



PALS NEWSLETTER

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PALS Scheduling Line (412) 246-5656

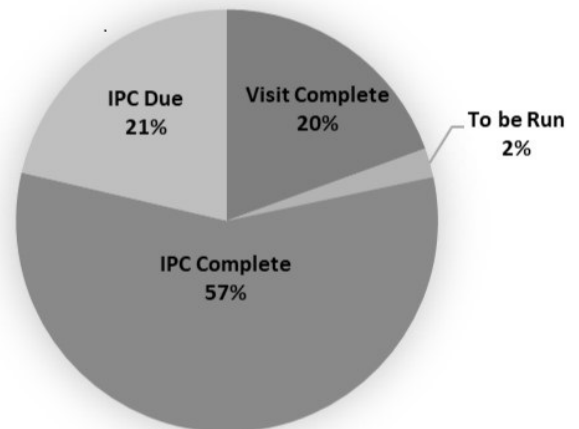


Visit our website www.yfrp.pitt.edu

Study Update:

Year 19 of the PALS study was from 9/1/16-8/31/17. Based on their ages, 127 young adult participants were due to be interviewed. 90% of these young adults (114) were interviewed. A parent has also been interviewed for 66% of these young adults. During this same time period, Interim Phone Contacts (IPCs) were conducted to update address and phone information with an additional 334 young adult participants. During Year 19, we had contact with approximately 81% of the young adult participants.

PALS Progress 9/1/16-8/31/17



The 20th Year of the PALS Study began on 9/1/17. In Year 19 (9/1/17-8/31/18), 98 young adult participants are due to be interviewed. As of 5/1/17, 33% or 32 young adult participants have been interviewed. A parent has been interviewed for 63% of these young adults. Since 9/1/17, we have completed IPCs with 321 young adults.

NEWS FROM THE YOUTH AND FAMILY RESEARCH PROGRAM

Upcoming Events -

The 7th Annual Conference on ADHD and Executive Function will be held on September 14, 2018 at the Hilton Garden Inn Southpointe in Canonsburg. Featured Speakers include Amori Mikami, PhD and Kevin Antshel, PhD. For additional details including registration information, please visit <http://www.wpic.pitt.edu/oerp/conferences/default.htm>



WePay transition to Vincent -

In the coming months, UPMC will be transitioning from the current WePay payment system to a new system called Vincent. It will be very similar to WePay. Stay tuned for additional details!

Open Recruitment -

As we recently announced, Dr. Heather Joseph, a psychiatrist with our lab, is recruiting infants born to parents with or without ADHD. If you are the parent of an infant or are expecting a child in the coming year, and would like to learn more about the PARIS study, please email PARISstudy@upmc.edu or call (412) 420-8309.



FIVE GREAT SUMMER PITTSBURGH DAYTRIPS

Presque Isle - (2 hours)

www.goerie.com/presque-isle

If you love the water, but don't have time for a trip to the ocean, try Lake Erie's Presque Isle. Presque Isle is a peninsula that forms Presque Isle Bay. Its sandy beaches are perfect for swimming, fishing, or boating. Fly a kite on Kite Beach, enjoy a Wednesday night concert, or pedal around one of the bike trails. In addition to the lake, there are ponds, a light house, and an environmental center. Family and Pet friendly.



Fallingwater/Kentuck Knob - (1.5 hours)

www.fallingwater.com kentuckknob.com

Most architecture fans know of Fallingwater, the house designed by Frank Lloyd Wright that integrates rock and water, landscape and home. Less familiar is Wright's other local treasure, Kentuck Knob. Kentuck Knob is an example of Wright's Usonian houses and is surrounded by a woodland sculpture garden. Both can be visited in a day trip from Pittsburgh. Note that tickets should be purchased in advance and children under the age of 6 are not permitted on the tours.

Penn's Cave - (3.5 hours)

www.pennscave.com

Penn's Cave Boasts America's only all-water cavern. On the 45-60 minute boat tour takes you will explore several rooms and passageways within the cavern, as well as Lake Nitanee. The grounds also include panning for gem stones, off-road Jeep Tours, a Miner's Maze, and a wildlife tour. Bring a lunch or dine at their café.

Moraine State Park - (1 hour)

<http://www.morainepreservationfund.org/>

Moraine State Park in Butler County has trails for every skill level for hiking and biking, including a section of the North Country Trail. Lake Arthur features two beaches for swimming, docks for fishing, windsurfing, and a marina. Boat rentals and tours are available. The environmental education center offers extensive programming including nature hikes and late-night star parties. Come in August for the Regatta for boat races, hot air balloons, and fireworks.

Seven Springs - (1 hour)

www.7springs.com

Not just for skiing, Somerset County's Seven Springs Mountain Resort offers summer adventures such as ziplining, downhill mountain biking, and fly fishing. Take a ride up the mountain on the chairlift, then twist and turn down the 1,980-foot Alpine Slide on a wheeled sled. If you prefer more tranquil activities, you can spend the day shopping, golfing, or relaxing in the spa. For rainy day fun, head to the lodge for bowling, indoor miniature golf, an arcade or yoga.



Tara Draper
Research Principal, PALS & PALS N

PALS Neuroimaging Update

As you may know, in 2015 we began an exciting collaboration with neuroscientists at the University of Pittsburgh who are interested in the structure, and in the function, of the brain. Together we joined forces to examine whether brain differences are detectable as a function of childhood ADHD diagnosis or ongoing functioning. For example, we would be excited to discover potential compensatory activity in the brain among people who are functioning well as this could, if replicated in other studies, eventually have important treatment implications. Conversely, areas of the brain that work harder during certain computer tasks would help us understand why people with ADHD struggle when it comes to paying attention, particularly during mentally challenging activities.




The PALS Neuroimaging Study has enrolled 192 participants to date; this is an important success in the field of neuroimaging for a study like this. The study is unique in that we are enrolling a large number of participants with childhood ADHD, and that we know a lot about our participants because of their participation in the long-running PALS study. The purpose of the PALS Neuroimaging project is to learn more about how the brain works in adults with and without ADHD in childhood by having PALS participants undergo an MRI scan and complete some tasks and questionnaires. We have had quite a few participants ask why we administer certain tasks and what research questions they help answer. Here, we'll review two of the tasks that participants complete during their PALS Neuroimaging Study visit and explain how the data we collect may be useful.

Emotional Faces N-Back Task (EFNBack) In this task, participants are asked to use their attention and memory skills to press a button when they see specific letters or letter patterns. During the task, participants also see “distractor” faces with different emotional expressions. The goal here is to remember the letters and ignore the faces. Data from this task allows us to look at reaction time and accuracy to determine if certain emotions are more distracting than others. For instance, we can see if angry faces are more distracting than happy or neutral faces by determining if it takes participants longer to respond when angry faces are displayed. Because this task is conducted in the MRI scanner, we can also see what parts of the brain are most active during the task.

Emotion Face Labeling Task In this task, participants see photos of faces on the computer screen, and we ask them to classify each face based on its emotional expression and rate the intensity of the expression. The faces range from happy to sad to surprised, and from ambiguous to intense. With data from this task, we can investigate how accurate participants are at rating emotional expressions, how long it takes them to classify different emotions, and the types of mistakes that participants make. The results from this task can also help us to interpret data from the EFNBack. For example, if participants tend to interpret “neutral” faces as “angry”, we would need to account for this when interpreting the EFNBack results.

Both the EFNBack and the face labeling task can be useful in answering different research questions. For example, do people who perform well on these tasks also report better relationships with friends and family members? Or do other things, like level of ADHD symptoms or consistency of emotions, do a better job of predicting relationship quality? Answering questions like these not only improves our understanding of ADHD, but may also help to improve treatment. We are still collecting data, and the results will be important when the data are all gathered and available for analysis. Data such as these require considerable time to organize and analyze. We are very hopeful that the results will provide new and helpful information for the field and ultimately contribute to better understanding of ADHD into adulthood. Thank you to all those who have participated in the PALS Neuroimaging project so far – we appreciate your contribution to this important research!

Emotion Face Labeling Task



SAD

HAPPY

NEUTRAL

DISGUSTED

FEARFUL

ANGRY

NOT AT ALL EXTREMELY

INTENSITY

Michelle Wilson
Research Specialist, PALS

SUMMER EVENTS AROUND TOWN



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. Call (412) 422-6523 for more information.

Day	Site	Time	Location
Sunday	Squirrel Hill	9:00 -1:00 PM	Beacon/Barlett parking lot
Monday	East Liberty	3:00-7:00 PM	Station & N Euclid Ave
Tuesday	South Side	3:00-7:00 PM	18th & Carson Street
Wednesday	Carrick	3:00-7:00 PM	1529 Brownsville Road
Thursday	Beechview	3:00-7:00 PM	Broadway & Beechview Ave
Friday	Downtown	10:00-2:00 PM	Mellon Square
	North Side	3:00- 7:00 PM	E Park, E Ohio & Cedar Ave



CINEMA IN THE PARK ~ Grab a blanket or lawn chair and head out for an unforgettable evening of free cinema under the stars! Return to your favorite movie location at Arsenal Park in Lawrenceville, Brookline Memorial Park, Flagstaff Hill in Schenley Park, Grandview Park, Highland Park, Riverview Park, West End/Elliott Overlook or Market Square in Downtown. For more information, call (412) 255-2493.

THREE RIVERS ARTS FESTIVAL ~ The 59th summer fest, which runs June 1-10, will be held in Point State Park, Gateway Center and the Cultural District, Downtown. The festival remains one of very few in the country that is free, providing access to all communities and income levels. Its Artist Market and Acoustic Stage performances include outreach designed to provide something for a variety of ages, groups and tastes.

PITTSBURGH VINTAGE GRAND PRIX ~ This vintage motor sports car race and 10-day motorsport festival takes place annually in mid-July 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. For more information, visit <http://www.pvgp.org/>

PICKLESBURGH ~ Picklesburgh is for everyone – from pickle fanatics to just pickle curious. This popular event now in its fourth year, expands to three days from July 20-22 on the Roberto Clemente Bridge (Sixth Street Bridge).



The festival, marked by the giant Heinz pickle balloon on the bridge, is sponsored by the Pittsburgh Downtown Partnership and features everything pickled, including international dishes, prepared foods, ice cream and cocktails - plus music and other entertainment. On Saturday and Sunday, a marketplace will open on Fort Duquesne Boulevard to provide even more pickle-related festivities as well as a petting zoo, kids activities and farmers market.



Adults with ADD for Pittsburgh & Tri State Area -- CHADD Chapter #477

To Be Announced

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**MEETINGS ARE HELD ON THE 4TH THURSDAY OF EACH MONTH AT WPIC - Room 292, 3811 O'HARA AT DeSOTO ST OAKLAND, PA 7:00 TO 9:30 PM.**

For more details about specific meeting dates and topics, please contact Leslie Stone at (412) 682-6282 or visit [www.pittsburghadd.org](http://www.pittsburghadd.org)

**MOVING?**

If you have moved, plan on moving or changed your phone number, please call our PALS study line at (412) 246-5656 to provide us with updated information.



**Need to Schedule Your Study Visit?**



If you would like to schedule your study appointment or need to change or cancel your existing appointment, call the PALS study line at (412) 246-5656.

**Sudoku Classic**

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

**GAMEPLAY**

The object of the game is to fill all the blank squares with the correct numbers. 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 1–9 with each numeral appearing only once.

**SOLUTION**

An answer key is available on our website at [www.yfrp.pitt.edu](http://www.yfrp.pitt.edu). From our home page on the website, select *Studies*, click on *PALS, Newsletters* and you will see *Sudoku Puzzle Answer*.

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**Paste Label Here**

**Address Correction Requested**