

Winter 2024

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 below with your networks.

ADHD Sleep Study Research Newsletter

Update on Sleep Buddy

We have made great progress with developing Sleep Buddy, our online sleep guide for parents/carers of children with ADHD and sleep problems. We are working with a website developer to create a prototype of Sleep Buddy and several videos to help parents/carers and children to understand more about sleep and how to improve it. Here is our Sleep Buddy logo!



We are now asking parents/carers for their feedback on the Sleep Buddy prototype. We have so far interviewed 8 parents/carers and, in response, have made changes to the design, language used, and advice provided to ensure Sleep Buddy meets the needs of all families of children with ADHD. **Find out more about how to take part in this study on the next page.**

Programme Management Group Meeting



In September 2024, DISCA researchers from across the UK met in London to discuss plans for the upcoming trial to test Sleep Buddy. The meeting was attended by child and adolescent psychiatrists, experts in sleep and ADHD, psychologists, GPs, clinical trial researchers, patient and public contributor advisors, and a representative from the ADHD Foundation charity. We learned about early findings from our research and discussed how to best share these findings with a wider audience. It was great to see everyone in person and there was a great deal of enthusiasm about the DISCA sleep study from those who attended.

Find Us On

Website

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

YouTube

[Clinical Research Southampton](#)

Parent/carer advisory panel news

We are looking for more parents/carers for our new research study that has just launched!

We are looking to chat to more parents/carers to help us develop Sleep Buddy.

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

If so, the DISCA sleep study team would love to speak to you 30-60 minutes by videocall or telephone. You will be asked to look at the Sleep Buddy website and tell us what you think.

University of Southampton DISCA NHS

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

We want to chat to you!
We are researchers developing a website to help parents and carers manage **long-term sleep problems for their children with ADHD (including ADD)**. Parent/carer views will help us develop this website.

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 about the website. By telephone or videocall and at a time/date that is suitable for you.

To find out more, visit:
https://southampton.qualtrics.com/jfe/form/SV_ebavD5J5QNbvPDg Complete the reply form to let us know you're interested in taking part. Or email us at DISCA@soton.ac.uk

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To find out more see the advert below and visit:

<https://tinyurl.com/3bn4arbz> or email us at DISCA@soton.ac.uk

Thank you to our Rapid Response Parent/Carer group!

Last summer, we put out an invite among our Parents/Carer Advisory Group to form a Rapid Response Group. Our team of 11 rapid responders have done an amazing job providing valuable input and feedback on key decisions in record time!

The group have given feedback on the design of Sleep Buddy, including the voice-over style for educational videos, content of video scripts, and website design features. This has really helped us shape Sleep Buddy to better meet the needs of our community. Members of the group also helped us improve questionnaires for the Sleep Buddy trial. Their feedback led us to reword questions to make them easier to understand, add question response options to ensure we capture all parents' backgrounds/experiences, and remove less important questions. The group members will soon receive a Sleep Buddy bear in the post as a thank you for their contribution to the project so far!



DISCA at Southampton Mela Festival 2024

We proudly showcased the DISCA parents/carers advisory panel at the Southampton MELA Festival 2024, an annual event celebrating South Asian arts and culture. Pae, our Communications Manager, and Kelly, our PPIE Officer, brought posters to the University Hospital Southampton stall and engaged with attendees interested in our study. We're eager to welcome individuals from diverse backgrounds to join our advisory panel and contribute to the ongoing development of DISCA.

DISCA Website Update

We've added new content to the [DISCA Study website](#)! You can now revisit our previous newsletters under the News tab [here](#). Additionally, we've uploaded short videos that you can explore under the Video tab [here](#). For those interested in conference summaries and presentation highlights, you can find them [here](#). We hope these resources will keep you informed and engaged with our ongoing work.



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