

UBC Parenting Lab

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Newsletter Update



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From the Director of the Parenting Lab, Dr. Charlotte Johnston:

Summer is here! In addition to enjoying the sunshine and a break from classes, the Parenting Lab is busy with a variety of research projects so things are hopping in the lab. Check out our new webpage for more information <http://parentinglab.psych.ubc.ca/>.

As always, we first want to thank all the children and parents who have participated in our studies – whether here at UBC, at home, or via computer. What we do in the lab is not possible without your help! Of course, we always hope you might consider participating in future studies, and we'd be happy if you tell your friends and family about us. On the pages that follow, you'll see some of the results from past studies reported and more about our current projects.

The lab is currently home to five graduate students and three research assistants. Yuanyuan Jiang is in the final stages of her dissertation (see her results reported later) and is going to UC San Francisco in the fall for her internship year. Natalie Miller and Dave Williamson are busy with their dissertations, and Sara Colalillo is working on her comprehensive exam. Joanne Park has successfully completed her MA, and now starts her PhD program. We continue to appreciate the help of Amira and Kurtis, and Kate has joined the lab as well as a research assistant. A great team!

Finally, we gratefully acknowledge our ongoing research funding and student scholarships from agencies such as the Canadian Institutes of Health Research, the Social Sciences and Humanities Research Council, and UBC.



CIHR IRSC
Canadian Institutes of Health Research
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Social Sciences and Humanities
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RESEARCH REPORTS

How ADHD symptoms are the same and different in adult men and women

Williamson, D., & Johnston, C. (2015). Gender differences in adults with ADHD: A narrative review. *Clinical Psychology Review*, 40, 15-27.

This paper reviewed everything that is currently known about ADHD symptoms in adults and looked at the similarities and differences between men and women. It was prepared by graduate student David Williamson and head of the Parenting Lab, Charlotte Johnston.

The ADHD world is starting to recognize that ADHD symptoms continue into adulthood for many people. We were wondering whether some of the gender differences we see in children with ADHD are the same for adults with ADHD. We found that there is still a way to go before we can say anything for certain about gender differences in adults with ADHD because many people still think of ADHD only as a childhood disorder and only study it in children. However, it does appear that more men than women suffer from ADHD, but that the difference isn't as extreme as we see in childhood. We think one reason this might be is because girls whose ADHD symptoms might have been overlooked in childhood (e.g., their teacher wasn't worried about their daydreaming) can, in adulthood, seek help for themselves and receive a diagnosis. Interestingly, we also found evidence that women report feeling more negatively affected by their ADHD symptoms than men, despite having an equivalent number of negative life events happen to them. Gender differences in other areas such as co-occurrence of other mental health problems and different responses to treatment are less clear, but preliminary evidence suggests minimal differences between the genders. We hope that this paper will encourage future researchers and clinicians to pay more attention to the role of gender in adults with ADHD so that we can better answer the many questions that still remain.

A study looking at the self-perceptions of boys with ADHD

Past studies have suggested that children with ADHD have overly positive views of themselves in a number of life areas, such as how socially competent they are or how well they perform academically. However, many of these studies use a methodology that has limitations. For her dissertation, Yuanyuan Jiang looked at whether boys with ADHD actually do have overly positive views of their abilities in the social area, using a new procedure. Boys with and without ADHD visited the Parenting Lab and boys completed three different peer social interactions on the computer. The tasks were standardized to yield the same performance for all boys. After each task, boys rated how well they had performed. We tested for differences in self-perception ratings of how they did on the computer interactions between boys with ADHD and those without ADHD. We found that boys with ADHD did NOT have higher self-perceptions than boys without ADHD, which casts doubt on the idea that children with ADHD overestimate their social abilities. This finding suggests that boys with ADHD may not have overly positive perceptions of themselves in social interactions, and instead have views of their social interactions that are similar to the views of boys without ADHD.

STUDY OPPORTUNITIES

If you are interested in participating in either study, please call us at 604-822-9037 or email us at cjlab@psych.ubc.ca

Social Skills Study

This study is being conducted by Natalie Miller, as part of her dissertation research.

Study Criteria: Girls 9 to 12 years and one parent

Study Description: This study examines girls' social skills, specifically prosocial and aggressive behaviours. It requires 2-2.5 hours of the girls' time and 1 hour of parents' time. Parents complete several questionnaires, and girls complete computer tasks and questionnaires. Lab and home visits are available.

Compensation: Girls receive \$20 for their participation and have the opportunity to earn up to another \$5 during one of the computer tasks.



Online Parenting Study

This study is being conducted by Dr. Johnston and other lab members.

Study Criteria: Moms and dads with kids ages 6-12

Study Description: This online study examines child behaviour and parenting cognitions. It requires 1-1.5 hours of each parent's time. Parents complete several questionnaires and three computer tasks. The study can be completed at any computer with an internet connection.

Compensation: Each parent will receive \$10 upon completion of the study and an additional \$5 once the other parent has completed the study.



Co-Parenting Study

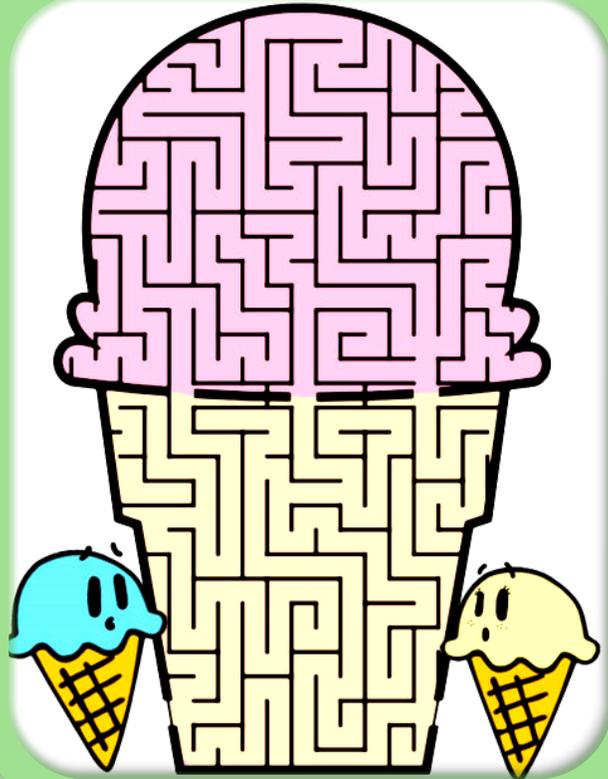
This study is being conducted by Joanne Park.

Study Criteria: Moms with **boys** ages 6-12

Study Description: This **online study** examines parenting and child behaviour. It requires 30 minutes of mothers' time. Mothers complete several questionnaires at any computer with internet access.

Compensation: Each parent will receive \$15 for their participation.

Participate: [Click here](#) to begin this study!



RESOURCES

Is your family experiencing parental divorce or separation?

<http://www.familieschange.ca/>

This is a website from the BC Justice Education Society that provides information on separation and divorce for parents. There is also an on-line courses (including how to parent after separation) as well as a guide for kids (another for teens) and an online game called Changeville for kids.

Do you have trouble sleeping?

http://www.abct.org/Information/?m=mInformation&fa=fs_INSOMNIA

This is a website from the Association for Cognitive and Behavioral Therapies with very good information on insomnia and its treatment.

What to know more about Attention-Deficit/Hyperactivity Disorder?

<http://www.chaddcanada.com/>

CHADD Canada is an organization devoted to providing support and resources for families coping with ADHD. There are also Vancouver-based Chadd Support groups that hold regular meetings.