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(412) 246-5656**



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# PALS NEWSLETTER

## Study Update

~ PALS Study turns 18! August 24, 2017 marks the 18<sup>th</sup> anniversary of the first PALS interview. Since August 1999, 650 young adults have been enrolled in the study (46 of these in the past few years when we reopened enrollment). To date, 593 remain enrolled in the study or 91%. We are extremely grateful to all of you who continue to take our phone calls, complete our questionnaires, and cheerfully answer our interview questions to make this possible!

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## PALS Investigator Pelham Wins APA Award

Congratulations to PALS Co-Investigator and Summer Treatment Program Director, Dr. William E. Pelham, Jr. for being honored with the 2017 American Psychological Association's Distinguished Scientific Contributions to Clinical Psychology Award.

It is the highest award from the Society of Clinical Psychology, Division 12 of the APA, and recognizes psychologists who have made distinguished theoretical or empirical contributions to psychology throughout their careers. Dr. Bradley E. Karlin, President, APA Division 12 noted "The productivity and impact on clinical psychology that Dr. Pelham has achieved are rare, indeed."

**Congratulations, Dr. P!**



AMERICAN PSYCHOLOGICAL ASSOCIATION



## New Program Website:

**[www.yfrp.pitt.edu](http://www.yfrp.pitt.edu)**

The Youth and Family Research Program is pleased to introduce our new program website. Updated information about our studies and staff and resource information that may be relevant to the families participating in our research. Specific information about the PALS Study may be found under the Research/Current Studies menu, and includes a listing of publications that have resulted from the study, an FAQ for participants, and issues of the study newsletter, organized by topic...and yes, including the Sudoku solution! Feel free to contact Tracey Wilson [wilsontk@upmc.edu](mailto:wilsontk@upmc.edu) with any comments or suggestions about website content.



*New  
Website!*

## Solar Eclipse – August 21, 2017

On August 21, 2017, the United States will be witness to a total solar eclipse. A solar eclipse occurs when the moon passes between the sun and the Earth. The moon appears to cover the sun causing a shadow on Earth making the sky look darker.

A total eclipse will happen across the continental United States from Oregon to South Carolina in a band that is 67 miles across, visible in 14 states along the way. The rest of the US, along with parts of South America, western Europe and parts of Africa, will see at least a partial solar eclipse. This is a very rare occurrence as there has not been a total solar eclipse in the US since 1979 when it was only visible in the Pacific Northwest. The last time a total solar eclipse was visible to the whole US was June 8, 1918.



During a solar eclipse, the moon blocks the sun. It appears this way because even though the sun is 400 times larger than the moon, the moon is about 400 times closer to the Earth. During a total solar eclipse, the only part of the sun that is visible is its corona. The corona is the light that surrounds the moon during the eclipse.

The important thing to remember is to NOT look directly at the sun as the eclipse occurs. Even though the moon blocks the light from the sun, infrared rays are still penetrating which can cause eye damage with prolonged gazes. You can best view the eclipse by wearing special glasses that block those rays. You can find free pairs of these glasses from participating community libraries around the country. Call your local library to see if they participate. In Pittsburgh, Carnegie Library will host a family event at the Oakland branch. A limited number of eclipse viewing glasses will be distributed to children ages 18 and under.

The closest drive for those living in Pittsburgh to see the total solar eclipse will be roughly 8 hours either to Kentucky or North Carolina. For Pittsburgh, the partial solar eclipse will happen from 1:10pm to 3:55pm with the maximum coverage happening at 2:35pm.

On average, a total solar eclipse happens every 18 months somewhere around the world. Partial solar eclipses happen between 2-5 times a year. Even though total solar eclipses that can be viewed across the US are very rare, the next time this happens will be on April 8, 2024. This total solar eclipse will happen from the northwestern part of Mexico all the way up to the northeastern part of Canada. Those living in Pittsburgh will be able to travel to Cleveland, OH or to Erie to view the total eclipse. I wonder if we will all be involved with the PALS study then?!

NASA has created a website to serve as a guide to this amazing event. Here you will find a listing of activities, resources, broadcasts, viewing locations, including the path of the eclipse. For more information, visit <https://eclipse2017.nasa.gov/>



Jason Duin  
PALS Interviewer

# PALS Presented in Denver and Amsterdam!

Five team members led by Dr. Sarah Pedersen went to Denver, Colorado, to present findings from the PALS at the Annual Meeting of the Research Society on Alcoholism. As you know, we ask many questions about alcohol use, and we have been analyzing those data. Graduate student Kirsten McKone examined whether the participants in the PALS more often report anxiety in social situations and whether or not that anxiety relates to alcohol use problems. She found that people who are socially anxious are indeed more likely to report drinking to relieve worries and negative mood and they also report more problems from drinking alcohol. However, the PALS data did not suggest that ADHD is associated with social anxiety. Therefore, it is important for people who drink for these reasons to monitor their drinking closely, but this factor does not appear to be any more important for people affected by ADHD than for people without. Dr.

Frances Wang reported similar results for analyses of depression in adulthood (the 20s). We previously reported slightly higher rates of depression symptoms for the PALS young adults. Dr. Wang did not find that this tendency led to greater risk of alcohol problems for the adults with, compared to the adults without, ADHD histories. These findings, which are tentative and still undergoing careful checking, suggest that alcohol difficulties experienced by people with ADHD may not be disproportionately due to depression or anxiety. Of course, these findings may not apply at older ages, but we plan to continue examining this question as we gather more data into mid-adulthood.

Dr. Molina traveled to Amsterdam, the Netherlands, to present findings from the PALS to an international audience. Here she discussed the tremendous variability in outcomes that we observe among the PALS participants as they age into their 30s. The presentation focused on a number of potential explanatory factors that Dr. Molina, Dr. Pelham, and the research teams at the University of Pittsburgh and Florida International University respectively, have been examining. These include, for example, persistence of ADHD symptoms into adulthood (this is quite variable in the PALS), whether coping skills and relationships are important, and how performance in school affects long-term outcome. A key area of concern is mood – in particular, the combination of mood and impulsivity. The PALS data suggest that these two factors may lead to special difficulty. If continuing analyses support this hypothesis, then new targets for treatment development may ultimately be identified. There was considerable interest in the results of the PALS study in Amsterdam; the study provides valuable information that is of great interest abroad as the diagnosis, treatment, and researching of ADHD increases throughout Europe and beyond.



**40<sup>th</sup> Annual RSA Scientific Meeting**

Denver, Colorado | June 24 - 28, 2017



*Dr. Molina and her daughter, Olivia*

# Study Update

*Continued from Page 1*

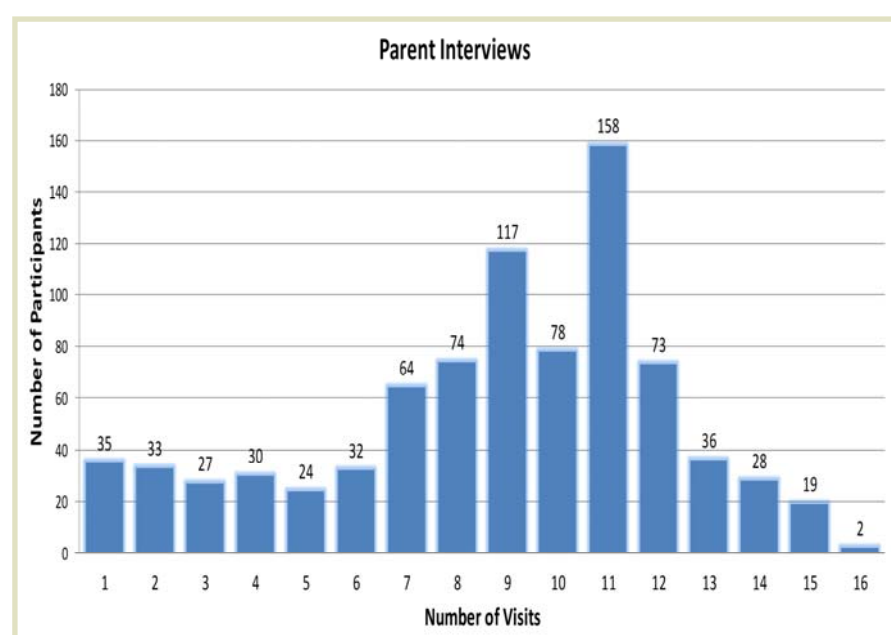
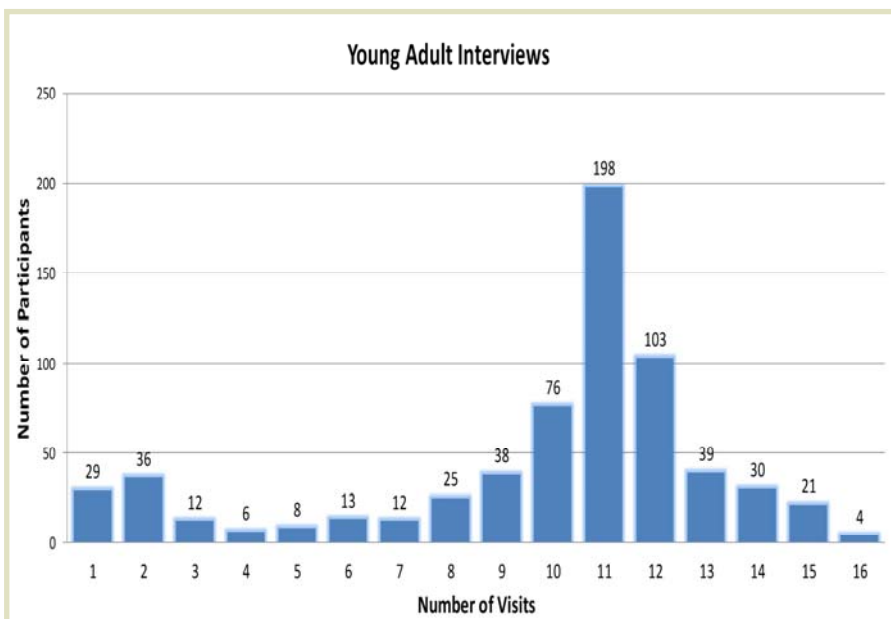
We thought it might be interesting to look at what 18 years of PALS represents. To date, we have completed 6452 young adult interview and 7602 interviews with parents, or a total of 14054 visits!

These two charts indicate how many visits have been completed by participant type (Young Adults or Parents). In addition to these, we have gathered information from 247 additional reporters, usually a romantic partner/ spouse or good friend of the young adult participant. In the past year, we have also completed 342 interim phone contacts (IPCs) with study participants.

We attempt to contact every young adult participants who is not due for a visit to make sure that we have up to date contact information for them. We began conducting IPCs in 2008 when we stopped completing annual visits with everyone. Since that time, we have completed a total of 2595 IPCs! We find this a valuable way to keep track of all of you, particularly young adults—over the past two years we have recorded 271 address and 234 telephone number changes.

If you recently received a letter and are interested in scheduling or would like to provide us with updated contact information, please call the PALS scheduling line at 412-246-5656.

**NOTE TO PARENTS:** We will delay scheduling your visit until after your son or daughter's visit has been conducted.







## Adults with ADD for Pittsburgh & Tri State Area -- CHADD Chapter #477

### To Be Announced

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Meetings are held on the 4th Thursday of each month at WPIC, Room 292, 3811 O'Hara at DeSoto St in Oakland from 7:00 to 9:30 pm.

For more details about specific meeting dates and topics, please contact Leslie Stone at (412) 682-6282 or visit [www.pittsburghadd.org](http://www.pittsburghadd.org)

## MOVING?

If you have moved, plan on moving or changed your phone number, please call our PALS study line at (412) 246-5656 to provide us with updated information.



## Need to Schedule Your Study Visit?



If you would like to schedule your study appointment or need to change or cancel your existing appointment, call the PALS study line at (412) 246-5656.

## Sudoku Classic

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 |   |   |   |   |   |   |   |   |
|   |   |   |   |   | 8 | 9 | 5 | 1 |
|   |   |   | 4 | 6 | 3 |   |   |   |
| 3 | 2 | 1 | 8 |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|   |   |   |   |   | 6 | 2 | 9 | 4 |
|   |   |   | 2 | 8 | 9 |   |   |   |
| 4 | 5 | 6 | 1 |   |   |   |   |   |
|   |   |   |   |   |   |   |   | 3 |

### GAMEPLAY

The object of the game is to fill all the blank squares with the correct numbers. Fill in the empty squares of the grid with the numerals 1, 2, 3, 4, 5, 6, 7, 8, and 9. The puzzle is solved when each ROW and each COLUMN, and each 3 x 3 square within the puzzle contain the numerals 1—9 with each numeral appearing only once.

### SOLUTION

An answer key is available on our website at

[www.youthandfamilyresearch.com](http://www.youthandfamilyresearch.com).

From our home page on the website, select *Studies*, click on *PALS, Newsletters* and you will see *Sudoku Puzzle Answer Key*.

**PALS Study**  
**Brooke Molina, PhD**  
**University of Pittsburgh**  
**3811 O'Hara St.**  
**Pittsburgh, PA 15213**

**Paste Label Here**

**Address Correction Requested**