



The ADHD Research Study

Have you heard about our latest pilot?



ADHD/ADD, Nutrition, and Toxins

a.k.a. Optional Blood Draw Biomarker Study (IRB 5261)

We've started a new pilot and you are invited! In addition to our heart-rate and brain studies, we've been running a pilot blood-draw component and more recently added a nutrition component. The purpose of this pilot is to find out more about ADHD/ADD via diet, genetics, nutrition, environmental toxins, and trace contaminants.

With this pilot, we are in a great position to link the above data with our current clinical, physiological, and brain imaging data which all hold promise for a **breakthrough** in understanding ADHD and ADD. All children enrolled in the ADHD Research Study are eligible!

Choose one or both!

- **Blood Draw Component:** Our staff will accompany you and your child to the laboratory where your child will be asked to give a blood sample.
- **Nutritional Component:** Study staff will contact you three times to learn about the foods your child ate on the day prior. This is called a *24-hour recall*. With your child present, you will be asked about the food/beverages your child ate the previous day.
- Compensation is provided to parent and child.

Call us at (503) 418-5508

Other opportunities at the study

ADHD Circadian Study: (IRB #6084)

The purpose of the study is to further understand sleep patterns. Children must not be taking medications or melatonin. Participation entails a 7-day sleep diary, wearing an actiwatch for 7 consecutive days, and saliva sample on 7th day. Compensation is provided to parent and child.

Age increase to 11 yrs/old!

Our age range is now 7-11 years old and we are always recruiting for more participants. Spread the word and sign up a sibling!

How's the study going?

A note from the investigator: Joel Nigg, Ph.D.

What a busy year it's been! Since the study began in January 2009, we have screened over 700 families, and enrolled 250 in the three-year study. This year, thanks to our MRI pilot study efforts, we received an additional grant to conduct brain imaging, and another grant to conduct brain imaging with sibling pairs. Overall, our two main studies are funded by the National Institutes of Health (NIH): The "Heart-rate study", in which we measure heart-rate and cognitive (thinking) skills to find roots of ADHD, and the "Brain study" in which we conduct magnetic resonance brain imaging to also find roots of ADHD.

We have already begun to see some results:

- (1) Children with ADHD have different heart-rate responses to positive emotions than children without ADHD. This suggests that the emotional response is *physically* different in children with ADHD, and could help explain their difficulty in managing moods as well as judging the value of rewards. This provides new *physical* validation to the theories suggesting that ADHD may be associated with the challenges of effectively regulating one's emotions, especially when it comes to rewards.
- (2) Children with ADHD showed differences in their brain scan compared to children without ADHD. In one analysis, the degree to which key brain regions "talk to each other" was reduced in kids with ADHD. In a second, the axons that carry information across the brain appeared less developed in children with ADHD. These findings could help explain why children with ADHD have difficulty connecting goals and impulses.
- (3) Neuropsychological subtypes of ADHD appear to exist. In work we are conducting now, we are identifying distinct types of cognitive difficulties in subgroups of children. Stay tuned!

Visit our website: <http://www.ohsu.edu/adhdrs>

Thank you for contributing to our research!

Moved? ★ Change of phone/address? ★ Questions? ★ Comments?

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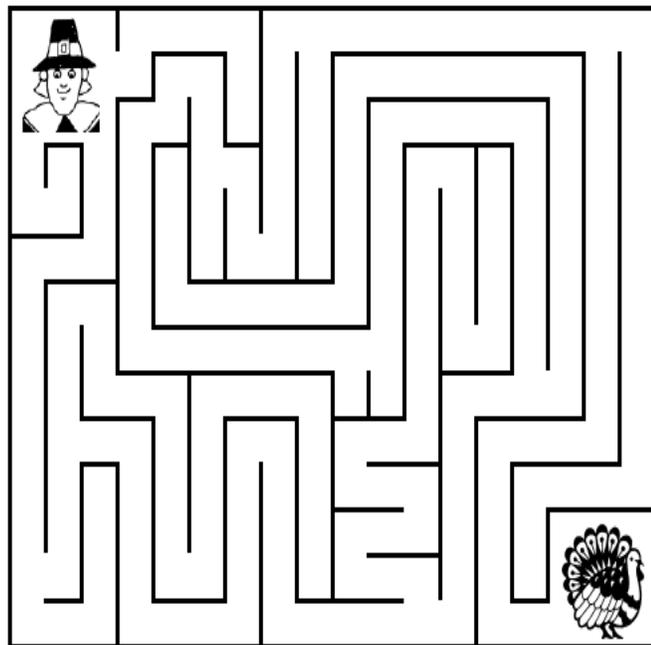
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KIDS CORNER!

Thanksgiving Word Search

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Turkey Harvest Wreath Pilgrim Pie
 Pumpkin Corn Holiday Thank Fall



Help the Pilgrim find the turkey

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