

May 2023

---

## 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.



# DISCA Update

## Research News

*Two of our research studies have recently gone live*

The first study aims to better understand what it is like for families who have children with ADHD (including ADD) and long-term sleep problems. This will help us to develop a website to help families manage sleep problems.

So far, we have interviewed 8 parents/carers. We are particularly keen to speak to parents and carers who are: of Black African, Asian and Caribbean-heritage, fathers, foster carers, same-sex parents, and other members of the LGBTQ+ community. To find out more about this research or sign-up to take part [here](#).

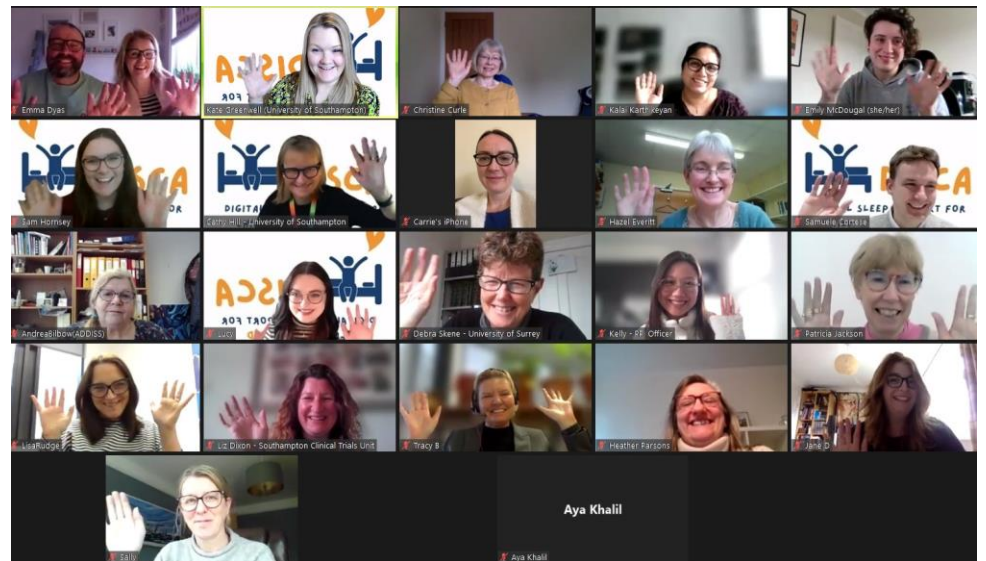
The second study aims to develop an ADHD specific sleep screening questionnaire for clinicians who support families of children with ADHD. So far, 175 participants have taken part, but we still need another 125 people. You can find out more about this research and sign-up to take part [here](#).

*We produced a series of parent videos for World Sleep Day*

To mark World Sleep Day on the 17th March 2023, we conducted a range of interviews with parents of children with ADHD. Parents shared how sleep problems have impacted on their families, the challenges they encountered when seeking help for sleep problems, and the need for improved support for families of children with ADHD and sleep problems. We are pleased to share with you the first extract from the [videos](#). We are planning to release some more video extracts over the next couple of months.

*We held a stakeholder event to discuss the best way to help parents/carers and health professionals manage sleep in children with ADHD*

On the 22<sup>nd</sup> March, we held an online stakeholder event to launch the DISCA sleep study, it was attended by parents/carers of children with ADHD, health professionals, charity representatives, and researchers. We had some really helpful and enthusiastic discussions about the screening questionnaire and resources for parents/carers and health professionals that we will be developing as part of the DISCA sleep study. We came away with lots of useful ideas and suggestions. We will be sending you a summary of the event in due course.



## Find Us On

---

### 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)

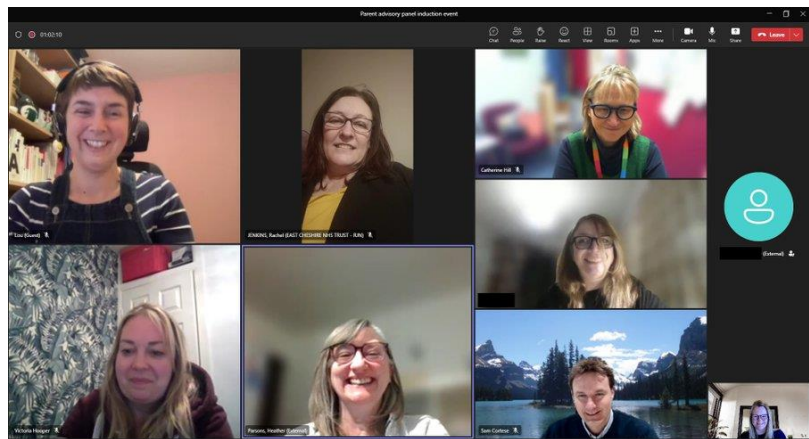
### YouTube

Coming soon!

## Parent/carer advisory panel news

In January and February, we had two online introductory events for those interested in joining our parent/carer advisory panel. It was great to hear about everyone's different experiences of sleep problems in children ADHD.

Recently, two of these parents took part in a practice interview with one of our researchers. This helped make sure the questions were relevant and asked in the right way and that the interview would take the right amount of time.



### *To contribute to the DISCA sleep study*

**Are you a member of our parent/carer advisory group or interested in joining?** You have already completed a form to let us know you that you are interested in joining the parent/carer advisory group and/or take part in the research as a participant. Now we would like you to fill out a brief questionnaire so we can let you know about the opportunities that are **most relevant and suitable for you**. This questionnaire asks which parts of the research programme you would like to be involved in and asks for some basic information about you. This helps us to make sure we include a diverse group of contributors to make sure everyone's voice is heard. We hope you are happy to complete this although you can still take part in the advisory group without sharing this information.

You can complete the questionnaire [here](#).

---

*If you would like to unsubscribe from this mailing list, please email [DISCA@soton.ac.uk](mailto:DISCA@soton.ac.uk)*

---