

Sometimes people with ADHD can feel as if a lot of things go wrong in their life.

However, we know everyone has a lot of gifts and talents! Here, you can make a list of your talents! We already know a few for sure...

Helping other people with ADHD by participating in the ADDUCE project

Being very spontaneous and open



Being able to design creative solutions to problems



ADDUCE NEWS

Attention Deficit Hyperactivity Disorder Drugs Use Chronic Effects

April, 2015



Attention Deficit Hyperactivity Disorder (ADHD)

People having ADHD sometimes feel **restless** and **fidgety** and sometimes find it **hard to concentrate**. A lot of children and young adults are given medication called **methylphenidate** to help with this.

However, sometimes medicines like methylphenidate may have some unwanted effects. These are called '**side-effects**'.

Our European project on side-effects of methylphenidate


We set out a project (called ADDUCE) to help us find out what side-effects people get and why some people get side-effects and others don't.

Lots of children, adolescents and adults **across all Europe** already took part in our study and you are one of them!

So far, more than

1500 children, adolescents and adults with and without ADHD participated in the study!



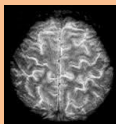
United Kingdom		307
The Netherlands		77
Germany		184
Hungary		572
Spain		23
Italy		362

What do we measure during the ADDUCE project?

When you joined the study, you and your parents had to come to visit the hospital a few times to answer some **questions** regarding your ADHD, your medical history, your medicines and your feelings and moods. The doctors also asked questions which you might have found quite sensitive such as questions on the use of alcohol or drugs and whether you have had any thoughts of harming yourself.



Further, the doctors did a number of **physical examinations** on you, including measuring your height and weight, your blood pressure and an examination of your heart beating.



We might also have taken a **brain** scan or an X-ray of the **wrist**.



THANK YOU VERY MUCH FOR YOUR HELP!



Thanks to you, we have already gathered **lots** of **information** so we can know a lot more about methylphenidate than ever before!

PLEASE CONTINUE YOUR VISITS: WE STILL NEED YOU!

So we can learn more about the effects of methylphenidate, especially when people with ADHD are taking the medicine **for a long time!**

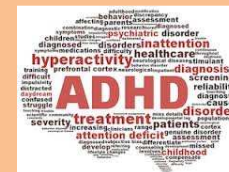


ADHD AND ADDUCE QUIZ

What do you know about ADHD and the ADDUCE project?
You might get some help from the ADDUCE website!

www.adhd-adduce.org

1. The core features of ADHD are
 - a) inattention, impulsivity and overactivity
 - b) impulsivity, inattention and laziness
 - c) overactivity, irritability and inattention



2. ADHD affects
 - a) an equal amount of males and females
 - b) more males than females
 - c) more females than males
3. Treatments that are most likely to help ADHD symptoms are
 - a) psycho-education, parent training and stimulant medication
 - b) parent training, psycho-education and playing games
 - c) stimulant medication, parent training and meeting friends



4. In the ADDUCE project, long term side-effects of the following medication are investigated

- a) atomoxetine
- b) dextroamphetamine
- c) methylphenidate



5. ADDUCE is a European project, incorporating youngsters from the following countries
 - a) Hungary, Spain, United Kingdom, Germany, Denmark and Greece
 - b) the Netherlands, Hungary, Spain, Italy, Germany and United Kingdom
 - c) United Kingdom, Italy, Hungary, the Netherlands, France and Portugal