

2016 Young Scientist Awards

CHADD CONTINUES TO SUPPORT ADHD RESEARCH through its Young Scientist Research Awards program and is pleased to present Joseph Raiker, PhD, and Michael Meinzer, PhD, with the awards this year. The winners were selected by members of CHADD's Professional Advisory Board, who evaluated the applicants on their research publications record, recommendations from professors, and their planned future contributions. The PAB also evaluated applicants' submitted research studies on significance, methodology, clarity of the problem, relevance/adequacy of literature review, as well as contribution of new knowledge.

Max Wiznitzer, PhD, co-chair of CHADD's PAB presented the awards to the recipients at the 2016 CHADD Annual International Conference in Costa Mesa, California. The awards are supported by a number of individual donations.

The Implications of Cognitive Deficits for Improving Treatment Response in Children with ADHD



Joseph Raiker, PhD, is an assistant professor of psychology at Florida International University. He received his PhD in clinical psychology from the University of Central Florida in 2014. His research focuses on understanding how our knowledge of neurocognitive dysfunction in individuals with ADHD can be leveraged to improve treatment of the disorder.

The most common medical treatment for ADHD is stimulant medication. Unfortunately, however, there exists no reliable metric for identifying treatment responders and nonresponders prior to the initiation of a medication regimen. Children with ADHD are at particular risk for demonstrating deficits across a broad number of cognitive areas collectively referred to as "executive functions" (such as inhibition, working memory). Raiker and his colleagues have demonstrated that deficits in these areas are associated with many of the core behavioral features (inattention, hyperactivity, and impulsivity) and secondary outcomes (such as academic achievement, social functioning) observed in children with the disorder. Less is known regarding the extent to which this knowledge can be integrated into treatment decisions.

Raiker hopes to extend this line of research with help from a 2016 NARSAD Young Investigator Grant from the Brain & Behavior Research Foundation by evaluating the utility of a battery of computerized neurocognitive tasks in predicting treatment response to medication in children with ADHD. He hopes that the results of this study will have important implications for the use of neurocognitive tasks in routine clinical care and may represent an enhanced approach to determining who is likely to benefit from a psychostimulant regimen prior to initiating treatment.

Development and Open Trial of a Depression Preventive Intervention for Adolescents with ADHD



Michael Meinzer, PhD, is a postdoctoral fellow at the University of Maryland. He completed his doctoral training at Florida International University in Miami and his psychology internship at the Medical University of South Carolina in Charleston. Meinzer's research aims to determine the prevalence of, explanations for, and treatment of co-occurring ADHD and depression.

Children with ADHD are more likely to experience negative outcomes in adolescence and adulthood compared to their peers without ADHD. These consequences include anxiety, substance/alcohol abuse, and depression. Therefore, it is important to determine what factors contribute to the detrimental outcomes that face youth with ADHD and to subsequently develop efforts to reduce the likelihood that they will occur.

Meinzer's research first uncovered that youth with ADHD are almost twice as likely to suffer from depression by age thirty as youth without ADHD. From there, he discovered that a lack of family support as well as a blunted response to reward contributed to the increased risk for depression. Meinzer then developed a depression prevention program designed specifically for adolescents with ADHD. After completing his program, Behaviorally Enhancing Adolescents' Mood (BEAM), adolescents' depressive symptoms decreased and emotion regulation, response to reward, and family support increased. Meinzer aims to use these findings to revise the BEAM program and to launch a larger-scale trial. 🎯

Zuali Malsawma, MLS, is the health sciences librarian for the National Resource Center on ADHD: A Program of CHADD. She administers the Young Scientist Research Awards program.

Resources for Spanish Speakers

DID YOU KNOW that CHADD's National Resource Center on ADHD has resources and trainings available in Spanish?

The NRC provides an information and referral helpline Monday through Friday, 1 PM to 5 PM ET. You can call the NRC at 800-233-4050 and press 2 to reach our Spanish-speaking ADHD health information specialist, who can answer your questions and help connect you to resources in your local area.

In addition, there are currently four factsheets in Spanish that are designed to be helpful for parents of children with ADHD, teachers, and adults with ADHD. These include:

- Preschoolers and ADHD (Los niños en edad preescolar y el TDAH)
- Psychosocial Treatments for Children and Adolescents with ADHD (Tratamiento sicosocial para niños y adolescentes con TDAH)
- Educational Rights for Children with ADHD in Public Schools (Derechos educativos para niños con TDAH en escuelas públicas)
- Diagnosis of ADHD in Adults (Diagnóstico del TDAH en adultos)

You can find these and other resources at **Recursos en español**, including Ask the Expert videos featuring F. Xavier Castellanos, MD (*El Déficit atencional [TDAH] en niños y adolescentes: Implicaciones clínicas*) and Jose Bauermeister, PhD (*Comprendiendo y Ayudando a Nuestros Niños y Niñas con Déficit de Atención*). **You can also translate the CHADD website into Spanish. Look in the top right corner for the translator button that displays "Select Language." Choose Spanish or one of the other eight languages to translate the entire website.**

You can also participate in our online community, Attention Connection, to discuss ADHD-related topics. You can post questions, start discussions, and share ideas with other people affected by ADHD.

Call or visit chadd.org or help4adhd.org (that's right—you can access the site through either URL) to start finding information and using Spanish-language resources. 📍

Carla Marin is a health information specialist at the National Resource Center on ADHD: A Program of CHADD.