

THANK YOU!

We want to begin this Christmas update by thanking you for your participation in this research trial. We are so grateful to all of you for your contribution during a year which has brought extraordinary challenges to all of us.

We couldn't have done it without you!

BACKGROUND

Attention-Deficit/Hyperactivity Disorder (ADHD) is characterised by problems in attention, impulse control and activity regulation.

ADHD affects 5% of school aged children¹. It burdens families², impacts relationships³ and can lead to life-long adjustment problems (e.g., crime, substance misuse)⁴.

Parenting groups that are empowering and focus on positive parenting may be an important step to reducing negative impacts of ADHD and increase their quality of life.

Is it feasible to conduct a randomised controlled trial (RCT) of two parent programmes that already have some evidence of effectiveness for parents of children with ADHD?

SPARCLAR CHRISTMAS UPDATE



METHOD

- ➔ This is a feasibility Randomised Control Trial comparing Parents InC (PInC) with Incredible Years (IY)
- ➔ Our participants are parents of children aged 5-12 years with ADHD
- ➔ We recruited 30 participants, 15 per parenting programme
- ➔ Participants are followed-up at 12 months
- ➔ Recruited until Dec 2019/January 2020

FUTURE PLANS

The research team now plan to analyse and interpret the findings of this research, in order to share it with as wide an audience as possible.

The information we have collected through your questionnaires and interviews will inform and shape the way in which we support families living with ADHD.

On behalf of all the research team, we wish to thank you once more and hope that you and your family enjoy a very **Merry Christmas!**

PROGRESS TO DATE

n = Number of people
T1 = First questionnaire/interview
T2 = 1yr follow-up questionnaire/interview

