

September 2023

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## Opportunities

**Are you a parent/carer of a child aged 6-12 years with ADHD and sleep problems?**

If so, we invite you to take part in the research studies as a research participant.

**Do you know other parents/carers of children with ADHD?**

If so, it would be really helpful if you could share the social media posts on the right with your networks.

**We want to hear your thoughts on the name of the digital sleep guide**

Click [here](#) to cast your vote!



# DISCA Update

## Research News

### *Study to develop ADHD specific sleep questionnaire*

One of our studies aims to develop a questionnaire aimed at screening sleep problems in children with ADHD, to help health professionals to better spot sleep problems in these children. Parents/carers taking part in this study are asked to complete an online questionnaire including questions about their child's ADHD and sleep problems.

We have so far recruited 210 parents for this study, but we still need 90 more parents/carers to take part to reach our target.

You can find out more about taking part in this research in the opportunities section below.

### *Study to find out more about parents' experiences of ADHD and sleep problems*

We have so far spoken to 18 parents of children with ADHD and sleep problems as part of our interview study.

Parents shared with us their experiences of managing their child's sleep problems and the impact that sleep problems have had on their family's lives. They also shared their views on what we should consider when developing a digital sleep guide for parents.

We plan to use this information to help ensure that the digital sleep guide meets the needs of all families of children with ADHD.

### *Study to find out more about health professionals' learning needs*

We have so far spoken to 10 health professionals working with children with ADHD as part of another interview study. We have asked professionals about their experiences of managing sleep problems in children with ADHD. We also asked them what they would want out of an educational resource to help them to better support families experiencing sleep problems. We plan to use this information to develop an online educational resource for health professionals.

## *Sharing our work at the European Network for Hyperkinetic Disorders in Montpellier*

Professor Samuele Cortese, Dr Sam Hornsey, Professor David Daley, Lucy Smith and Professor Emily Simonoff represented the DISCA study team at the European Network for Hyperkinetic Disorders (EUNETHYDIS) meeting in Montpellier. Samantha gave an overview of the DISCA study plans and presented some of the early findings from:

- our review of the published evidence on what techniques help children with sleep problems;
- the interviews she carried out with parents/carers of children with ADHD and sleep problems.



The team had lots of fascinating and productive discussions with international colleagues about how we can better support families of children with ADHD and sleep problems.



## Find Us On

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### Website

[www.discasleep.org.uk](http://www.discasleep.org.uk)

### Twitter

[@DISCA\\_ADHDsleep](https://twitter.com/DISCA_ADHDsleep)

### Facebook

[DISCA Digital sleep support for children with ADHD | Facebook](#)

### Email

[DISCA@soton.ac.uk](mailto:DISCA@soton.ac.uk)

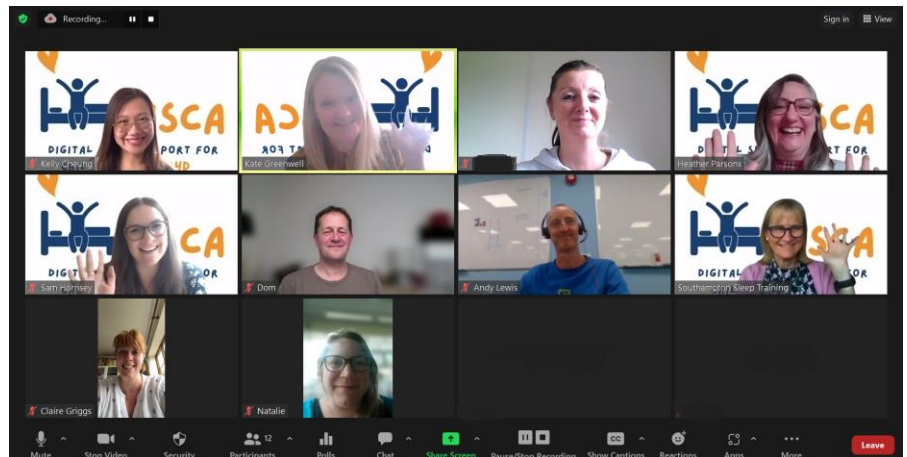
### YouTube

[Clinical Research Southampton](#)

## Parent/carer advisory group news and opportunities

### *DISCA July Parent/Carer Advisory Group Meeting Highlights*

On July 4<sup>th</sup>, 2023, the DISCA team held an insightful event focused on developing the digital sleep guide to support parents/carers of children with ADHD and sleep problems. The breakout room discussions were dynamic and yielded valuable insights. Key accessibility and inclusivity considerations emerged, such as prioritising auditory options and using dyslexic-friendly fonts. The user experience aspect emphasised clear labels, diverse resources, and short, practical advice. Screen time and sensory issues were addressed by suggesting soft light modes and limiting screens before bedtime. The envisioned website features, including calming backgrounds and step-by-step guidance, showcased a holistic approach. In the group discussion, participants discussed the name and design of the digital sleep guide, touching upon imagery, positivity, gender-neutrality, diversity, and a potential animal mascot.



## *Help Us Choose the Perfect Name for the Digital Sleep Guide*

**We're excited to involve you in naming the digital sleep guide!**

Following the July Parent/Carer Advisory Group Event, we've distilled your insights into three compelling name options. The shortlisted names embody key considerations: they're visually appealing, positively framed, and designed to connect with both children and adolescents. Diversity is a core value, and each name carries the promise of a comprehensive resource.

Your contribution will shape a resource that benefits parents/carers and children alike. Your opinion matters, and we encourage you to take part in our poll to select the name that resonates most with you.

Click [here](#) to join us in this important decision-making process and cast your vote!

*We are keen to hear from fathers, foster carers, and Black African, Asian or Caribbean-heritage parents!*

**Are you a father of a child with ADHD aged 6 to 12 years?**

We are looking for participants to complete a questionnaire about their child's ADHD and sleep behaviours to help us better understand the needs of families. We still have two Love2shop voucher prize draws to say thank you for taking part. The study would take around 10 minutes to complete, with a further 10 minutes to repeat the questionnaire in 8 weeks' time. We are especially looking for more male participants to ensure they are well represented in our research, but anyone with caring responsibilities can take part. The questionnaire will also ask if you would like the opportunity to take part in a 7-night smart watch study in which we will provide a personalised sleep report about your child. If you have any questions about the study, please feel free to send an email to [lucy.smith@ntu.ac.uk](mailto:lucy.smith@ntu.ac.uk).

Please follow [here](#) if you would like to take part in the questionnaire

Alternatively, if you know of anyone who meets this description, we would be grateful if you could share this link with them.

**DIGITAL SLEEP SUPPORT FOR CHILDREN WITH  
ATTENTION-DEFICIT HYPERACTIVITY DISORDER  
(THE DISCA STUDY)**

Do you have a child with ADHD aged 6 - 12 years of age?

Researchers at Nottingham Trent University are looking for parents of children with ADHD to take part in a research study exploring ADHD and sleep problems. Ultimately, we are hoping to improve sleep in children with ADHD in the long term.

The study would take about 10 minutes to complete and another 10 minutes in 8 weeks' time. It would involve telling us a little about you, as well as completing some questions about your child's ADHD and sleep behaviour.

This research project has been given favourable ethics opinion by the Nottingham Trent University Business, Law and Social Science Ethics Committee.

If you would like to find out more about the study and consider taking part, then please click the link or email Lucy Smith at [lucy.smith@ntu.ac.uk](mailto:lucy.smith@ntu.ac.uk).



Are you a father, foster carer, or Black African, Asian or Caribbean-heritage parent of a child with ADHD and sleep problems aged 6 to 12 years?

If this description fits you, then we invite you to take part in our interview study. We are especially looking for fathers, foster carers, or black African, Asian or Caribbean-heritage to make sure we include a wide range of people in this study. **You can find out more about this research and sign-up to take part in this study by clicking [here](#).**

Alternatively, if you know of anyone who meets this description, **we would be grateful if you could share this link with them.**

University of Southampton DISCA NHS

## Seeking parents/carers of a child aged 6-12 years with ADHD and sleep problems

**ADHD**

**We want to chat to you!**  
We are researchers exploring parents' and carers' experiences of long-term sleep problems for children with ADHD (including ADD). This will help us develop a website to help families manage sleep problems.

**What's in it for you?**  
**£20 gift voucher for taking part!**  
You'll also be helping researchers to better understand how to better support families with children who have ADHD and sleep problems.

**What's involved?**  
A **30-60 minute chat** with us by telephone or videocall. At a time/date that is suitable for you.

**To find out more, visit:**  
[https://southampton.qualtrics.com/jfe/form/SV\\_835IdLm6TsGWVhA](https://southampton.qualtrics.com/jfe/form/SV_835IdLm6TsGWVhA)  
**Complete the reply form to let us know you're interested in taking part. Or email us at [DISCA@soton.ac.uk](mailto:DISCA@soton.ac.uk)**

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