

# CHADD's National Resource Center on ADHD: *Resources for CHADD Affiliates*

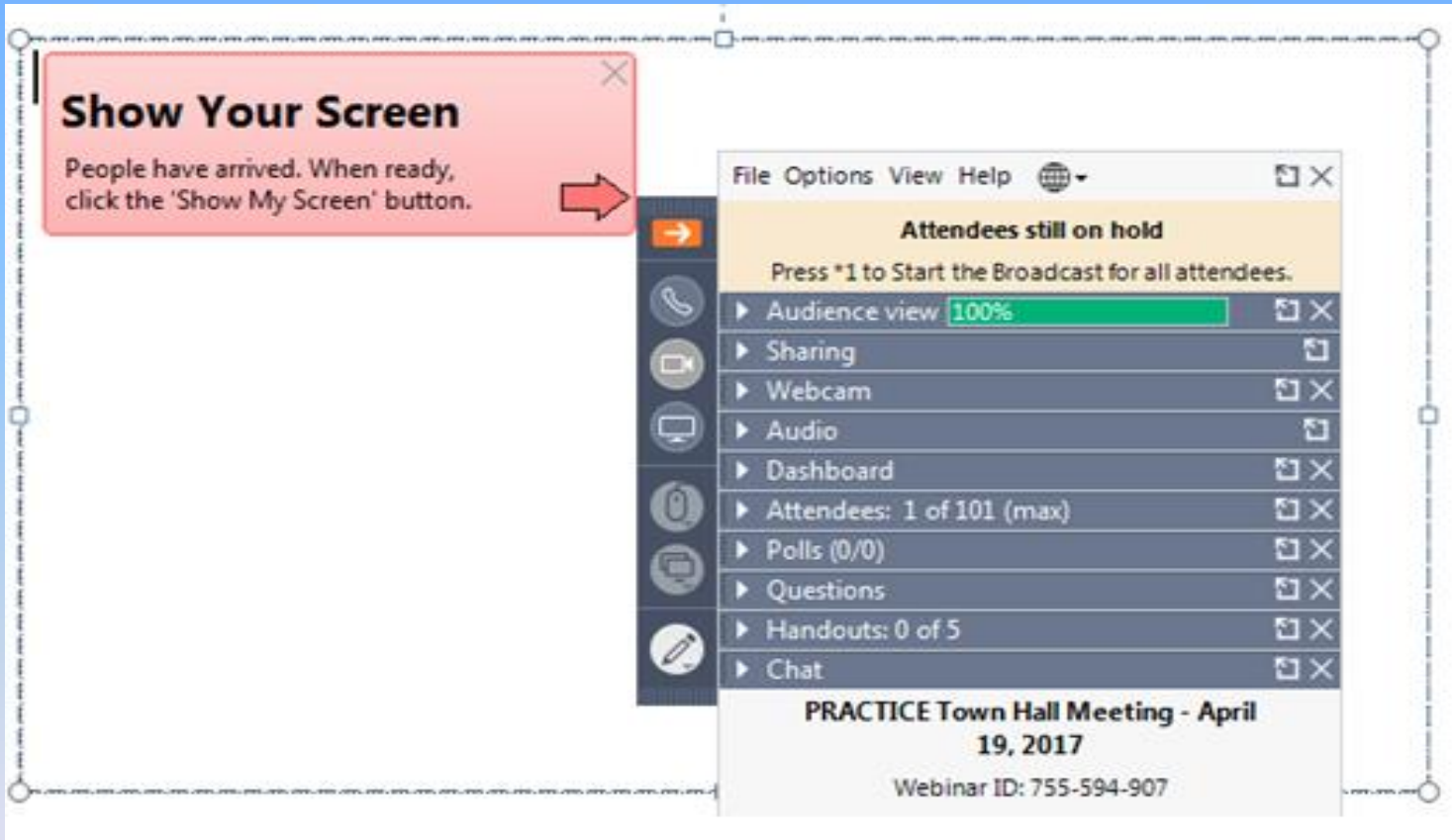
**Zuali Malsawma**

Health Sciences Librarian & NRC Program Associate



# How to Ask a Question...

To open your questions box click on the white arrow in the orange square in the upper right hand corner.



# NRC

The national clearinghouse for the latest evidence-based information on ADHD

## *Develop & Deliver:*

- **Information, Consultation and Referral**
- **Health Communication Programs & Materials**
- **Education & Training**

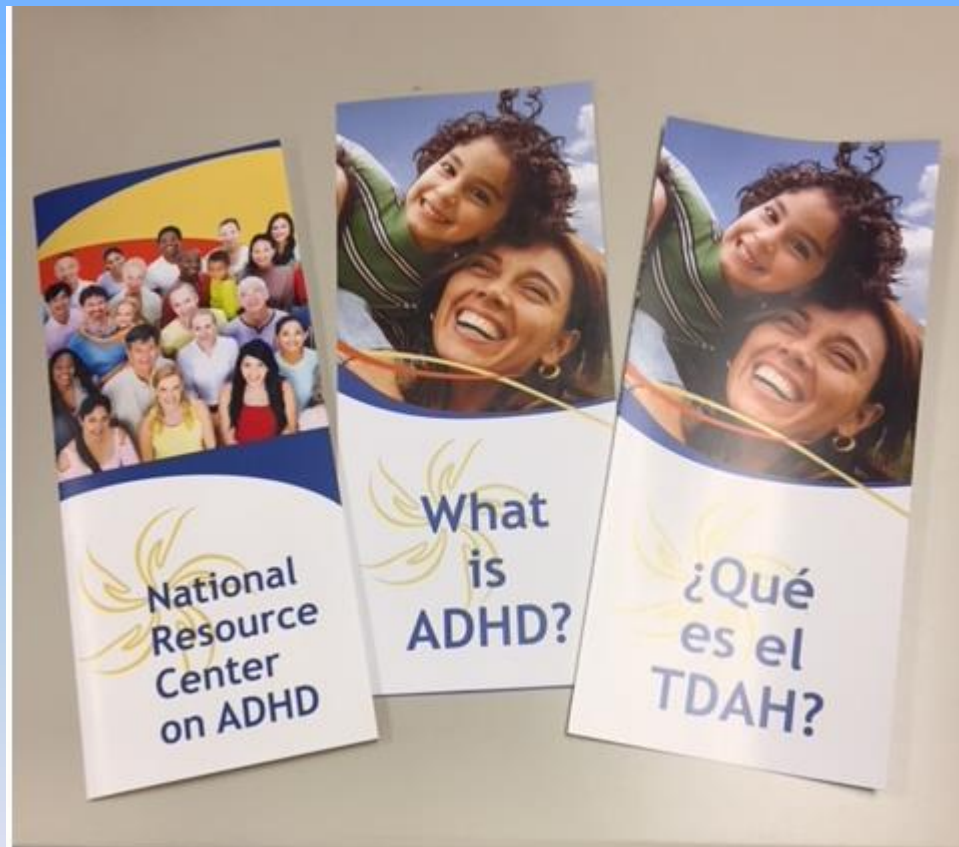
## **FOR**

- **The Public**
  - Children/Youth
  - Caregivers/Parents
  - Minority/Underserved Community
  - Adults
- **Professionals**
  - Healthcare providers
  - Educators/Teachers

# Resources for Affiliates

- Publications in pdf
  - NRC Brochure
  - *What is ADHD* brochure (in English & Spanish)
  - Fact Sheets (in English & Spanish)
  - Infographics
  - School Toolkit for Parents
- Ask the Expert Webinars (with Viewing Guides for selected webinars)
- Short videos
- Podcasts (of ATEs and shorter podcasts providing tips & strategies)
- Articles on website and in *ADHD Weekly* newsletter
- Helpline (M-F 1-5 pm)
- Library Services
- Searchable Online Library Catalog
- Collection of directories of Professionals Who Diagnose and Treat ADHD
- Online Communities: *ADHD Parents Together* & *Adult ADHD Support*
- FAQs
- Spanish Language Resources
- Post Research Studies seeking participants

# Brochures



# Fact Sheets

## Topic samples:

- About ADHD
  - Sleep disorders
  - Coexisting conditions
  - Coaching
- For Adults
  - Diagnosis
  - Time / money management
  - Organizing home & office
- For Parents
  - Parenting a child
  - Parenting teens
  - Managing Medication
  - Homework Help
  - Succeeding in College
- For Educators
  - Instructional Process
  - Accommodations for reading/written/math/homework assignments

### About ADHD

Everybody can have difficulty sitting still, paying attention or controlling emotions once in a while. If problems are so big they interfere with home, academic, or social life, it may be a sign of ADHD.

Attention-deficit/hyperactivity disorder (ADHD) is a neurobiological disorder affecting 11 percent of children and adolescents in the United States (Vasey et al., 2011). It is a chronic condition that often continues into adulthood in most cases (Brown, 2003). Without proper treatment, ADHD can lead to serious consequences, including poor academic performance, social problems, and even legal issues.

Medical science is making progress in understanding ADHD. However, more research is needed to fully understand the disorder and to develop effective treatments. It is important to seek professional help if you suspect your child has ADHD.

*While a great deal of information on the diagnosis and treatment of ADHD is available, not all of it is accurate or based on scientific evidence. It is up to you to learn to distinguish accurate information from the inaccurate.*

helioadhd.org

### Parenting a Child with ADHD

While ADHD is believed to be hereditary, effectively managing your child's symptoms can affect both the severity of the disorder and development of more serious problems over time. Early intervention holds the key to positive outcomes for your child. The earlier you address your child's problems, the more likely you will be able to prevent school and social failure and associated problems such as underachievement and poor self-esteem that may lead to delinquency or drug and alcohol abuse. Although life with your child may at times seem challenging, as a parent, you can make a difference.

### Diagnosis of ADHD in Adults

ADHD is a neurodevelopmental disorder characterized by a persistent pattern of inattention and/or hyperactivity and impulsivity that interferes with daily functioning or life's achievements. ADHD begins in childhood and often continues through adolescence and adulthood. When not properly identified, diagnosed and treated, ADHD has potentially devastating consequences and can lead to significant issues personally and professionally.

Although there is no single medical, physical, or genetic test for ADHD, a diagnostic evaluation can be provided by a qualified mental health care professional or physician who gathers information from multiple sources. These sources include ADHD symptom checklists, standardized behavior rating scales, a detailed history of past and current functioning, and information obtained from family members or significant others who know the person well. Some practitioners will also conduct tests of cognitive ability and academic achievement in order to rule out a possible learning disability. ADHD cannot be diagnosed accurately just from brief office observations or a single test.

Clinical guidelines for diagnosis of ADHD are provided by the American Psychiatric Association in the diagnostic manual Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). These established guidelines are widely used in research and clinical practice. During an evaluation, the clinician will try to determine the extent to which these symptoms apply currently to the adult and if they have been present in childhood. In making the diagnosis, adults should have at least five of the symptoms present. These symptoms can change over time, so adults may fit different presentations from when they were children.

The DSM-5 lists three presentations of ADHD—Predominantly Inattentive, Hyperactive-Impulsive and Combined. The symptoms for each are adapted and summarized below.

**ADHD predominantly inattentive presentation**

- Fails to give close attention to details or makes careless mistakes
- Has difficulty sustaining attention



# Infographics

**NATIONAL RESOURCE CENTER ON ADHD AT CHADD**

## Five Ways to Curb Impulse Shopping

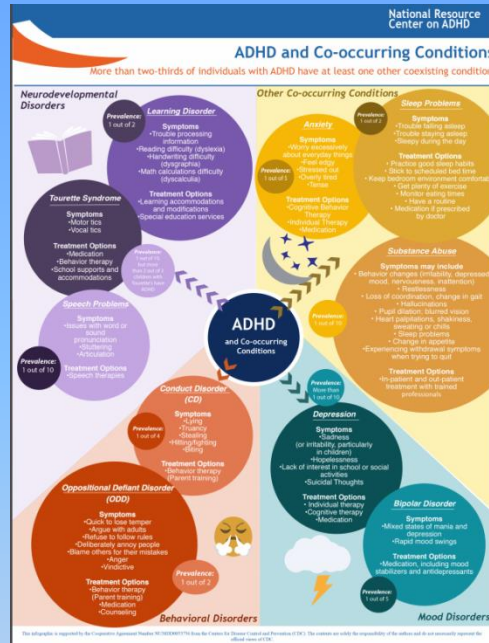


- 1. IDENTIFY AND STAY AWAY FROM SPENDING TEMPTATIONS.**
  - Malls
  - Arts and crafts shows
  - Online retailers
- 2. SHOP WITH A LIST AND STICK TO IT.**
  - Before you go to the store, make a list of everything you will buy.
  - If it helps, share the list with a supportive person before you leave and report back later.
- 3. ADD UP YOUR PURCHASES AS YOU SHOP.**

This will help you keep track of how much you're spending in real time.
- 4. WAIT AT LEAST 24 HOURS BEFORE MAKING A PURCHASE.**

If you still want the item and you have the money, then buy it.
- 5. MAKE IT HARDER TO SPEND YOUR MONEY.**
  - Leave your credit cards and checkbook at home.
  - Avoid using mobile payment apps.
  - Bring only the amount of cash you'll need.

This infographic is supported by the Cooperative Agreement Number 1U5CE000557 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the author and do not necessarily represent the official view of the CDC.



**National Resource Center on ADHD**

## IDEA vs Section 504

What are they? Laws that provide special education, other services, and appropriate accommodations for eligible children with disabilities in the United States.

IDEA	Section 504
A funding statute requiring all states to follow its conditions for funding special education	A civil rights statute requiring all recipients of federal funds to provide non-discriminatory services, including reasonable accommodations
Where does it apply?	Where does it apply?
All state and local public school districts	All federally funded programs, which includes all public schools

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**NATIONAL RESOURCE CENTER ON ADHD AT CHADD**

## Five Ways to Maintain a Newly Organized Space

- 1. THE HANDY BOX**

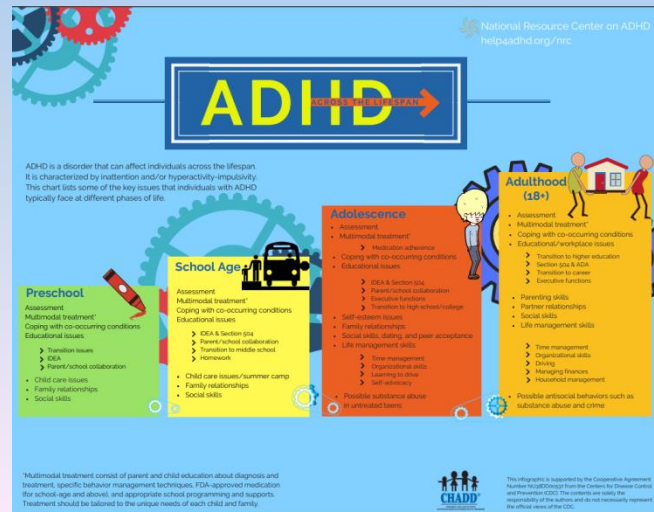
Keep a box or basket for items that are out of place when you are cleaning out a room. When you come across out-of-place items, put them in the container. After cleaning the room, take these items to the proper room.
- 2. IN THE MOMENT**
  - When you pass an open drawer, close it.
  - When you pass a full wastebasket, empty it.
  - When you see a clothing item on the floor, hang it up.
  - When you see some loose papers, put them in the to-file box.
- 3. 10-MINUTE PICKUP**

Spend 10 minutes each night on a quick pick-up. Take a basket and go through the house quickly picking up and dropping off things where they belong.
- 4. SUBTRACT BEFORE YOU ADD**

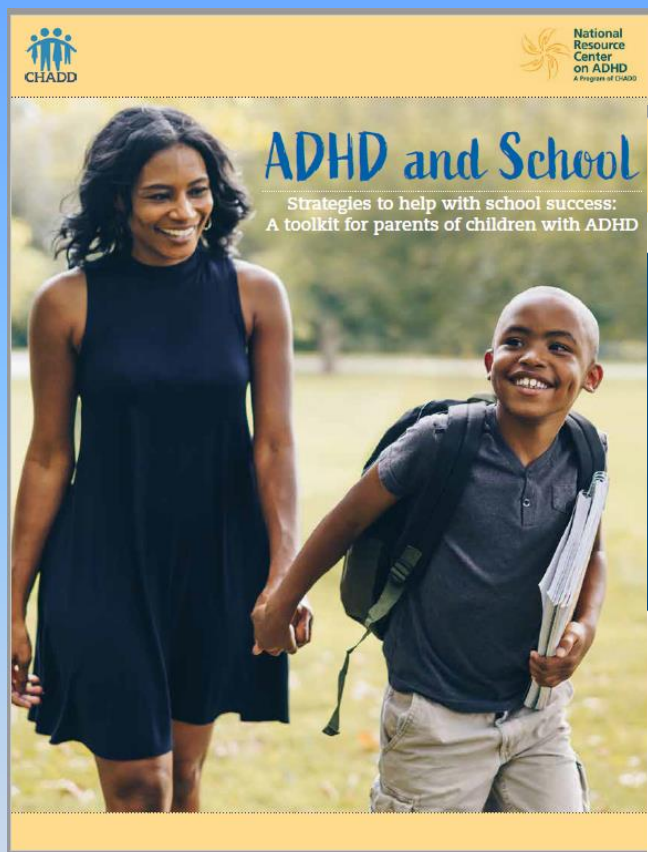
Always subtract before you add! Before you add (purchase) an item, subtract one that you already have.
- 5. TOSS/DONATE BOX**

Keep a box or bag in a storage area to collect items to donate. When you notice an item that you don't want or use, immediately take it to the donate box.

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# School Toolkit for Parents



## ADHD and School

**F**OR 30 YEARS, CHADD has been providing support, training, education, and advocacy for children and adults living with ADHD and their families. We know that school for many children with ADHD brings a lot of challenges. This toolkit includes resources tailored to ADHD struggles, such as how to create routines, how to set up a homework station, and how to structure home-school communication. Additional resources include customizable charts, a sample letter requesting special education services, an Information card for teachers on ADHD, and information on the rights of students with ADHD from the U.S. Office for Civil Rights. We hope this will help you and your child have a successful school year.

—CHADD - The National Resource on ADHD

### Contents

Creating Morning and Afternoon Routines.....	1
Morning Routine Sample (same each day).....	2
Afternoon Routine Sample (different each day) .....	2
Setting up a Homework Station .....	3
Home-School Communication Trackers.....	4
Daily Behavior Tracker (Elementary grades).....	5
Weekly Behavior Tracker (Elementary and middle school grades).....	6
Organization and Class Participation Tracker (Middle and high school grades) .....	7
Sample Letter to Request an Evaluation for Special Education Services.....	8
Additional Resources .....	9
1. Customizable charts from this toolkit.....	10-13
2. CHADD's Teacher Card: Recognizing ADHD in the Classroom / Strategies & Tips to Help Students with ADHD	
3. Know Your Rights: Students with ADHD	
4. Fact sheet: Restraint and Seclusion of Students with Disabilities	



# Ask the Expert Webinars

## RECENT WEBINARS

[VIEW ARCHIVE](#)



### 4 COMMON PROBLEMS IN ADHD TREATMENT FOR TEENS AND ADULTS

*CHADD Webinar*

📅 June 13, 2019 2:00pm, ET  
Limited to 500 Participants

Thomas E. Brown PhD

[VIEW](#)



### REDEFINING HEALTHY EATING AND OUR RELATIONSHIP WITH FOOD

*CHADD Webinar*

📅 June 11, 2019 2:00pm, ET  
Limited to 500 Participants

Roberto Olivardia PhD

[VIEW](#)



### ASK THE EXPERT: ADHD IN PRESCHOOLERS: WHAT TO LOOK FOR AND HOW TO HELP

*Ask The Expert*

📅 May 16, 2019 2:00pm, ET  
E. Mark Mahone PhD, ABPP

[VIEW](#)



### COLLEGE STUDENTS WITH ADHD CAN SUCCEED

*CHADD Webinar*

📅 May 10, 2019 2:00pm, ET  
Andrea Chronis-Tuscano PhD

[VIEW](#)



### WHAT CAN I EXPECT AS AN ADULT FROM MY ADHD TREATMENT OVER THE FIRST 6 MONTHS

*CHADD Webinar*

📅 April 18, 2019 2:00pm, ET  
David W. Goodman MD

[VIEW](#)



### ASK THE EXPERT: A SUMMER AT CAMP

*Ask The Expert*

📅 March 19, 2019 2:00pm, ET  
John Willson MS, LRT/CTRS

[VIEW](#)

## Search Webinars

Title

Topic

- Select -

Presenter

- Select -

Audience

- Select -

[SEARCH](#)

# ATE Viewing Guides

## Ask the Expert Webinar Viewing Guides

Are you interested in creating more engagement and dialogue during your support group meetings? This webinar viewing guide will allow you to use existing webinars from CHADD to help your attendees learn, discuss, and apply information about ADHD to their lives.

The Ask the Expert webinar series hosts leading experts in the field of ADHD to provide information to help support children and adults living with ADHD, their families, educators and healthcare professionals. The webinar series is available as part of the CHADD's National Resource Center (NRC), which is funded by the U.S. Centers for Disease Control and Prevention. Free new webinars are hosted monthly and an archive of past webinars is available on the NRC's YouTube page, Help for ADHD (<http://www.youtube.com/HelpForADHD>).

Each webinar includes a 15-30 minutes presentation followed by audience questions and answers. Using this video viewing guide will allow you to use the expert's presentation to promote discussion and give meeting attendees the opportunity to better apply the tips, tools and resources to their lives.

## About the video guides


1. Video background information
2. How to incorporate a webinar into a meeting
3. Coordinator version of the discussion questions
4. Attendee worksheets with discussion questions
5. Video Q & A reference
6. Additional Resources

Guides available for:

1. **Emotions and Motivation in ADHD**  
(Thomas Brown)
2. **Getting Organized with ADHD**  
(Susan Pinsky)
3. **Getting Through to Your Teenager with ADHD** (Elaine Taylor-Klaus and Diane Dempster)
4. **Health and Life Expectancy in ADHD**  
(Russell A. Barkley)

# Short Videos

YouTube help for adhd



**LeDerick Horne**  
Speaker, author, and special education advocate

Teens succeeding in college with ADHD

135 views 5 0

This video features LeDerick Horne, a speaker, author, and special education advocate, discussing the topic of teens succeeding in college with ADHD. The video has 135 views and 5 likes.



**What is ADHD Coaching? Do I Need One?**

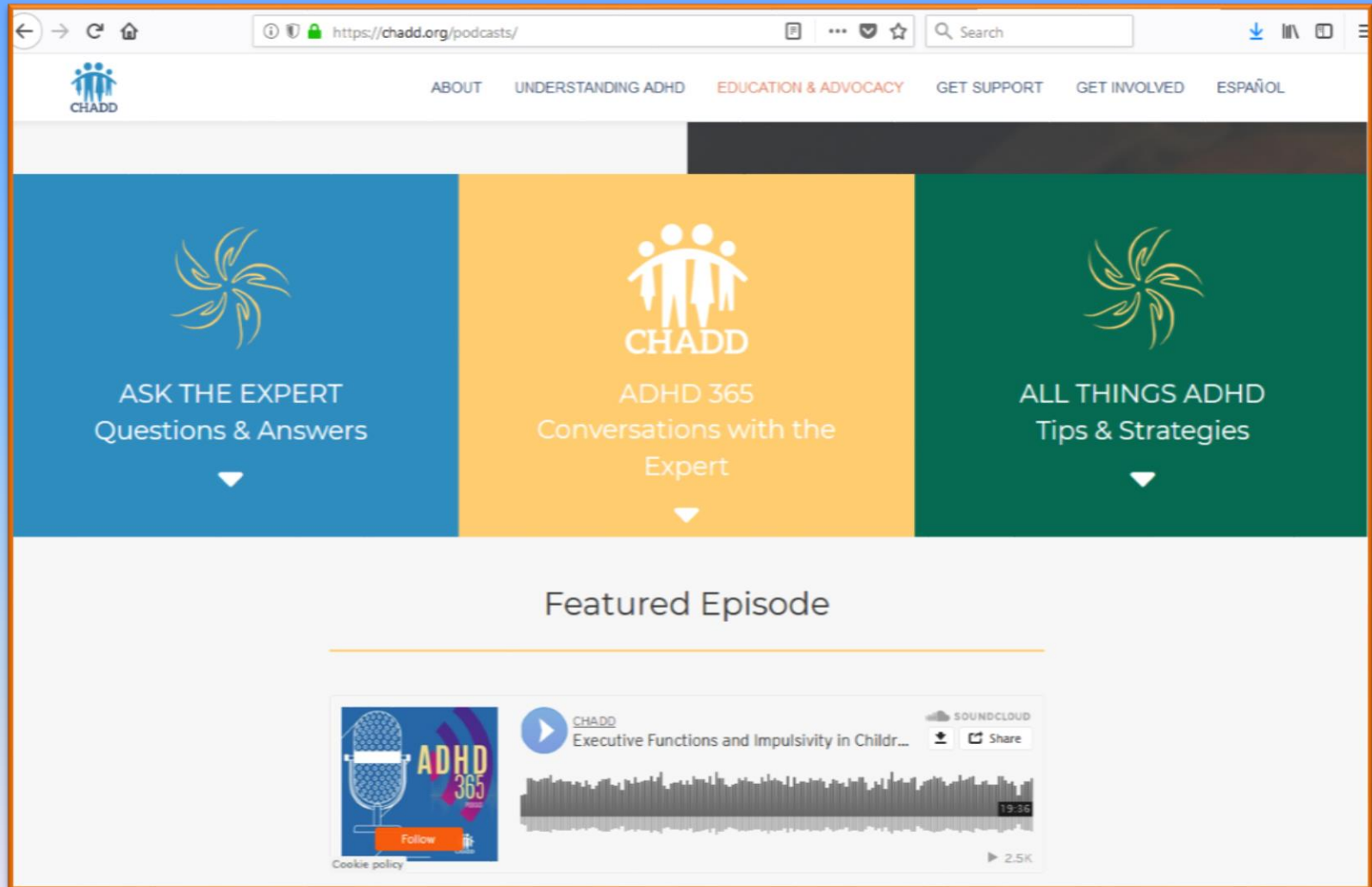
568 views • 8 months ago



**WHY IS DATING DIFFICULT WHEN YOU HAVE ADHD**

4.3K views • 1 year ago

# Podcasts



The screenshot shows the CHADD.org website's podcast section. The browser address bar displays <https://chadd.org/podcasts/>. The navigation menu includes links for ABOUT, UNDERSTANDING ADHD, EDUCATION & ADVOCACY (highlighted in red), GET SUPPORT, GET INVOLVED, and ESPAÑOL. The main content area features three large colored boxes with icons and text:

- ASK THE EXPERT** Questions & Answers (Blue box)
- ADHD 365** Conversations with the Expert (Orange box)
- ALL THINGS ADHD** Tips & Strategies (Green box)

Below these boxes is a section titled "Featured Episode". It displays a podcast player for the episode "Executive Functions and Impulsivity in Childr..." by CHADD. The player includes a microphone icon, a play button, a progress bar, and a "Share" button. The episode duration is 19:36, and it has 2.5K plays. A "Follow" button is also visible. A "Cookie policy" link is located at the bottom left of the player area.

# Weekly Newsletters



## ADHD in the News 2019-06-13

June 13, 2019

Jornay PM, an ADHD Med Dosed in the Evening,  
Now Available

Are People with ADHD More Creative?

Bringing mental health care into pediatricians'  
offices works, finds five-year study

[VIEW](#)



## ADHD Weekly, June 13, 2019

June 13, 2019

Is It Sleepiness or ADHD?

Women Often Diagnosed with ADHD Later In Life

NRC Video: Getting Help Early in College

[VIEW](#)

# NRC's Helpline

## Contact a Specialist

### THE NATIONAL RESOURCE CENTER ON ADHD HELPLINE

The NRC is the only national resource where people can receive an individualized response from a Health Information Specialist knowledgeable in the full range of issues concerning ADHD. We receive inquiries from all over the United States and more than 20 countries. Our English and Spanish-speaking Health Information Specialists respond to queries Monday–Friday, 1–5pm EST. If you have a question or would like to talk to somebody about ADHD call [1.800.233.4050](tel:1.800.233.4050)



# Resources in Helpline's iCarol Database

- Alternative & complimentary treatments
- Apps for organization, budgeting, etc.
- CHADD/NRC programs, services & products
- Educational rights & resources
- Employment & workplace issues
- Legal rights
- Public benefits & assistance
- Help finding professionals

# University/Hospital ADHD Centers

[Professional Directory](#)

## ADHD Centers Directory

Organization Name

State

▼

ADHD Population Served

☐ Children

☐ Adolescents

☐ Young Adults

☐ Adults

☐ Families

SEARCH

CLEAR

ABCDEFGHIJKLMNOPQRSTUVWXYZ

<div>OH</div> <div><b>AKRON CHILDREN'S HOSPITAL DIVISION OF NEUROBEHAVIORAL HEALTH</b></div> <div>ADHD Populations Served Adolescents Children</div> <div><a href="#">View Website &gt;</a></div>	<div>DE</div> <div><b>ALFRED I. DUPONT HOSPITAL FOR CHILDREN (WILMINGTON)</b></div> <div>ADHD Populations Served Children</div> <div><a href="#">View Website &gt;</a></div>	<div>AZ</div> <div><b>ARIZONA STATE UNIVERSITY (TEMPE) CLINICAL PSYCHOLOGY CENTER</b></div> <div>ADHD Populations Served Adults Adolescents Children</div> <div><a href="#">View Website &gt;</a></div>	<div>MS</div> <div><b>BATSON CHILDREN'S HOSPITAL (JACKSON) KIDS ASSESSMENT &amp; BEHAVIOR CLINIC (KIDS ABC)</b></div> <div>ADHD Populations Served Adolescents Children Adults</div> <div><a href="#">View Website &gt;</a></div>
<div>UT</div> <div><b>BRIGHAM YOUNG UNIVERSITY COMPREHENSIVE CLINIC (PROVO)</b></div> <div>ADHD Populations Served Adolescents Children Adults</div> <div></div>	<div>MA</div> <div><b>CAMBRIDGE HEALTH ALLIANCE CENTER FOR CHILD AND ADOLESCENT DEVELOPMENT</b></div> <div>ADHD Populations Served</div> <div></div>	<div>OH</div> <div><b>CHILD AND ADOLESCENT SERVICE CENTER (CANTON) STARK COUNTY MENTAL HEALTH FOUNDATION</b></div> <div>ADHD Populations Served</div> <div></div>	<div>NE</div> <div><b>CHILDREN'S HOSPITAL &amp; MEDICAL CENTER (OMAHA) DEPARTMENT OF BEHAVIORAL HEALTH</b></div> <div>ADHD Populations Served Children</div> <div></div>

# Professionals Who Diagnose and Treat ADHD

- CHADD Professional Directory
- Your Primary Care Physician
- CHADD Local Chapter
- Hospital and University ADHD Centers
- Professional Associations
  - American Academy of Child and Adolescent Psychiatry
  - American Academy of Pediatrics
  - American Academy of Neurology  
800-879-1960;
  - American Medical Association  
800-621-8335;
  - National Association of Social Workers
  - American Psychological Association  
800-964-2000;
  - American Association of Marriage and Family Therapy
- Psychology Today directory
- SAMHSA's Behavioral Health Treatment Services Locator

# Online Library Database



[Catalog Home](#) | [Library Home](#) | [Ask a Librarian](#)



[HOME](#)

[ADVANCED SEARCH](#)

[POPULAR SEARCHES](#)

[NEW RESOURCES](#)

[MY BOOKBAG](#)

[EXTERNAL SEARCH](#)

[CONTACT US](#)



Search Catalog:



## Welcome to the Library Catalog of CHADD's National Resource Center on ADHD (NRC).

The NRC Library collects evidenced-based information on attention-deficit/hyperactivity disorder (ADHD) and related topics. Over 9,000 articles, books, videos, and other materials can be found in this database.

Search the collection by entering any word or words in the search box above and press enter.

You can use the "\*" character to perform word truncation. For example, 'diagnos\*' will match on any word that begins with diagnos- such as diagnose, diagnosis, diagnostic, etc.

Additional search options are available on the **Advanced Search** page. Your search is automatically passed on to WorldCat and PubMed in the **External Search** page to find additional resources if any.

For questions, please contact the NRC Library at 800-233-4050 ext. 130, or at [library@chadd.org](mailto:library@chadd.org).









<http://1472.sydneyplus.com/final/Portal/Default.aspx?lang=en-US>



# Library Database – Advanced Search

[HOME](#) [ADVANCED SEARCH](#) [POPULAR SEARCHES](#) [NEW RESOURCES](#) [MY BOOKBAG](#) [EXTERNAL SEARCH](#)


[CONTACT US](#)






Enter your search criteria below

<input type="checkbox"/>	Any Word	Keyword	<input type="text"/>	
And	Titles	Keyword	<input type="text"/>	
And	Authors	Keyword	<input type="text"/>	
And	Subject	Exact	Executive Functions	 
And	Audience	Exact	<input type="text"/>	
And	Record Type	Exact	<input type="text"/>	
And	Language	Exact	<input type="text"/>	
And	Serial Title	Exact	Attention	 
And	Source	Keyword	<input type="text"/>	
And	Series	Exact	<input type="text"/>	 
And	Year	Range	2016 To 2018	
And	Publisher	Exact	<input type="text"/>	 

 Clear  Search

# Advanced Search Result



 [Print](#)  [Save to Bookbag](#)  [Send to Email](#)  [Sort](#)  [More](#)

**Found 9 record(s)**

**ADHD & Obesity: An Under-Recognized Problem**

Author	Olivardia, Roberto
<input type="checkbox"/> Year	2018
Source	Attention, October 2018, v25 n5, pp. 22-25.
Record Type	article - magazine
Website	<a href="#">Web Link</a>

**Brain Management as a Developmental Path**

Author	Bertin, Mark
<input type="checkbox"/> Year	2018
Source	Attention, April 2018, v25 n2, pp. 6-11.
Record Type	article - magazine
Website	<a href="#">Web Link</a>

**SMARTS: Creating a Culture of Executive Function Strategy Users**

Author	Katz, Mark
<input type="checkbox"/> Year	2018
Source	Attention, August 2018, v25 n4, pp. 4-5.
Record Type	article - magazine
Website	<a href="#">Web Link</a>

**The Gifted Child with ADHD**

Author	Bertin, Mark
<input type="checkbox"/> Year	2018
Source	Attention, October 2018, v25 n5, pp. 16-19.

**- Refine by Audience**

- ☐ adults (2)
- ☐ educators (3)
- ☐ healthcare professionals (1)
- ☐ parents (7)

**+ Refine by Record Type**

**- Refine by Author**

- ☐ Bertin, Mark (2)
- ☐ Katz, Mark (2)
- ☐ Cooper-Kahn, Joyce (1)
- ☐ Foster, Margaret (1)
- ☐ Grayson, Eran (1)
- ☐ Maguire, Caroline (1)
- ☐ Olivardia, Roberto (1)
- ☐ Tuckman, Ari (1)

**+ Refine by Subject**



# Dynamic Saved Searches



[Catalog Home](#) | [Library Home](#) | [Ask a Librarian](#)



[HOME](#)

[ADVANCED SEARCH](#)

[POPULAR SEARCHES](#)

[NEW RESOURCES](#)

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<Select Dynamic Saved Search>

<Select Dynamic Saved Search>

ADHD in the News articles

ADHD Weekly articles

Ask the Expert - Educator Edition webinars

Ask the Expert webinars

Attention magazine articles

Books for Adolescents/Teens

Books for Adults

Books for Children

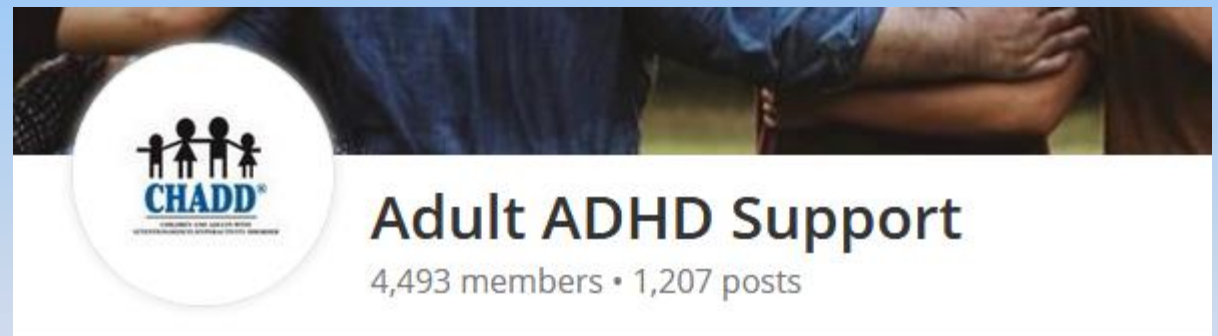
Books for Educators

Books for Healthcare Professionals

Books for Parents

articles, webinars, etc.

# Online Communities



# Frequently Asked Questions

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Health Information Specialists at the National Resource Center on ADHD, a Program of CHADD, receive thousands of inquiries each year about ADHD. Below are some of the most frequently asked questions and their answers, as well as links for more information.

## **General Questions about ADHD**

What is ADHD?

## **For Parents and Caregivers**

My child was just diagnosed with ADHD. Is she eligible for Social Security Insurance (SSI)? What are her educational rights?

For children with ADHD to be considered disabled for SSI purposes, their ADHD must very seriously limit their daily functioning and be present (or be expected to last) for at least 12 months. Most children with ADHD who qualify as having a

## **For Adults**

I'm an adult; doesn't ADHD only affect children?

No. Approximately 10 million adults have attention-deficit/hyperactivity disorder (ADHD). About one-third of children with ADHD continue to meet the criteria for an ADHD diagnosis as adults. In early adulthood, ADHD may be associated with depression, mood or conduct disorders and substance abuse. Adults with

# Recursos en español

- **Hojas de información sobre el TDAH**
  - ¿Qué es el TDAH?
  - Los niños en edad preescolar y el TDAH
  - Tratamiento sicosocial para niños y adolescentes con TDAH
  - Derechos educacionales de los niños con el Trastorno por el Déficit de Atención e Hiperactividad (TDAH): Una Cartilla Para Padres
  - Derechos educativos para niños con TDAH en escuelas públicas
  - Diagnóstico del TDAH en adultos
- **Cursos Online**
  - Padre a Padre: Introducción al TDAH
- 
- **Videos de Pregúntale al Experto**
  - Escuche nuestras presentaciones Pregúntale al Experto:

# Research Study Participation

## Participate in a Study

Search by Region

- Select -

SEARCH

Calgary, Alberta

[View PDF](#)

### MICRONUTRIENTS FOR ADHD IN YOUTH: THE "MADDY" STUDY

**End Date** June 30, 2019

**Primary Contact** Jeanette Johnstone, MFT, PhD

**Email** [jojeanet@ohsu.edu](mailto:jojeanet@ohsu.edu)

**Phone** 503.494.7340

#### Study Details

The study is taking place in three locations: (1) The Ohio State (OSU), (2) Oregon Health & Science University (OHSU), and (3) University of Lethbridge in Alberta, Canada

Portland, Oregon

[View PDF](#)

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Online

[View Study Website](#)

[View PDF](#)

### LIFESTYLE PATTERN INVESTIGATION IN CHILDREN WITH ADHD

**End Date** December 31, 2019

**Primary Contact** George (Chao-Chi) Hong, PhD candidate

**Email** [chao.chi.hong@student.rmit.edu.au](mailto:chao.chi.hong@student.rmit.edu.au)

**Phone** 03 9925 7610

#### Study Details

The present research aims to investigate lifestyle patterns in children with or without ADHD. An online survey is used 1) to investigate lifestyle patterns (diet, physical activity, sleep quality, screen ... [Read More >](#)

# Contact the NRC

- 1-800-233-4050
- 301-306-7070
- [nrc@chadd.org](mailto:nrc@chadd.org)
- [library@chadd.org](mailto:library@chadd.org)