

Participant Summary Information Sheet

ADHD Remote Technology and ADHD transition: predicting and preventing negative outcomes (**ART-transition**)

Adolescence can be a challenging period for young people with ADHD, with **major life transitions**, new demands, and increased expectations. In the current study, we investigate the transition into adulthood for young people with ADHD using Remote Monitoring Technology (RMT). We study the changes that take place and what predicts these changes.

What will taking part involve?

You will participate in the study for **24 months**.

You will first complete **two virtual baseline assessments** to confirm your ADHD diagnosis, answer questions about yourself, complete cognitive tasks, and obtain training on how to do the study.



You will then be sent the **Fitbit**. You will be asked to wear the Fitbit all the time (day and night) so we can collect data from different parts of your day. You will also be asked to use your **Android phone** or be willing to switch to one that we can send to you.

You will also be asked if you want to provide a **saliva** sample at home so we can look at your **DNA**.

You will then complete assessments at different intervals over **24 months**. Some assessments will be **passive**, which means you don't need to do anything for the data to be collected, and some will be **active**, where you be asked to enter information on an app. See the main Information sheet for more details.



After **24 months** you will be asked if you want to complete a **debrief interview** about your experience of the study.

What are the benefits of taking part?

Participating in research can be rewarding, and you will be contributing to the development of **new knowledge and new measures** which could benefit other people with ADHD in the future.

You will also receive **£30** every 3 months (£240 in total for 24 months), and at the end of the study, you can **keep the Fitbit** and the smartphone (if you were given one). However, if you do not complete the study and drop out before 24 months, we will need to ask you to return both devices, so that we can give them to another study participant.

Do I have to take part?

No, it is your choice. You do not have to take part, and if you do decide to participate, you are **free to withdraw** from the study at any time, without giving a reason. Whether or not you decide to take part will **not** affect the healthcare you receive in any way.

Who will have access to my data and how will it be used?

King's College London is the sponsor for this study. We will be using information from you to undertake this study and will act as the data controller for this study. This means we are responsible for looking after your information and using it properly. King's College London will keep identifiable information about you for **10 years after the study has finished**.

What will happen to the results of the research?

The results of this study will be presented at conferences and may be published in scientific journals and included in dissertations. You will **not** be identified personally in any report or publication.

How do I contact the research team?

You can contact the research team on (art-transition@kcl.ac.uk or [07503 926683](tel:07503926683))

