



Treating Parents with ADHD and their Children (TPAC): Patient Brochure

Department of Psychiatry and Behavioral Medicine

A research study to help families with ADHD.

Funded by a grant from the National Institutes of Health.

About our Project

The project that you have the chance to be involved in is for primary caregivers with Attention-Deficit/Hyperactivity-Disorder (ADHD) that have a child with ADHD symptoms.

We know from previous work that between 25-50% of children with ADHD will have a parent with ADHD. Parents who have ADHD face many challenges when parenting children. Also, children that have ADHD have a more difficult time with their own treatment and development when their parents also have ADHD.

Overview

This project, funded by the National Institute of Health (NIH), studies the impact of treatment of families with ADHD. Our project screens parents of children ages 3-7 for adult ADHD when the child is taken in for well-child visit. Parents who display symptoms of ADHD will be called to set-up a time to talk on the phone. After a phone call, eligible parents will be invited to come into the hospital for a full assessment.

Eligible parents invited to participate in our project will receive 10 weeks of Behavioral Parent Training. Some parents will also receive a stimulant medication trial with a common ADHD medication.



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Process

Complete a brief questionnaire to screen for possible parent and child ADHD.



If positive, we will contact you to describe the study.



We invite you for a diagnostic evaluation and to determine if you're a good fit for the study.



You are assigned to receive either a medication evaluation and then Behavioral Parent Training (10 sessions) via your phone/tablet/computer or Behavioral Parent Training via phone/tablet/computer without ADHD medication for the parent/caretaker (50/50 chance).



We evaluate your response to the study treatment and refer you back to you and your child's primary care provider.



We will contact you at 6 months to see how you and your child are doing.

Q&A

Q: Do I have to have ADHD?

A: As part of the study, parents will receive an evaluation to determine if they have ADHD.

Q: What if I'm already taking an ADHD medication?

A: You would need to be not taking an ADHD medication for at least 30 days.

Q: What if I have another psychological condition other than ADHD?

A: It is not uncommon for adults with ADHD to have other psychiatric disorders or conditions. The evaluation will determine if you are eligible or not.

Q: What if I'm planning on becoming pregnant or are pregnant?

A: You must not be pregnant during the study.

Q: What if I smoke marijuana?

A: You can still be included as long as you don't have a substance use disorder.

Q: How old does my child need to be?

A: At least 3, and younger than 7 years, 11 months.

Q: What if my child has really severe ADHD?

A: They will not be included and will be referred for immediate treatment.

Q: What if my child has autism or an intellectual disability?

A: Children with autism or an intellectual disability are not eligible for this research study.



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Additional Information

Participants will receive \$120 in financial compensation over the course of the study.

Possible benefits include receiving a full diagnostic evaluation and a letter summarizing you and your child's participation in the study. Further potential benefits include the possibility that the behavioral parent training will improve your child's ADHD symptoms. If you receive medication, there is the potential benefit that medication used in this study will improve your ADHD symptoms.

If you and your child choose to take part in all the study visits, you and your child will be in the study for 36 weeks. This research is conducted out of Children's National Hospital in conjunction with co-located primary care sites in the Washington, DC area.

Contact Information

**If you are interested in participating in this research study,
please contact:**

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301-405-6163



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