growing number of immigrants to the U.S. strengthens the country - more than any generation. And they also lead the way in their support for gay marriage and acceptance of interracial dating.
- They maintain close contact with parents and family. Roughly eight-in-ten say they talked to their parents in the past day. Nearly three-in-four see their parents at least once a week, and half say they see their parents daily. One reason: money. About three-quarters of Gen Nexters say their parents have helped them financially in the past year.
- Their parents may not always be pleased by what they see on those visits home: About half of Gen Nexters say they have either gotten a tattoo, dyed their hair an untraditional color, or had a body piercing in a place other than their ear lobe. The most popular are tattoos, which decorate the bodies of more than a third of these young adults.
- Voter turnout among young people increased significantly between 2000 and 2004, interrupting a decades-long decline in turnout among the young. Nonetheless, most members of Generation Next feel removed from the political process. Only about four-in-ten agree with the statement: "It's my duty as a citizen to always vote."
- Their heroes are close and familiar. When asked to name someone they admire, they are twice as likely as older Americans to name a family member, teacher, or mentor. Moreover, roughly twice as many young people say they most admire an entertainer rather than a political leader.
- They are more comfortable with globalization and new ways of doing work. They are the most likely of any age group to say that automation, the outsourcing of jobs, and the growing number of immigrants have helped and not hurt American workers.
- Asked about the life goals of those in their age group, most Gen Nexters say their generation's top goals are fortune and fame. Roughly eight-in-ten say people in their generation think getting rich is either the most important, or second most important, goal in their lives. About half say that becoming famous also is valued highly by fellow Gen Nexters.

For more information about the survey, and to view the complete results, visit the Pew Research Center website <http://People-press.org/reports/display/php3?ReportID=300>.



# 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.

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

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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!**



**Adults with ADD for Pittsburgh & Tri State Area  
CHADD International Chapter #477  
Upcoming Meetings**

**March 29, 2007**

**Pharmacological Treatment  
Options for Adult ADD/ADHD**

**Speaker:** Debrin Goubert, MD,  
Assistant Professor, Drexel University College  
of Medicine, Department of Psychiatry, AGH.

**April 26, 2007**

**Communication Skills**

**Speaker:** Elaine Gorr, PhD,  
Clinical Psychology, Private Practice, Diagnosis,  
Counseling, & Coaching

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 2007 meetings, contact Leslie  
Stone at 412-682-6282 or  
[lesliestone@pittsburghadd.org](mailto:lesliestone@pittsburghadd.org)

**Important Study Phone Numbers**

**Brooke Molina, Ph.D.**

(412) 246-5656

**Tracey Wilson**

(412) 246-5673

**Joanne Bethune**

(412) 246-5656



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



**Did you know.....**

Beginning in 2007, Daylight  
Saving Time has been  
extended. Daylight Savings  
time will now

begin on the second Sunday in  
March and end the first Sunday in  
November. These new start and  
stop dates are as a result of new the  
Energy Policy Act of 2005.



**Need Help Filing Your Taxes?**



**Income Tax Assistance**  
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. To be eligible for a VITA program,  
individuals must have an income below \$36,000 for the 2006  
tax year. For more information or to find VITA program  
locations in Allegheny County, contact the United Way at  
412-255-1155 or visit the Pennsylvania Department of Public  
Welfare website at <http://www.dpw.state.pa.us> and enter the  
keyword "VITA".

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