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PALS Scheduling Line
(412) 246-5656

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www.youthandfamilyresearch.com



PALS NEWSLETTER

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Study Update ~ The PALS study began its 18th year of funding in September. A total of 649 young adults and 833 parents have been enrolled to the study. To date, 92% of the enrolled young adults (597) remain active in the study. A total of 14,130 interviews have been completed during the study's lifetime: 6,295 with young adults and 7,835 with parents. We hope you all know how much we appreciate your faithful participation in the project!

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Funding Our Science Part II: What Happens Once you Get Your Grant Funded?

During the August issue of the PALS newsletter Dr. Molina wrote about the process of submitting grant applications to conduct research and how the competitive review process works at the National Institutes of Health (NIH).



Then the exciting day comes when you find out that your grant has been funded. What happens next? In most research labs this is a very exciting time. You may have noticed increased activity on our floor if you came in for a visit recently as Dr. Molina received three new grants this summer-fall.

At the beginning of the study, the investigative team will meet to discuss the goals of the project and begin to develop a "To Do" list. Often this list will involve hiring new staff who will help conduct the research, purchasing new equipment to collect data, and selecting what questions to ask participants. A large amount of time is also spent finalizing the study design. As an example, in my laboratory-based studies, I have several people pilot all parts of my protocol to make sure all possible concerns are addressed prior to ever running a subject. Last year, several PALS interviewers (Jason Duin, Kellie Spontak and Tara Draper) were really helpful in providing feedback on one of the tasks that I needed to refine for my study. And recently, my daughter and I helped Dr. Heather Joseph pilot her protocol for the POPS study (which some of you may be participating in!).

Along the way, a description of the research project is submitted to the Institutional Review Board (IRB). Every institution that conducts research has an IRB to protect the safety of participants. The IRB makes sure that all participants are treated fairly and with respect, that confidentiality is protected, and that the procedures in place minimize any risk of harm. The University of Pittsburgh IRB oversees research covering a wide range of topics from experimental cancer drugs to the research that we conduct on ADHD. Our IRB has reviewed and approved everything that you do as a study participant.

We are ready to conduct our study when our supplies in place (including enticing snacks in our kitchen), our staff is trained, IRB approval is secured, and piloting has been completed. We then begin recruiting new participants. In my current studies, we post fliers (maybe you have seen them around Pittsburgh), post ads on Craigslist, and reach out to community resources for referrals. For some projects, we call PALS participants to see if you are interested in participating in a related, new study. Then we begin scheduling; this can get complicated.

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Resources for Parents of Young Children

One of the things many of our staff members have in common with our PALS participants is that they too are parents to young children. We asked them to share some of their favorite resources with our readers.



Parenting Websites

pittsburghparent.com – An online parent resource center for busy families in Pittsburgh. The site has been designed so parents can quickly access advice on family and parenting issues, fun and entertaining activities and local resources in the Pittsburgh area.

carnegielibrary.org/kids/events – Events for kids from birth to age 12; from story time with mom to science and art programs for older kids. Most events are free. It also includes book recommendations for kids of all ages.

Parenting Books

The Joy of Parenting: An Acceptance and Commitment Therapy Guide to Effective Parenting in the Early Years by Lisa Coyne and Amy Murrell. Available at Amazon.com in paperback (\$17.15) or Kindle (\$9.99) version.

The Joy of Parenting is a compassionate guide for parents who sometimes feel overwhelmed—that is, all parents. This guide offers practical skills-based exercises to help you:

- ◆ Handle tantrums and defiance with grace,
- ◆ Refocus on big-picture values when you feel overwhelmed
- ◆ Act compassionately toward yourself when you make mistakes
- ◆ Adjust your parenting as your child works through typical developmental transitions

Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year Olds by Rex Forehand, PhD and Nicholas Long PhD. Available at Amazon.com in paperback (\$9.83) or Kindle (\$9.34) version

Drs. Forehand and Long have helped thousands of parents achieve discipline using positive reinforcement, without yelling or harming the child's self-esteem. The completely revised and updated edition includes new research findings about ADHD and its treatment.

Parenting Support

New Mom's Coffee, www.kidspluspgh.com/classes/new-moms-coffee – a drop in, semi-structured group for new moms with babies <6 months. They meet at various locations around the Pittsburgh area. Note: you do NOT have to take your kids to Kids Plus Pediatrics to attend NMC.

Parenting Blogs

naturemoms.com/blog – Tiffany is a self-described “green homesteading mom of three concerned about health and wellness.” She offers many green alternatives for families from toys to school supplies.

2wired2tired.com – Tesa is a Detroit mom who is passionate about family tech. and travel. On her blog she shares the best devices, destinations and deals for families.

<http://pittsburghmommyblog.com> – A local mom posts a great summary of kid-friendly events, many free.

We hope that you find some of these resources as helpful as some of our PALS' parents already have. What are your favorite parent resources? Send an email to palsstudy@upmc.edu and let us know!

Kellie Spontak, PALS Interviewer

Funding Our Science Part II

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For example, when Tracey Wilson is scheduling for the new PALS MRI brain imaging study, she has to coordinate the availability of the participant, the MRI machine in Presby and the staff needed to conduct the visit. We really appreciate how you keep your visits with us or call if you need to cancel. It helps us out so much!

Once things are up and running the study gets into a groove. We can estimate how many participants we need a week, month, or year to stay on target for our overall goal. We base our calls and recruitment efforts off of this rate. Our teams meet regularly to review progress, discuss any problems that arise, and work really hard to address any participant concerns. For example, if your WePay card doesn't load properly, we try to get that fixed without delay!

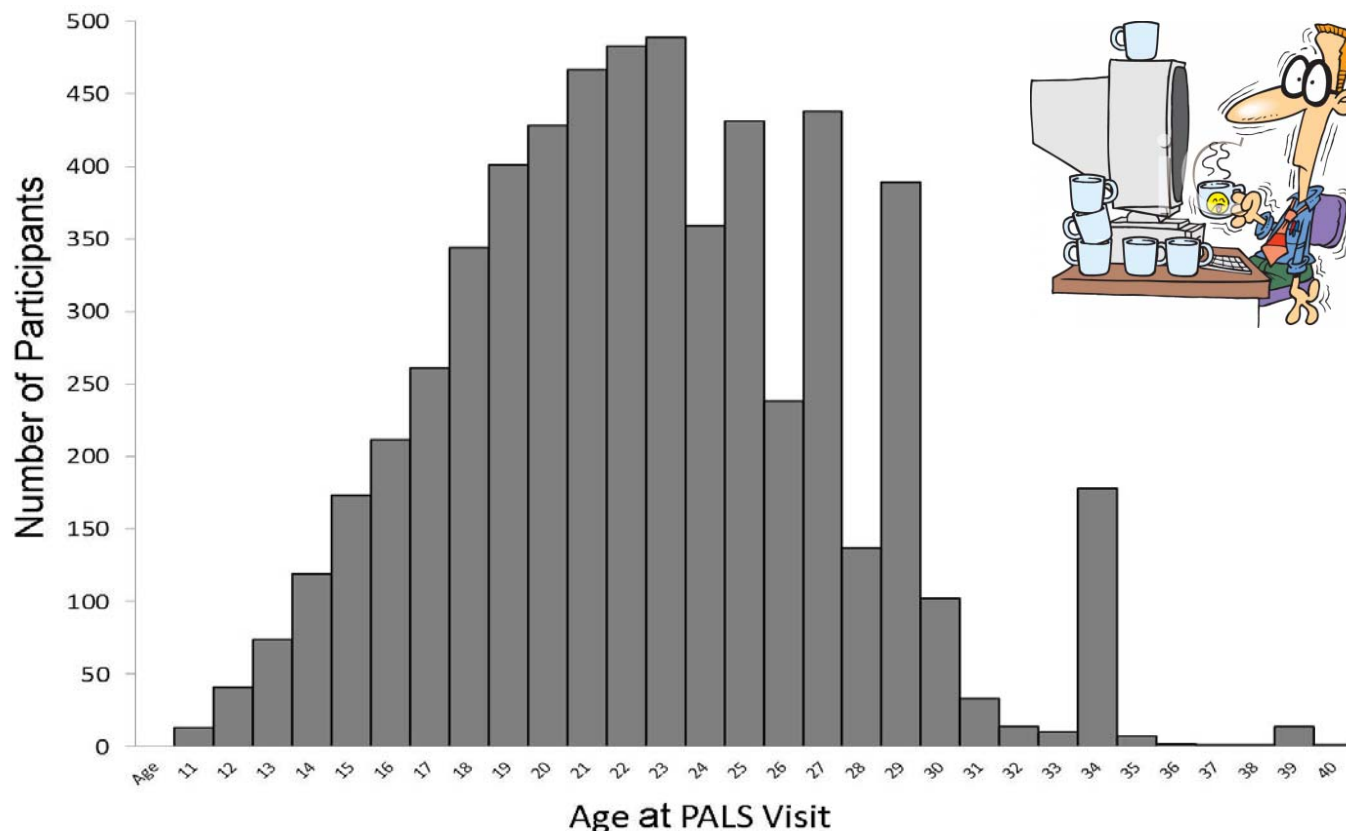
As you can see, once a grant is awarded, many activities begin and our decisions greatly influence the quality of the research as well as our ability to answer the very questions we propose. We hope that this series of articles provides you with a window into the workings of grant-funded research. In the future, we can provide a description of how we translate all of the data that we collect into published findings.

Sarah Pedersen, PhD Co-Investigator, PALS

Study Update

Continued from Page 1

The chart below shows the number of interviews that we have done by age. What this graph shows is large numbers of participants in mid-to-late adolescence and in early adulthood through age 29. These numbers are important scientifically, because they allow us to describe the wide ranges of life experiences had by the participants in our study. For those of you savvy with statistics, you know that larger sample sizes create more reliable findings. Thus, with literally hundreds of participants, we are able to describe different life course trajectories over time. This is not possible with smaller studies that have fewer interviews. You'll see in the graph that there is a lot of white space on the right side. Our hope is that we will eventually be able to have tall bars for 34-35 year olds and for 39-40 year olds. That will require continued funding, but given our conversations with many of you, we think that it may be important to understand our participants' lives through their 30s. In fact, if you want to share with us reasons why we should continue to interview participants through their 30s, please share those opinions with us. We would be grateful for the suggestions.



Presidential Trivia and Fun Facts



- ♦ *John F. Kennedy* (1961-1963) was the youngest elected president and the youngest to die in office.
- ♦ *Theodore Roosevelt* (1901-1909) was the first president to leave the country. In 1906, He sailed aboard USS Louisiana to inspect the Panama Canal.
- ♦ *Lyndon B. Johnson* (1963-1969) was the first president to name an African American to his cabinet.
- ♦ *Ulysses S. Grant* (1869-1877) established Yellowstone as the nation's first national park in March 1872.
- ♦ *George Washington* (1789-1797) was the only president who did not represent a political party.
- ♦ At age 69, *Ronald Reagan* (1981-1989) became the oldest person ever elected U.S. president.
- ♦ *William Taft* (1909-1913) was the first president to own a car.
- ♦ *Richard Nixon* (1969-1974) talked to astronauts on the moon from the White House by radio-telephone.
- ♦ *Gerald Ford* (1974-1977) became vice president and president without being elected to either office.
- ♦ *Thomas Jefferson* (1801-1809) was the main author of the Declaration of Independence.
- ♦ *Dwight D. Eisenhower* (1953-1961) was the only president to serve in both World War I & World War II.
- ♦ *Barack Obama* (2009-2016) won a Grammy in 2005 for the audio version of his memoir "Dreams from My Father".
- ♦ *Franklin D. Roosevelt* (1933-1945) is the only president to be elected four times. After his service, the 22nd Amendment limited the office to two terms.
- ♦ *George H.W. Bush* (1989-1993) flew 58 combat missions for the Navy during World War II.
- ♦ *Grover Cleveland* (1893-1897) dedicated the Statue of Liberty in October 1886.
- ♦ In October 1863, *Abraham Lincoln* (1861-1865) proclaimed Thanksgiving as a national holiday.
- ♦ *Jimmy Carter* (1977-1981) was awarded a Nobel Peace Prize in 2002.
- ♦ *Calvin Coolidge* (1923-1929) authorized the construction of the Hoover Dam.
- ♦ The first US postage stamp was issued under the *James K. Polk* (1845-1849) administration.
- ♦ *John Adams* (1797-1801) was the first president to live in the White house.
- ♦ *Martin Van Buren* (1837-1841) was the first president born in America.
- ♦ *William H. Harrison* (1841) was president for only 31 days, he died of pneumonia.
- ♦ *Herbert Hoover* (1929-1933) donated his presidential salary to charity.





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.pittsburghhadd.org](http://www.pittsburghhadd.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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 |   |   | 3 | 6 |   |   | 9 |
|   |   | 2 | 5 |   |   |   |   | 8 |
|   |   |   |   |   |   |   | 1 |   |
|   |   | 5 |   |   |   |   | 9 |   |
|   |   | 6 |   | 1 |   | 4 |   |   |
|   | 1 |   |   |   |   | 2 |   |   |
|   | 6 |   |   |   |   |   |   |   |
| 4 |   |   |   |   | 3 | 8 |   |   |
| 9 |   |   | 8 | 4 |   |   | 7 | 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*.

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**Address Correction Requested**