Celebrating Resilience in the ADHD Research Community

Welcome to the inaugural issue of the CADDRA ADHD Research Digest, which we will publish on a quarterly basis.

March 2021 marks the one-year anniversary month of the global pandemic, which significantly impacted ADHD researchers and their ability to carry out their research in traditional ways. However, it has also provided an opportunity to think outside of the box.

ADHD Researchers have adapted to restrictions by conducting research and connecting in new and creative ways. More studies and collaborations are taking place online than ever before. Researchers are studying topics they never would have, such as the impact of pandemic-related school disruption and social isolation on students with ADHD.

The aim of this quarterly ADHD research digest is to facilitate these kinds of ADHD research innovations by celebrating each other’s achievements and by supporting knowledge exchange and connection across the Canadian ADHD research community and beyond. We invite you to work with us to build an even more vibrant and connected ADHD research community.

Maggie Toplak Ph.D., C.Psych.
CADDRA Research Committee Chair

“Despite a year of challenges and restrictions imposed by the global pandemic, CADDRA ADHD research members and their students have demonstrated great resilience. In this inaugural research digest, we are celebrating this resilience by showcasing their ADHD research-related accomplishments over the past year (2020-2021). Future issues will focus on member achievements in the prior three months.”

~ Dr. Maggie Toplak
Research Project Spotlight

**Parental support for children’s learning during the Covid-19 pandemic:**
A pan-Canadian study of children and youth with ADHD

**Principal Investigator:** Dr. Maria A. Rogers, University of Ottawa

**Co-Investigators:** Dr. Janet Mah, BC Children’s Hospital; Dr. Emma A. Climie, University of Calgary; Dr. Yuanjuan Jiang, Saint Paul University & University of Alberta; Dr. Penny Corkum, Dalhousie University

**Student Investigators:** Tessa Ritchie, M.Sc., University of Ottawa & Amanda Krause, M.A., University of Ottawa

What are the main objectives and expected outcomes?
We are surveying parents of children and teens with ADHD from across Canada to understand their experiences supporting their children’s learning during the pandemic. There is tremendous diversity across the country at the moment in terms of how children are learning, so parent involvement has taken on a whole new meaning. We want to understand how parent-child interactions have been affected, about changes in parents’ beliefs, their mental health, and about the impact on interactions with teachers and school staff.

Tell us about the research project team members and their unique contributions to this project.
All of the investigators on this team are both researchers and clinicians, thus we hear first-hand from families about the struggles brought about by this pandemic. We came together because of our shared interests in the learning of children with ADHD, but we also bring complementary areas of expertise to this project. In addition to parental involvement and learning, we will also be examining the role of sleep, physical activity, parental mindset, family strengths, and children’s approaches to learning.

Why did you and the team choose this focus?
Supporting the learning of children with ADHD at home can be a challenge for many parents, but it seems that constant changes in public health and education guidelines are creating new problems for many families of children with ADHD. We know that helping parents is central to helping children, so we want to understand more about the current situations facing families of children with ADHD.

What stage is the project at?
With the help of our student researchers, Tessa and Amanda, we are currently working on revisions in response to our ethics review. We expect to have the survey ready for parents by April 1st.

What impact do you think this project will have?
It looks as though schooling will continue to be altered into 2021-22 in many parts of Canada. Our hope is that this project will provide important information about how clinicians and schools can help families in their attempts to support their children’s learning as they move forward into an uncertain future.

Do you have additional information you would like to share about the project?
Because the Covid-19 pandemic has affected regions of Canada differently, we’d like to gather information from as many geographical regions as possible. We will be asking clinics, hospitals, schools, and organizations across Canada to help distribute our survey. Stay tuned!

Need to Recruit Study Participants?
Advertise at no cost on the CADDRA website.
Complete **this form** to submit your information.
View CADDRA’s current list of research studies at [caddra.ca/research-studies-listings/](http://caddra.ca/research-studies-listings/)
KBHN/CADDRA Award Winners from ADHD Research Day 2020

Congratulations to the ten recipients of the KBHN /CADDRA Junior Researcher Awards!

Katrina Aranas M.Ed.
Katrina is pursuing her doctoral degree in School and Clinical Child Psychology at the University of Alberta. Her research interests include the development and improvement of evidence-based treatment options. Katrina’s research is exploring how physical activity may be a potential alternative or adjunct treatment for children with ADHD.

Brittany Burek M.A.
Brittany is a fourth-year Ph.D. student in the School and Clinical Child Psychology program at the Ontario Institute for Studies in Education (University of Toronto). Her research and clinical interests include exploring ways to leverage virtual technology to support the learning, mental health, and well-being of students and families. She is currently teaching an introduction to special education course to teacher candidates. Brittany will be completing her pre-doctoral residency at the IWK Health Centre (Halifax) beginning in September 2021.

Tasmia Hai B.Sc., M.Sc.
Tasmia is a third-year Ph.D. student in School and Clinical Child Psychology at the University of Alberta. She previously completed her Masters in School and Applied Child Psychology program at the University of Calgary. Her research interests are understanding executive functions and neurobiological correlates of children and youth with ADHD. Her Ph.D. dissertation is specifically investigating cerebellar volume differences in children with ADHD compared to typically developing peers.

Submit Your 2021 Abstracts Now!

Our 8th Annual ADHD Research Day will be held virtually on Friday, October 1.

Submit your oral presentations (Canadian-based only) and poster presentations (Canadian or international) and find submission guidelines at caddra.societyconference.com

More information on awards coming soon!
CADDRA ADHD Research Digest

March 2021, Issue 1

Student Spotlight

This section highlights publications, presentations and other achievements by CADDRA student members or students of CADDRA members.

Publications


Presentations

Funding & Awards
Hawra Al-Khaz’Aly, honours student, University of Calgary, received the University of Calgary Faculty of Arts Student Union Undergraduate Research Symposium Award.

Sara Becker, postdoctoral fellow, University of Calgary, received an Eyes High Postdoctoral Match-Funding Fellowship, the E. Marie & R. Garey Cameron Postdoctoral Fellowship in Dementia, and the Hotchkiss Brain Institute International Postdoctoral Recruitment Fellowship.

Philippe Hwang, Ph.D. student at McGill University, received a Graduate Excellence Fellowship in Mental Health Research, McGill University ($10,000) and a Child Health and Human Development Best Junior Research Day Presentation award, MUHC ($250).

Manu Sharma, Ph.D. student at the University of Calgary, received an Alberta Graduate Excellence Scholarship.

Himanthri Weerawardhena, M.Sc. student at the University of Calgary, received an Alberta Graduate Excellence Scholarship.
Student Spotlight

Thesis Defenses
Laura Flanigan, School and Applied Child Psychology program at the University of Calgary, supervised by Dr. Emma A. Climie, defended her dissertation in January 2021 and has started a position as a school psychologist with Algonquin Schools.

Sanya Sagar and Antonette Scavone, graduate students in the Psychology Department, University of Windsor, supervised by Dr. Carlin Miller, defended their dissertations November 2020 and February 2021.

Wafa Saoud, York University student, supervised by Dr. Maggie Toplak, was first in the department of psychology to defend her Ph.D. virtually last year during the pandemic!

Manu Sharma, Ph.D. student, University of Calgary, supervised by Dr. Brandy Callahan, successfully defended his M.Sc. in May 2020.

Anneesa Singh, PhD student in School and Clinical Child Psychology at the Ontario Institute for Studies in Education, University of Toronto, supervised by Drs. A-C Bedard & Brendan Andrade, completed a Master’s thesis entitled: Inhibitory control mediates the association between emotion dysregulation and symptoms of ADHD and ODD in children with disruptive behaviour.

Kim Tan-MacNeill, supervised by Dr. Penny Corkum, completed her Ph.D. in Clinical Psychology at Dalhousie University entitled: Sleep Problems in Children with Neurodevelopmental Disorders.

Onwards and upwards!
Brittany Burek, Doctoral student, School and Clinical Child Psychology, OISE/UofT, supervised by Dr. Rhonda Martinussen, was accepted to pre-doctoral residency program at the IWK Health Centre (Halifax) beginning in September 2021.

Dr. Mariya Cherkasova, graduated from McGill University, supervised by Dr. Lily Hechtman, started a faculty position.

Dr. Elizabeth Keys, Post doctoral fellow, Dalhousie University, Department of Psychology and Neuroscience, supervised by Dr. Penny Corkum, started a new faculty position in the School of Nursing, Faculty of Health and Social Development at the University of British Columbia – Okanagan.

Sanya Sagar, Clinical Neuropsychology doctoral student, Department of Psychology, University of Windsor, supervised by Dr. Carlin Miller, is starting an internship at Hamilton Health Sciences in Fall 2021.

We Want to Hear from You!
This digest will highlight achievements by CADDRA members and students.
Please submit by the first of each publication month (March, June, September, December).
Email stacey.espinet@caddra.ca.
CADDRA Member Research Highlights

CADDRA members contributed to a special issue on ADHD in the Journal of The Canadian Academy of Child and Adolescent Psychiatry, March 2020:

Toplak ME, & LeGris J. Introduction to Special Issue: ADHD Research in a Canadian Context.
Corkum, P., Begum, E., Rusak, B., Rajda, M., Shea, S., MacPherson, M., Williams, T., Spurr, K., Davidson, D. The effects of extended-release stimulant medication on sleep in children with ADHD.

CADDRA Advisory Council member Doron Almagor, & CADDRA Board Chair Martin Gignac contributed to the most recent evidence-based consensus statement on ADHD:


Publications


Tom Buchanan, Professor of Sociology and Chair of the Sociology and Anthropology Department at Mount Royal University in Calgary, Alberta, Canada. Helicopter Parenting and the Moderating Impact of Gender for University Students with ADHD, Buchanan, T., & LeMoyne, T. Development and Education. 2020.

Brandy Callahan, Assistant Professor of Psychology at the University of Calgary, Tier II Canada Research Chair in Adult Clinical Neuropsychology. A systematic review and comparison of neurocognitive features of late-life attention deficit/hyperactivity disorder and dementia with Lewy bodies. Prentice, J.L., Schaeffer, M.J., Wall, A.K., & Callahan, B.L. Journal of Geriatric Psychiatry and Neurology. 2020.


Penny Corkum, Registered Psychologist and Professor at Dalhousie University, Scientific Staff at the IWK, and Director of the Colchester East Hants ADHD Clinic. Even a mild sleep restriction can impact daytime functioning in children with ADHD and their typically developing peers. Davidson, F., Rigney, G., Brine, S., Speth, T., Miller, L, Rusak, B., Chambers, C., Rajda, M., Begum, E.A., Corkum, P. Behavioral Sleep Medicine. 2021.
CADDRA Member Research Highlights

Publications

Natalie Grizenko Psychiatrist and Medical Chief of the ADHD clinic and Severe Disruptive Behaviour Disorders Program at the Douglas Institute, Associate Professor, McGill University & Sarojini Sengupta, Research Associate, Douglas Mental Health University Institute and Affiliate Member, Department of Psychiatry, McGill University.


Lily Hechtman, Professor of Psychiatry and Pediatrics at McGill University and Director of Research in the Division of Child Psychiatry.


Jacqueline Hesson, Associate professor at Memorial University of Newfoundland.


Maria Rogers, Associate Professor in the School of Psychology at the University of Ottawa.


Maggie Toplak, Associate Professor in the Department of Psychology at York University and a Core Member of the LaMarsh Centre for Child and Youth Research.

CADDRA Member Research Highlights

**Funding Recipients**

**Dr. Brandy Callahan** (PI).

Rapid Program in Dementia (RAPID) Funding Grant. “Cognition in mild cognitive impairment and adult attention-deficit disorder.” Funding source: Alzheimer’s Association ($50,000 USD).

**Dr. Penny Corkum** and co-investigators


**Dr. Lily Hechtman** (PI).


**Past Year Presentations**

**Dr. Brandy Callahan** presented:

Cognitive and neuroimaging evidence for ADHD as a phenotypic mimic of prodromal dementia. 2020, February. 19th Annual MCI Symposium.

**Dr. Lily Hechtman** presented:

Attention-Deficit / Hyperactivity Disorder across the Lifespan. 2020, January. London Psychiatry Review Course, London, ON.

Findings from the Multisite Multimodal Treatment (MTA) Study and Follow-up: Clinical Pearls and Challenges. 2020, October. The American Academy of Child and Adolescent Psychiatry (virtual).


**Dr. Martin Katzman** presented:


CADDRA in conversation with Penny Corkum, Ph.D.

Penny Corkum is a registered psychologist with a background in school and child clinical psychology. She is a professor in the Department of Psychology and Neuroscience at Dalhousie University, Halifax and is cross-appointed in psychiatry as well as being on the scientific staff at IWK Health Centre.

Dr. Corkum describes how a life-long interest in, and focus on, working with children with neurodevelopmental disorders has informed her research and work life. She outlines her multi-faceted work responsibilities that include running a clinic, conducting research, teaching and training.

Dr Corkum will provide information on the ASSIST study (Accessible Strategies Supporting Inclusion for Students by Teachers). This project was formerly known as Teacher’s Help.

The skills they [teachers] are learning are not specific to one student but can really generalize to other students. That’s exciting because it means that the investment they are making will pay off in the longer terms. It’s just not a one-time use.”

assistforteachers.ca

ADHD Research in the News

Analysis of summary data from ~60,000 people in the ENIGMA project showed similarities in structural brain imaging results across certain neuropsychiatric disorders. This was partly accounted for by corresponding cross-disorder correlations in genetic factors. Publication

Machine learning model detects ADHD with near perfect accuracy, superior to traditional behavioral diagnosis. Story / Publication

A systematic literature review suggests ADHD imposes a substantial economic burden on society. Total-cost per-person estimates range from $831.38 USD to $20,538 USD. Publication

Risk of ADHD diagnosis is lower in children who follow healthy lifestyle recommendations. Story / Publication

Common genetic variants link autism, ADHD, and Tourette syndrome. Story / Publication

A meta-analysis revealed mood disorders increase risk of ADHD across the lifespan. Publication

A U.S. study examined prospective mental health symptom change from before to during COVID in teens with and without ADHD. Both ADHD and emotion dysregulation increase risk of symptoms across time points but the two combined posed the greatest risk. Publication

Enhancing social interactions is an important mitigation strategy for children with and without pre-existing psychiatric conditions during a pandemic. Publication
Application Deadlines

Grants
SSHRC Partnership Engage Grants provide short-term and timely support for partnered research activities that will inform decision-making at a single partner organization from the public, private or not-for-profit sector: March 15th, 2021.

Brain and Behavior Research Foundation, Young Investigator Grants support researchers to launch careers in neuroscience and psychiatry and to gather pilot data to apply for larger federal and university grants: March 25, 2021.


SSHRC Connection Grants support events and outreach activities geared toward short-term, targeted knowledge mobilization initiatives: May 1st, 2021.

CIHR/SickKids Conference Grants support events organized by and/or for families with children with health challenges, including but not limited to children with acute illness, chronic illness, and disabilities. Eligible events focus on information sharing between health professionals, community organizations, and families: May 31, 2021.

Awards
CHADD, 2021 Young Scientist Research Awards, a program recognizing emerging researchers making contributions to the understanding of ADHD. Applications are due March 31, 2021.

The Canadian Psychiatric Association, call for submissions: CPA Junior Investigator Research Colloquium. The Colloquium aims to provide guidance, mentorship and encouragement to young investigators in the early phases of their training and obtain feedback about their past, present and future research from mentors: Submission Deadline: April 1, 2021 (PST)

Submission Calls
Journal of the American Academy of Child and Adolescent Psychiatry call for review papers on emotion dysregulation. Proposal Deadline: April 1, 2021


Call for Submissions
Deadline: April 30

8th Annual ADHD Research Day
Friday, October 1

17th Annual ADHD Conference
Saturday, October 2 & Sunday, October 3

Further information and submission portal available at caddra.societyconference.com
CADDRA Research Committee

Introducing the 2021 members of the new CADDRA ADHD Research Committee.
Committee members will oversee planning of Research Day and implementation of CADDRA’s mission and research agenda identified as part of CADDRA’s overall strategic plan.

Anne-Claude Bedard Ph.D.
Dr. Bedard is an Assistant Professor, Teaching Stream, in the Department of Applied Psychology and Human Development, Ontario Institute for Studies in Education (OISE), University of Toronto. Dr. Bedard’s research focuses on evaluating the impact of different intervention modalities on cognitive functioning in individuals with ADHD across the lifespan.

Debra Butt M.Sc., M.D., C.C.F.P.
Dr. Butt is an Associate Professor and Clinician Scientist in the Department of Family and Community Medicine at the University of Toronto. Dr. Butt works as a family physician at a community-based practice in Scarborough, Ontario. Dr. Butt has done extensive work with large datasets including health care administrative data and primary care electronic medical records. Her published work includes several validation studies for various medical conditions, and she is currently working on a validation study to identify individuals with ADHD using family physicians’ electronic medical records.

Brandy Callahan Ph.D., R.Psych.
Dr. Callahan is currently an Assistant Professor of Psychology at the University of Calgary, and holds a Tier II Canada Research Chair in Adult Clinical Neuropsychology. Her research program integrates neuropsychology, neuroimaging, neuropathology and genetics to better understand age-related brain changes in adults and seniors with complex medical and psychiatric histories.

Emma A Climie Ph.D., R.Psych.
Dr. Climie is an Associate Professor and Registered Psychologist in the School and Applied Child Psychology program in the Werklund School of Education at the University of Calgary. Her research focuses on understanding children with ADHD from a strengths-based perspective, with an emphasis on resilience, social-emotional well-being, emotional intelligence, stigma, and social cognition.

Penny Corkum Ph.D. R.Psych.
Dr. Corkum is a Registered Psychologist and Professor at Dalhousie University, Scientific Staff at the IWK, and Director of the Colchester East Hants ADHD Clinic. Her research and clinical practice is in the area of ADHD and pediatric sleep problems in elementary-school aged children. Over the last decade, Dr. Corkum has been leading the development, evaluation, and sustainability of eHealth, eLearning, and App programs to support children with neurodevelopmental disorders at home and in school.

Natalie Grizenko M.D., F.R.C.P.C.
Dr. Grizenko, Psychiatrist and Medical Chief of the ADHD clinic and Severe Disruptive Behaviour Disorders Program at the Douglas Institute. Associate Professor, McGill University Natalie Grizenko works as a clinician researcher, teacher and administrator. She has conducted research in: day treatment effectiveness; risk and protective factors in children; transcultural child psychiatry; effectiveness of social skills training; pharmacogenetics and neuroimaging of ADHD; effectiveness of ADHD interventions; and prenatal/postnatal risk factors in ADHD (including maternal stress and smoking during pregnancy).
Dr. Hechtman is a Professor of Psychiatry and Pediatrics at McGill University and Director of Research in the Division of Child Psychiatry. She is a child and adult psychiatrist based at the Montreal Children’s Hospital, and an internationally recognized researcher in ADHD. Dr. Hechtman’s research has focused on long-term (15 year) prospective studies of children with ADHD followed into adolescence and adulthood. She also did multimodal treatment studies of children with ADHD.

Dr. Hesson has a Ph.D. in Clinical Neuropsychology from the University of Victoria. She is currently an associate professor at Memorial University of Newfoundland where her research focus is ADHD. She also maintains a small ADHD-focused clinical practice.

Dr. Katzman is the Clinic Director and a Staff Psychiatrist at the S.T.A.R.T. Clinic for Mood and Anxiety Disorders in Toronto, Canada. He is also a faculty member at the Northern School of Medicine, Lakehead University and Adler Professional Graduate School. He is additionally a Board Member at the American Professional Society of ADHD and Related Disorders (APSARD). Most recently, his specific interests have involved examining the role of “Intolerance of Uncertainty” as a driver of psychopathology and the role of “Hedonic Tone” in predicting the presence of comorbid conditions and differential response to treatment.

Dr. Hesson has a Ph.D. in Clinical Neuropsychology from the University of Victoria. She is currently an associate professor at Memorial University of Newfoundland where her research focus is ADHD. She also maintains a small ADHD-focused clinical practice.

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