

Background

The importance of psychoeducation in the management of childhood psychiatric conditions is well established (1) Moreover, research has determined that a lack of information about Child and Adolescent Mental Health services (CAMHS) and procedures is a significant barrier to accessing and engaging with services in Ireland (2)

Health consumers are increasingly turning to online resources as a source of information (3)

With respect to ADHD specifically, studies have shown that CAMHS patients and their parents have an overwhelmingly strong preference for the internet as their main source of information about ADHD (4, 5)

This is despite a wide range in quality, reliability and validity of information provided online (6)

Project Aims

- To create a reliable, useful and up to date source of online information about ADHD diagnosis, treatment and behavioural management
- To collate and display information concerning ongoing research into ADHD in Trinity College Dublin (TCD) and the potential for patient-researcher collaboration

Methods

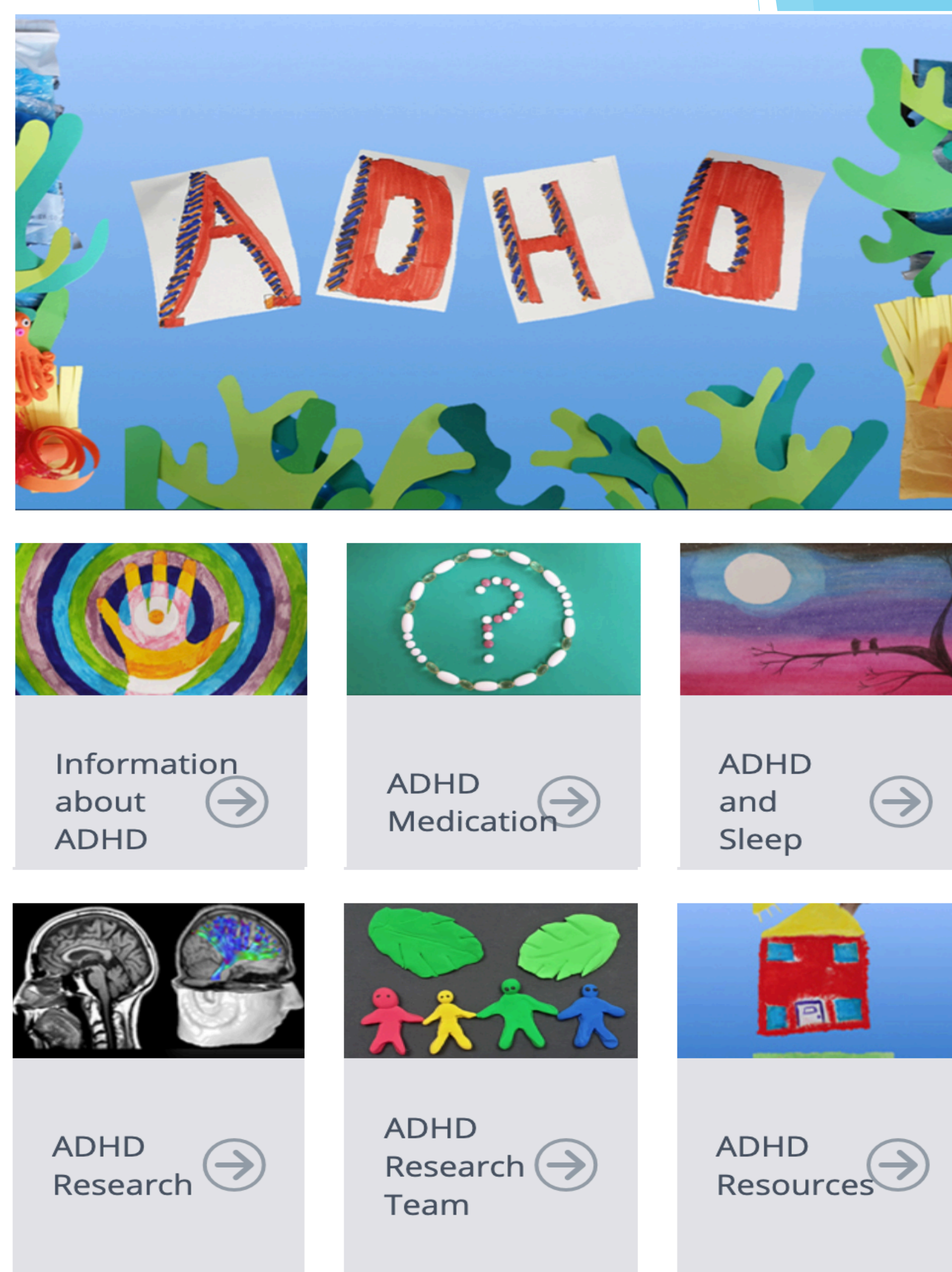
- Information for an online resource was collated from psychoeducational resources that had been compiled by the team in ADMiRE, the ADHD specialist service led by Dr. Jane McGrath in Linn Dara CAMHS
- This information had been reviewed by clinicians in ADMiRE, ADHD specialists and by families attending the clinical service
- Further information about ongoing ADHD research in TCD, along with short personal biographies from all those involved in this ADHD research was also collated
- This information was reviewed, updated and formulated to create a psychoeducation package suitable for publication as a tabulated web-page
- Once curated the information was placed online on the TCD School of Medicine Dept. of Psychiatry website.
- A QR code was subsequently added to printed ADMiRE booklets providing patients direct access to the online resource

References

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Results

The below website page was created as a main tab on the TCD Psychiatry website



A QR code was added to printed booklets facilitating ease of webpage access for those attending the ADMiRE clinic



Discussion

The completed webpage provides a reliable, validated source of information concerning:

- ADHD
- ADHD medication
- Sleep management
- Ongoing ADHD research within TCD
- Personnel involved in ADHD research and practice in TCD and the ADMiRE clinic

References to other sources of reliable information have also been provided

Given patient preference for online information this webpage may act as a reliable reference point for patients to engage in self-guided psychoeducation

Provision of information concerning ongoing ADHD research may also help to facilitate the inclusion of patients and their families in the research process, which in turn may help with patient recruitment and add to the validity and richness of research findings (7)

Future Directions

In the Short-Term

- Website circulation to >250 families attending ADMiRE
- Development and circulation of online Qualtrics survey seeking feedback from families

In the Long-Term

- Need for reliable, specialist-verified information about CAMH services and diagnoses to be placed online
- Public health initiatives to guide health consumers to reliable resources online