



PALS NEWSLETTER

Volume 10, Issue 2

May 2014

Inside this Issue

Study Update 1

Those Fabulous 80's 2

ADHD and Families ~ What Do We Know about Heritability 3

Summer Events 4

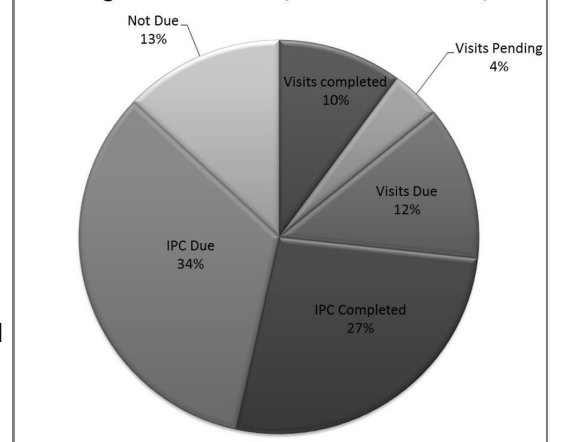
CHADD Chapter #477 Upcoming Meetings 5

Sudoku Puzzle 5

Study Update ~ Last November, we began our sixth year of age-based, rather than annual interviews. For the 12 months from November 1, 2013 through October 31, 2014, about 27% of our entire group of young adults are eligible for a visit and 60% are due for an interim phone contact (IPC). IPCs are phone calls we make to keep in touch with participants during the years that they aren't due for an interview. Eligibility for visits and IPCs is based on the participant age and the amount of time that is projected to lapse between visits.

Of the young adults—159—who are eligible for a visit this wave, 60 or 38% have already been completed and another 24 are either scheduled or being completed (the participant is working on the paper and pencil measures from home). We have completed 159 of the 359 IPCs proposed for the year, or 44%.

PALS Progress November 1, 2013—October 31, 2014



Tracey Wilson Celebrates 25 years! On March 20th, Tracey Wilson celebrated her 25th anniversary working for Western Psychiatric Institute and Clinic. As many of you know, she began working for Dr. Pelham as the coordinator of the ADD Clinic and the Summer Treatment Program, from which many of the PALS participants were recruited. Since 1998, she has coordinated the PALS study. In honor of this anniversary, staff “decorated”



Tracey’s office, threw a wonderful lunch party and created an amazing DVD with messages from staff and faculty with whom Tracey has worked over the past 25 years.

She also received an honorary “Dolly the Sheep Award” from Dr. Molina, the award that is given annually to the staff member most deserving of being cloned for stellar work performance. Tracey says that she feels really fortunate to have had the chance to work with so

many bright and interesting people over the years, and to be able to build long term relationships with many families who are involved in our research- oh yeah, and she said she now feels positively middle-aged!

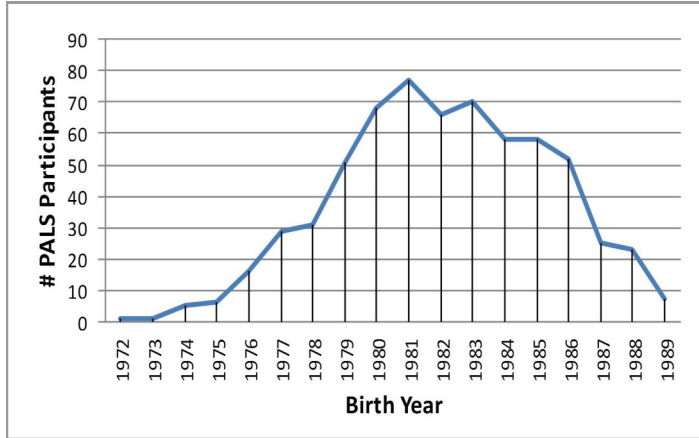
PALS Scheduling Line (412) 246-5656

Visit our Website www.youthandfamilyresearch.com



THOSE FABULOUS 80'S: BIRTH OF THE PALS STUDY!

The PALS study includes close to 650 young adult participants, who currently range in age from 25-42. We may need to stop using the term "young adult"! As the graph shows, most of our participants were born between 1980 and 1985. We thought it would be fun to take a look at what was going on during those years...



1980

- World Series Champions: *Philadelphia Phillies*
- Stanley Cup Champions: *New York Islanders*
- Super Bowl Champions: *Pittsburgh Steelers*
- Oscar Best Picture: *Ordinary People*
- CNN started broadcasting first ever 24 hours news
- Introduction of Post it Notes, Pac-Man and the Rubric's cube
- "Dallas" unveils who shot J.R. on TV
- Mt. St. Helens erupts killing 57 people
- U.S. boycotts the Olympic games in Moscow

1981

- World Series Champions: *Los Angeles Dodgers*
- Stanley Cup Champions: *New York Islanders*
- Super Bowl Champions: *San Francisco 49ers*
- Oscar Best Picture: *Chariots of Fire*
- Sandra Day O'Connor becomes first female Supreme Court Justice
- Prince Charles and Lady Diana are married on July 29th
- "The Smurfs" debut as a cartoon in America
- Donkey Kong first introduced
- MTV first airs. The first music video airing was "Video Killed the Radio Star" by the Buggles

Thanks to our 80's aficionado ~ Jason Duin, PALS Interviewer

1982

- World Series Champions: *St. Louis Cardinals*
- Stanley Cup Champions: *New York Islanders*
- Super Bowl Champions: *San Francisco 49ers*
- Oscar Best Picture: *Gandhi*
- "E.T. phone home" is introduced from the movie "E.T."
- Valley Girl "valspeak" becomes popular like "Gag me with a spoon!"
- Michael Jackson's "Thriller" album is released
- Popular toys: Strawberry Shortcake, My Little Pony, Trivial Pursuit
- The Weather Channel airs on cable TV for the first time

1983

- World Series Champions: *Baltimore Orioles*
- Stanley Cup Champions: *New York Islanders*
- Super Bowl Champions: *Washington Redskins*
- Oscar Best Picture: *Terms of Endearment*
- The computer mouse was invented
- Sally Ride becomes the first woman in space
- "Wheel of Fortune" airs at night
- Popular toys: Nintendo first sells, Care Bears, Cabbage Patch Kids
- McDonalds introduces the McNugget

1984

- World Series Champions: *Detroit Tigers*
- Stanley Cup Champions: *Edmonton Oilers*
- Super Bowl Champions: *Los Angeles Raiders*
- Oscar Best Picture: *Amadeus*
- Dell Computers first start selling
- DNA testing first developed
- Teenage Mutant Ninja Turtles first appear in comic books
- Robin Leach's "Lifestyles of the Rich and Famous" is a popular TV show
- MTV has its first Video Music Awards (VMAs) introducing Madonna performing "Like a Virgin" on stage in a wedding dress

Study Findings: ADHD and Families ~ What Do We Know about Heritability?

Mental illnesses, including Attention Deficit Hyperactivity Disorder, are not caused by a single gene. Instead they are complex disorders which are influenced by many genes and the environment. Researchers have studied how often identical twins (who share the same genes) and fraternal twins (who share about half of their genes) both have the same disorder. Comparing the rates of ADHD in identical and fraternal twins tells us how much our genes are involved in the development of the disorder. These studies have found that ADHD does, indeed, run in families. When one identical twin has ADHD, there is a 82.4% chance that the other twin also has it. The percentage is 37.9% for fraternal twins. Given these findings, it would not be surprising if children born to parents with ADHD also have an increased likelihood of ADHD. This would also fit closely with the clinical experiences we had long ago with so many PALS participants as children – parents bringing their children for evaluation often retorted, “I was like that as a child!”



Amazingly, no studies have yet been conducted with offspring of individuals who were diagnosed with ADHD in childhood and followed into adulthood. Thus, the PALS research team has launched a new research program to study the offspring of PALS participants. We plan to study factors that may increase the chance of ADHD transmission and, just as important, the factors that protect children from developing ADHD. We will examine factors both from a social-psychological perspective and from a brain functioning perspective.

As you may know, in recent years we began studies of brain function to identify brain-based differences that may underlie adulthood functioning. These studies have used Magnetic Resonance Imaging (MRI) to look at the shape of the brains of adults. Functional Magnetic Resonance Imaging (fMRI) allows us to visualize which parts of the brain are working during a given task. There is an impressive body of research that now shows us how much the brain changes and develops from birth to adulthood and that there are individual differences in these rates of change. We have been using this information to begin our new research program to understand brain-based differences in childhood for offspring of parents with ADHD histories. Some of you participated in this initial effort to help us refine our hypotheses. Our hope, as we continue this research, is that we will ultimately develop a better understanding of brain development as it relates to successful outcomes for children born to parents with ADHD. The long-term goal would be to tackle those high rates of heritability and identify strategies to increase successful, happy, and healthy outcomes for children born to families that include ADHD.

*Heather Liebherr, DO
PGY-3 Psychiatry Resident
University of Pittsburgh*



SUMMER EVENTS



THREE RIVERS ARTS FESTIVAL: JUNE 6 - 15 A 10 day celebration of music, theater, dance, public art installations, gallery exhibitions, a visual artist market, creative activities, food, and more with an admission price that most can't believe – \$0.00. Pittsburgh is the among the largest and most celebrated free festivals in the world. This event is supported by a many foundations, corporations and a growing community of individuals that help keep this event free!

PITTSBURGH VINTAGE GRAND PRIX: JULY 11- 20 The Pittsburgh Vintage Grand Prix is a vintage sports car race and motorsport festival that takes place annually in Schenley Park. With an estimated 250,000 spectators during the 10 days, the Pittsburgh Vintage Grand Prix is the largest vintage sports car race in the United States. The race originated in 1983 and is now the longest-continually-running vintage road race in the nation, with an ever-widening national and international recognition as one of the premier vintage motorsports events. Visit <http://www.pvgp.org/schenley/> for more information.



PITTSBURGH THREE RIVERS REGATTA: JULY 2 - 4 The 37th annual—all FREE—EQT Pittsburgh Three Rivers Regatta is the most anticipated summertime event. Every year, over 500,000 spectators swarm the banks of the Allegheny. This three-day festival consists of dragon boat races, extreme water sports, food vendors, free concerts and of course, the Fourth of July fireworks display. For a complete schedule of events, visit www.threerivers.regatta.net



KENNYWOOD CELEBRATE AMERICA DAYS: JULY 1 - 6 Kennywood proudly celebrates the privilege of living in the United States of America with a star-spangled salute to the red, white and blue featuring patriotic music, special daily entertainment and of course, fireworks nightly (weather permitting). Save \$10 off gate admissions with coupons from participating Giant Eagle locations.



FARMERS MARKETS: You don't have to leave the City limits to buy farm-fresh vegetables. Visit conveniently located Farmers' Markets to find a wide variety of seasonal specialties. All markets sell farm-fresh fruits, vegetables, meats, cheese and baked goods, while a few stands also sell flowers, small gifts and gardening items. Several locations even accept credit, debit and SNAP cards. Detailed information is available at <http://pittsburghpa.gov/citiparks/farmers-market>

Day	Site	Time	Location
Sunday	Squirrel Hill	9 AM—1 PM	Beacon/Barlett parking lot
Monday	East Liberty	3:30—7:30 PM	Penn Circle West
Tuesday	South Side	3:30—7:30 PM	18th & Carson Streets
Wednesday	Carrick	3:30—7:30 PM	Carrick Shopping Center
Thursday	Bloomfield	3:30—7:30 PM	St. Maria Goretti School
	Beechview	3:30—7:30 PM	St. Catherine of Siena
Friday	Downtown	10AM—2 PM	City County Building
	North Side	3:30—7:30 PM	Allegheny Commons Park



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

Paste Label Here

Address Correction Requested