

## #564

### *The co-design of a psychosocial intervention for 8-11 years olds with Attention Deficit Hyperactivity Disorder, “ADHD Hub™”*

Attention deficit hyperactivity disorder (ADHD) is a long-term neurodevelopmental condition that can affect the individual and their family in a number of domains including education, relationships and self-esteem. It is important that children and young people (CAYP) with ADHD learn about their condition and how to manage it to help minimise ADHD related difficulties. Educating a child about their condition earlier on can enable them to manage it more effectively.

Therefore we aimed to design an online platform, “ADHD Hub™”, for 8-11 year olds with ADHD to help teach them about their ADHD and how to manage it in a fun and engaging way. ADHD Hub™ will cover a number of topics including what ADHD is, ADHD medication, how to explain ADHD to others, managing ADHD at school and home and maintaining friendships.

Our initial phase was to utilise a co-design method involving stakeholders (CAYP with ADHD, parents and clinicians) to identify the content and design ADHD Hub™. This was achieved through workshops and communications with stakeholders. We worked with Design Futures (Sheffield based design company) to use information from stakeholders to create an initial prototype of ADHD Hub™.

The next phase will involve adopting a user-centered design methodology to conduct workshops to help improve existing prototypes of ADHD Hub™ and to create downloadable resources. This is to ensure that children who don't always have Internet access or a device are still able to access and learn from ADHD Hub™. Concurring with Dewey's Experiential Learning Cycle, the downloadable resources will enable the child to learn by providing activities enabling them to reflect on abstract concepts and generalisations. The child will be able to carry out physical activities in order to embed knowledge, on a physical and cognitive level, gained from ADHD Hub™.

Keywords: ADHD, technology, Dewey's Experiential Learning Cycle