

Howard University Healthy Kidz ADHD Research Study (IRB-14-CAS-33)

Title: “An Examination of the Relationship between Sleep and Parental Distress in Children with ADHD who Differ in Their Medication Status”

Clinical psychologists, Dr. Brandi Walker and Dr. Linda Berg-Cross of Howard University are inviting parents/caretakers of children with ADHD to participate in their study. Their research goal is to help improve the quality of life for children with ADHD and their parents, by examining youths' sleep quality/sleep quantity and its impact on their parents' stress, particularly in light of COVID-19's occurrence. To help parents who encounter challenges with their children, their research team has created a [website with information and resources on a variety of topics](#) (i.e., behavior, sleep, managing COVID-19, etc.) and they are hosting a monthly [Parent Support Group](#) for PG County through CHADD (the national resource center for ADHD). Below is a quick summary of the study.

Participants

Participants for this study are **children ages 6-11 with an ADHD diagnosis**. Additionally, **a group of unmedicated, same age peers who are not diagnosed with ADHD, will serve as the control group**. The study is online and advertised on various websites as well as at healthcare agencies, organizations, and schools within the greater Washington D.C. metropolitan area. Parents across the nation have an opportunity to participate as the researchers seek to obtain a representative sample of children from differing ethnicities, neighborhoods, and communities.

Summary of Research Study Procedures

Caretakers/parents can opt to participate in either two ways. When they access our website's home page (<https://adhdresearch4howarduniversity.org/>) they can select the online survey for Phase 1 (operated by Qualtrics secured website). It consists of (5) brief questionnaires and takes approximately 15-20 minutes to complete. Once parents finish, they will automatically be entered into a quarterly raffle for a \$50 Target eGiftCard. Phase 2, the second part of the study, encourages caretakers/ parents to be in tune with their child's sleep behaviors and to access a brief (5 minute) online sleep survey each day for four days (Saturday, Sunday, Monday and Tuesday). The survey asks specific questions about the child's and parent's sleep behavior and sleep quality. Participants will receive compensation of a \$20 Target eGiftCard when the four days of observation are completed. They will also receive an invitation for their child to attend an after school pizza party this spring (or gift card equivalent if COVID-related restrictions are still enforced). Additionally, results, if requested, can be provided to parents/caretakers once their child's sleep data/information is analyzed and interpreted. Parents who do not have internet access can contact the researchers and request the questionnaires be mailed to their address.

Access the study through the website: <https://adhdresearch4howarduniversity.org/>

Parents of children **who do not have a diagnosis of ADHD should click on the Phase 1 Non-ADHD link**. Parents of children **who do have a diagnosis of ADHD should click on the Phase 1 ADHD link**. Phase 2 links for both Non-ADHD and ADHD are also featured on the website's home page.

Howard University IRB-Approved Protocol Items

1.) Consent form, 2.) Demographic/Intake form, 3.) Parent Stress Scale, 4.) Child Sleep Habits Questionnaire (Abbreviated), 5.) Parent-Child Interaction Questionnaire, 6.) 4-Day Parent-Child (Daily) Interaction Survey, 7.) 4-Day Child Sleep Diary

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