

2014 CHADD Young Scientist Awards

by Zuali Malsawma

CHADD IS PLEASED TO ANNOUNCE the recipients of its 2014 Young Scientist Research Fund Awards. These emerging researchers are making outstanding contributions to our understanding of ADHD. To be considered for this year's award, highly qualified applicants submitted papers on their research. Renowned experts on ADHD reviewed the submissions and selected the YSRF winners. Ann Abramowitz, PhD, co-chair of CHADD's professional advisory board, presented the awards during the organization's annual international conference in November. The YSRF program is administered by Zuali Malsawma, research librarian at CHADD's National Resource Center on ADHD. The awards are supported through generous funding from Janssen Pharmaceuticals, Inc., of Titusville, New Jersey, and by a number of individual donations.

Family-Based Treatment for Adolescents with ADHD: Comparing Individual vs. Group Delivery Models



Margaret H. Sibley, PhD, is assistant professor of psychiatry and behavioral health at the Florida International University Herbert Wertheim College of Medicine. She received a PhD in clinical psychology from the State University of New York at Buffalo in 2012. Her research focuses on the development of effective family-based treatments for teens with ADHD.

The use of psychosocial and medication treatment by adolescents with ADHD is poor, and lags substantially behind utilization rates documented in younger children. Although there are many effective psychosocial and medication treatments for adolescents with ADHD, most are untreated during this critical developmental period. Not using treatment during adolescence likely contributes to the poor long-term effects of childhood treatments and the serious negative outcomes experienced by adults with ADHD—such as criminal behavior, addiction, and unemployment.

Dr. Sibley's study compares the efficacy, cost effectiveness, and predictors of response of two family-based psychosocial treatments for adolescents with ADHD that vary in cost and intensity. These treatments consist of a group psychosocial program and a one-on-one family therapy program. The findings will inform when clinicians should seek group or individual approaches to treatment, and whether certain families may be particularly appropriate for one form of behavior therapy or another based on their characteristics.

Phenotypic Correlates Distinguishing Sluggish Cognitive Tempo from ADHD



A doctoral candidate in clinical psychology at Miami University, **Stephen P. Becker, MA**, is completing his clinical internship at Cincinnati Children's Hospital Medical Center. His research focuses on co-occurring problems among children and adolescents with ADHD, with a particular interest in how internalizing symptoms, sleep problems, and sluggish cognitive tempo impact social and academic adjustment.

Some children show attention problems that differ from the symptoms of inattention that are used to diagnose ADHD. These other symptoms are called "sluggish cognitive tempo," or SCT. SCT symptoms include daydreaming too much, being confused or seeming to be "in a fog," looking drowsy, and having slowed behavior or thinking.

Children may show symptoms of SCT whether or not they have ADHD. Recent research by Becker and his colleagues shows that SCT symptoms have a negative effect on how well children do in school and with other children. In a study of adolescents with ADHD, SCT symptoms were associated with having a lower grade point average. In another study, Becker found that children with SCT symptoms were less popular and had more problems in their peer relationships six months later than children without symptoms.

Although new studies have shed light on SCT in children and adults, more needs to be learned. Becker hopes his research on the causes and consequences of SCT ultimately will lead to effective ways to identify and treat children who have SCT symptoms. 