Information sheet for adults

School of Psychology

Information Sheet

The University of Nottingham
UNITED KINGDOM · CHINA · MALAYSIA

Title: MNS effects on ADHD, OCD and GAD
Ethics Approval Number: F1269
Researchers: Mairi Houlgreave, Barbara Morera

Supervisor: Prof. Stephen Jackson

Contact Details: lpxmh2@exmail.nottingham.ac.uk, lpzbm@nottingham.ac.uk, Stephen.jackson@nottingham.ac.uk

Thank you for your interest in our study. Before you decide if you wish to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully.

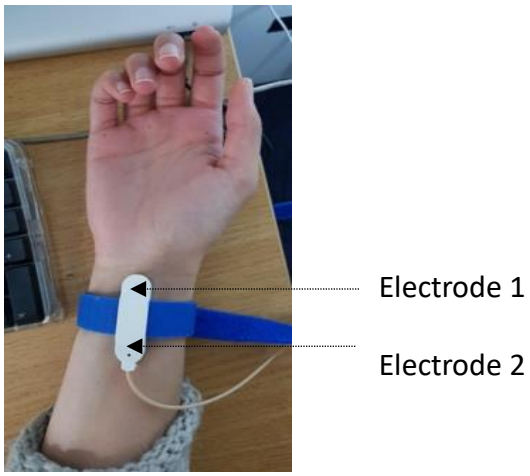
Why is this research being carried out?

We have recently shown that electrical stimulation of the median nerve can reduce symptoms in Tourette Syndrome (TS). About 90% of individuals with TS present other conditions including attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD) and generalised anxiety disorder (GAD) as these conditions involve same brain regions.

Because of this, we now want to examine the effects of rhythmic median nerve stimulation on ADHD, OCD and GAD symptoms. To do this, we are looking for people aged 12 years and older with a confirmed diagnosis of ADHD, OCD or GAD to take part in our study.

What is median nerve stimulation?

Median nerve stimulation is a non-invasive brain stimulation technique that targets a peripheral nerve. Peripheral nerves are able to send signals to the brain, so by stimulating them it is possible to safely and indirectly influence brain activity. This study involves using electrical stimulation applied to the nerve through a small electrodes placed over the wrist.



This picture shows the position of the two electrodes used to deliver the stimulation.

What will happen if I decide to take part in the study?

First, we will have to find the stimulation intensity which produces a twitch in your thumb. Then, you will proceed to do the task. The task consists on rating your condition's symptoms using a slider that will be placed in front of you for 30 minutes, with breaks every 10 minutes. During each 10min block, you will receive stimulation for 5 minutes preceded or followed by 5 minutes of no stimulation.

We will stimulate at safety parameters so that there are no risks. Wrist stimulation is not painful, but if you find the procedure uncomfortable we will terminate the study immediately. We will do some tests before the study so that you can see how the stimulation feels like and if you still want to proceed with the study or not.

Before, during and/or after the study, we will ask you to complete some questionnaires and have some short discussions about your general well-being. These questionnaires include assessment of obsessive-compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), anxiety, and autism spectrum conditions. We will also record all you current and past medication. Please note that the questionnaire measures used are not a diagnosis and we will not be able to comment on these further. If the questionnaires highlight any concerns, please contact a health professional such as your GP to discuss them. Any answers you give

will be kept confidential and we will only use the information for the purposes of this research project.

Expenses and payments

We will be able to assist you with a small travel allowance if you are coming from outside Nottinghamshire.

Note: The technology used in this study is in the development phase and not currently available outside of the study.

Participation in this study is totally voluntary and you are under no obligation to take part. You are free to withdraw at any point before or during the study. All data collected will be kept confidential and used for research purposes only. It will be stored in compliance with the General Data Protection Regulation and Data Protection Act (2018). The researchers involved in this study are employed through the University of Nottingham and will process your personal data in order to carry out this research. The legal basis for this processing is Article 6(1e) - processing is necessary for the performance of a task carried out in the public interest. Details such as how to contact the University's Data Protection Officer and your rights as a data subject can be found at https://www.nottingham.ac.uk/utilities/privacy/privacy.aspx.

If you have any questions or concerns, please don't hesitate to ask now. We can also be contacted after your participation at the above address.

If you have any complaints about the trial, please contact:
Stephen Jackson (Chair of Ethics Committee)
stephen.jackson@nottingham.ac.uk

Information sheet for parents

School of Psychology

Information Sheet

The University of Nottingham
UNITED KINGDOM · CHINA · MALAYSIA

Title: MNS effects on ADHD, OCD and GAD
Ethics Approval Number: F1269
Researchers: Mairi Houlgreave, Barbara Morera

Supervisor: Prof. Stephen Jackson

Contact Details: lpxmh2@exmail.nottingham.ac.uk, lpzbm@nottingham.ac.uk, Stephen.jackson@nottingham.ac.uk

Thank you for your interest in our study. Before you decide if you wish to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully.

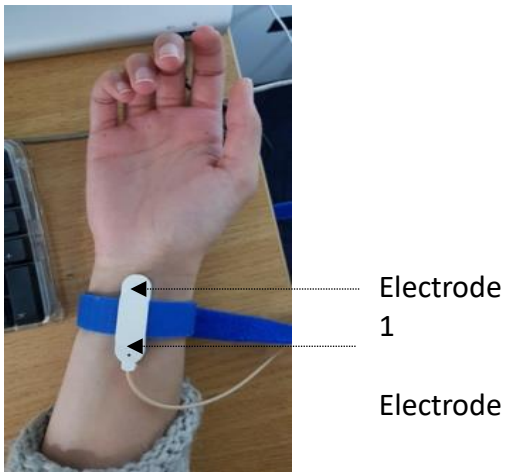
Why is this research being carried out?

We have recently shown that electrical stimulation of the median nerve can reduce symptoms in Tourette Syndrome (TS). About 90% of individuals with TS present other conditions including attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD) and generalised anxiety disorder (GAD) as these conditions involve same brain regions.

Because of this, we now want to examine the effects of rhythmic median nerve stimulation on ADHD, OCD and GAD symptoms. To do this, we are looking for people aged 12 years and older with a confirmed diagnosis of ADHD, OCD or GAD to take part in our study.

What is median nerve stimulation?

Median nerve stimulation is a non-invasive brain stimulation technique that targets a peripheral nerve. Peripheral nerves are able to send signals to the brain, so by stimulating them it is possible to safely and indirectly influence brain activity. This study involves using electrical stimulation applied to the nerve through a small electrodes placed over the wrist.



This picture shows the position of the two electrodes used to deliver the stimulation.

What will happen if we decide to take part in the study?

First, we will have to find the stimulation intensity which produces a twitch in your child's thumb. Then, your child will proceed to do the task. The task consists on rating the condition's symptoms using a slider that will be placed in front of your child for 30 minutes, with breaks every 10 minutes. During each 10min block, they will receive stimulation for 5 minutes preceded or followed by 5 minutes of no stimulation.

We will stimulate at safety parameters so that there are no risks. Wrist stimulation is not painful, but if your child finds the procedure uncomfortable, we will terminate the study immediately. We will do some tests before the study so that your child can see how the stimulation feels like and if they still want to proceed with the study or not.

Before, during and/or after the study, we will ask you and your child to complete some questionnaires and have some short discussions about your child's general well-being. These questionnaires include assessment of obsessive-compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), anxiety, and autism spectrum conditions. We will also record all your child's current and past medication. Please note that the questionnaire measures used are not a diagnosis and we will not be able to comment on these further. If the questionnaires highlight any concerns, please contact a health professional such as your GP to discuss them.

Any answers you give will be kept confidential and we will only use the information for the purposes of this research project.

Expenses and payments

We will be able to assist you with a small travel allowance if you are coming from outside Nottinghamshire.

Note: The technology used in this study is in the development phase and not currently available outside of the study.

Participation in this study is totally voluntary and you are under no obligation to take part. You are free to withdraw at any point before or during the study. All data collected will be kept confidential and used for research purposes only. It will be stored in compliance with the General Data Protection Regulation and Data Protection Act (2018). The researchers involved in this study are employed through the University of Nottingham and will process your personal data in order to carry out this research. The legal basis for this processing is Article 6(1e) - processing is necessary for the performance of a task carried out in the public interest. Details such as how to contact the University's Data Protection Officer and your rights as a data subject can be found at https://www.nottingham.ac.uk/utilities/privacy/privacy.aspx.

If you have any questions or concerns, please don't hesitate to ask now. We can also be contacted after your participation at the above address.

If you have any complaints about the trial, please contact:
Stephen Jackson (Chair of Ethics Committee)
stephen.jackson@nottingham.ac.uk