



PUBLIC SERVICE ANNOUNCEMENT

For immediate release

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Children's and UBC testing melatonin as a sleep aid for ADHD youth *Research Team Looking for Participants Aged 6 to 14*

Vancouver, B.C. – Many youth with Attention-Deficit Hyperactivity Disorder (ADHD) have difficulty falling asleep. To address this problem, Child & Adolescent Psychiatry at B.C.'s Children's Hospital and the University of British Columbia's Division of Child Psychiatry are conducting a clinical study to determine if Melatonin will help ADHD youth sleep better.

The study team is looking for participants who meet the following criteria:

- Between the ages of 6 and 14;
- Diagnosed with Attention-Deficit Hyperactivity Disorder (to be confirmed as part of the study enrollment process);
- Currently taking stimulant medication (e.g. Ritalin); and
- Experiencing significant sleep problems.

The 50-day study is voluntary, involving six weekly visits to the clinic at Children's. Participants will receive Melatonin some days and a placebo on other days. A sleep log and wrist monitoring device will be used to collect data for analysis.

At the end of the 50-day period, participants who responded to Melatonin will be given the option to continue with treatment for three months.

The next enrollment deadline is Friday, June 6. For more information, contact the Melatonin Research Group at 604-875-2000, extension 6553 or e-mail adhd@cw.bc.ca.

– 30 –

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