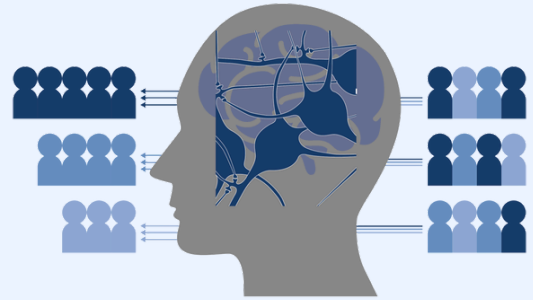


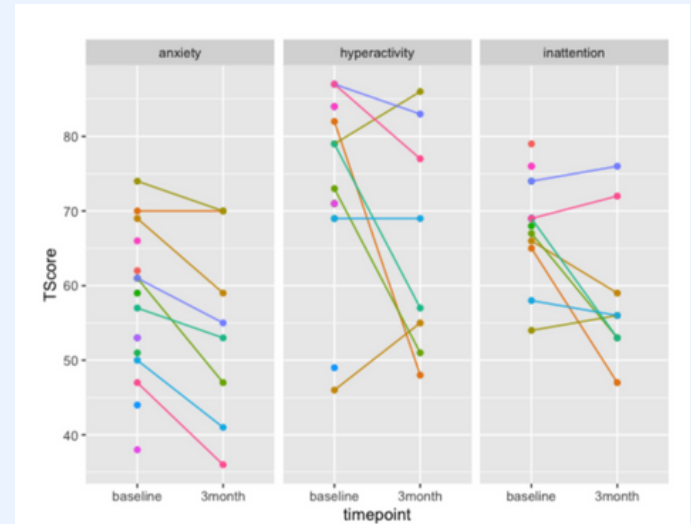
ARNETT LAB

Newsletter



RESEARCH FINDINGS

Children with ADHD are at elevated risk for developing anxiety and mood symptoms compared to their typically developing peers. One theory suggests that untreated symptoms of inattention, hyperactivity, and impulsivity contribute to worry, low self-esteem, and low mood. For example, a child who is having difficulties paying attention in class might start worrying about their learning and grades. We wanted to test this hypothesis by examining whether children who show ADHD symptom improvement with stimulant medications also experience a reduction in mood and anxiety symptoms 3 months later. In a small sample (N=16) of 7–11-year-old children who completed the BAT Study (Biomarkers of ADHD Treatment Response), we found a significant reduction in anxiety symptoms among participants who continued to take the medications; depression symptoms also decreased, but the change was not statistically significant. These exciting preliminary results support the view that effective treatment of ADHD symptoms through medication may also reduce anxiety and improve mood.



This figure shows the reduction in anxiety symptoms (left panel) as well as the reduction in core ADHD symptoms (hyperactivity, inattention) from baseline to the 3-month follow up. Each line represents one BAT study participant. T-scores have a mean = 50, standard deviation = 10, with higher scores indicating more clinical symptoms.

MEET THE TEAM

Erika Moran joined the Arnett Lab in February 2024 as a Clinical Research Assistant. She received her Bachelor's degree in Psychology from Boston University in 2018 and worked at Brigham and Women's Hospital in the Department of Orthopedic Surgery. She is interested in pivoting her medical career to Clinical Psychology and hopes to become a Mental Health Counselor in the future. She is interested in working with young people with neurodevelopmental and mental health disorders such as ADHD, anxiety, depression, and OCD. Outside of the lab, her interests include traveling, spending time with friends and family, and exploring cafés around Boston.



CURRENTLY RECRUITING

BRAVE RHINO Study is currently seeking:

- 7-11-year-old children with anxiety

The **EMPOWER Study** is currently seeking:

- Racially, ethnically, and socioeconomically diverse caregivers of 5-15 year old children with or without ADHD

CONTACT INFORMATION

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Boston Children's Hospital

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