

Name & email supervisor(s): Samantha Hornsey Kate Greenwell
Length and dates of internship: 4 weeks between 17 th June 2024 – end of August 2024 (exact dates depending on preference of student)
Host department: Primary Care, Population Sciences and Medical Education, University of Southampton
How will the internship be conducted: <input type="checkbox"/> In person at the university <input type="checkbox"/> Virtual/ from home <input checked="" type="checkbox"/> Both are possible, depending on preference of student
Title internship project: Development of a digital intervention to support parents/carers of children with ADHD and sleep problems
Summary of the internship project: <i>(max 250 words, can include hyperlinks to further information)</i> <p>Background</p> <p>Up to 70% of children with ADHD experience sleep problems. The commonest, chronic insomnia, can impact physiological and psychological domains, worsen ADHD symptoms and affect the family. Behavioural sleep interventions are effective and recommended by expert consensus as the first approach. However, there is limited support for use of behavioural interventions in clinical practice, so a pharmacological approach (melatonin) is often prescribed.</p> <p>Methods</p> <p>The intern will work on an NIHR funded project aiming to develop a digital sleep intervention to support families of children with ADHD and sleep problems. This project uses the Person-Based Approach (https://www.personbasedapproach.org), which was developed at the University of Southampton, to understand and meaningfully address the views, needs and experiences of those using the intervention.</p> <p>In line with the person-based approach, the intern will assist with various intervention development tasks such as some basic qualitative data analysis, creating/editing intervention pages, and testing of the intervention and randomised controlled trial processes.</p> <p>Impact</p> <p>The intern's work will contribute to the development, optimisation and refinement of the prototype intervention.</p>
Learning objectives: <ul style="list-style-type: none"> • To gain knowledge of the person-based approach to intervention development. • To learn about methods for conducting online randomised controlled trials

- To learn about the clinical management of sleep problems in children with ADHD.

Any further information: