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Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION

THE SCHOOL HEALTH RESEARCH NETWORK

shrn.org.uk

e-newyddion Ysgol Uwchradd SHRN
SHRN Secondary School e-news

Croeso i e-newsyddion Ysgol Uwchradd SHRN am Ebrill 2026 / Welcome to the SHRN Secondary School e-news for April 2026

Cynnwys

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2. **Ysgolion Cynradd: Ymunwch â gweminar Gwybodaeth a Chofrestru 2026 y Rhwydwaith.**
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6. **Blog y Rhwydwaith: Deall Rôl Bechgyn a Dynion Ifanc mewn Addysg Iechyd y Mislif.**
7. **Blog y Rhwydwaith: Troi mewnwelediadau'r Rhwydwaith yn Gyfleoedd Dysgu, Dwyn Tystiolaeth y Rhwydwaith i Ddysgu am Les mewn Ysgolion.**
8. **Blog y Rhwydwaith: Beth Mae Ysgol Gynradd Abbey Wedi'i Ddysgu i ni am Droi Data'r Rhwydwaith yn Newid go Iawn.**
9. **Blog y Rhwydwaith: Sut Gall Ysgolion lywio Iechyd a Lles i Ddysgwyr Trawsryweddol, Anneuaidd a Rhywedd-amrywiol.**
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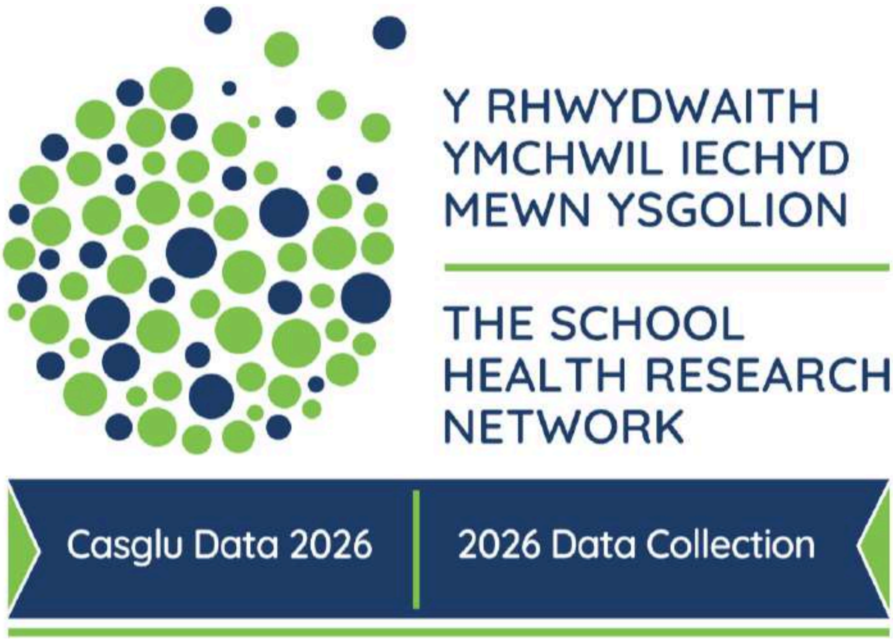
Mae'r Rhwydwaith Ymchwil Iechyd Ysgolion (SHRN) yn bartneriaeth ymchwil-polisi-ymarfer rhwng Llywodraeth Cymru, Iechyd Cyhoeddus Cymru, a Phrifysgol Caerdydd. Nod SHRN yw gwella iechyd a lles pobl ifanc yng Nghymru trwy weithio gydag ysgolion cynradd ac uwchradd i gynhyrchu a defnyddio tystiolaeth o ansawdd da ar gyfer gwella iechyd a lles.

The School Health Research Network (SHRN) is a research-policy-practice partnership between Welsh Government, Public Health Wales, and Cardiff University. SHRN aims to improve children and young people's health and well-being in Wales by working with both primary and secondary schools to generate and use good quality evidence for health and well-being improvement.

English Language Version

Fersiwn Gymraeg

Dyddiadau Allweddol ar gyfer Casgliad Data 2026 y Rhwydwaith mewn Ysgolion Cynradd: Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith a Holiadur Amgylchedd yr Ysgol y Rhwydwaith Cynradd



Rydym yn falch o rannu'r amserlen ar gyfer Casgliad Data'r Rhwydwaith dros y misoedd nesaf:

4 Mehefin: Gweminar Recriwtio a Gwybodaeth i Ysgolion Cynradd.
Bydd y weminar ragarweiniol hon yn cynorthwyo ysgolion â deall proses yr

arolwg, beth sy'n newydd eleni, a sut i gofrestru. Bydd gwahoddiadau i'r weminar hon yn cael eu hanfon i'ch blwch negeseuon.

8 Mehefin tan 24 Gorffennaf: Bydd ysgolion cynradd yn gallu cofrestru i gymryd rhan yn ystod y cyfnod hwn.

7 Medi: Dosbarthu Deunyddiau'r Arolwg i Ysgolion Cofrestredig i gynorthwyo â pharatoi a chynllunio.

11 Medi: Bydd ysgolion yn cael eu dolen unigryw i'r arolwg, ynghyd â chyfarwyddiadau ar gyfer gweinyddu'r arolwg.

14 Medi tan 18 Rhagfyr: Bydd yr arolwg yn aros ar agor trwy gydol tymor yr hydref.

Ebrill 2027: Dosbarthu Adroddiadau Lefel Ysgol.

Haf 2027: Cyhoeddi Adroddiad Cenedlaethol y Rhwydwaith.

Bydd pob diweddariad yn parhau i gael ei rhannu yn E-Newyddion Misol y Rhwydwaith Ymchwil Iechyd Mewn Ysgolion.

Ysgolion Cynradd: Ymunwch â'n Gweminar Gwybodaeth a Chofrestru SHRN 2026

Gwahoddir ysgolion cynradd ledled Cymru i ymuno â Gweminar Gwybodaeth a Chofrestru'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion

(SHRN) 2026 **ddydd Iau 4 Mehefin, 3:45 – 4:45pm** (Microsoft Teams).

Mae'r sesiwn un awr hon wedi'i chynllunio i athrawon a chydweithwyr ysgolion cynradd o **Rwydwaith Ysgolion Cymru sy'n Hybu Iechyd a Lles (WNHWPS).** Byddwch chi'n dysgu am broses gofrestru SHRN yn ymarferol ac am beth i'w ddisgwyl o **gasgliad data 2026.**

Bydd y weminar yn cynnwys siaradwyr gwadd o dîm Iechyd a Lles ysgol gynradd a WNHWPS, a fydd yn rhannu enghreifftiau ac awgrymiadau defnyddiol.

Byddwn ni'n ymdrin â'r canlynol yn y sesiwn:

- Manteisio i'r eithaf ar aelodaeth SHRN i gefnogi lles ysgol gyfan
- Arweiniad cam wrth gam ar gofrestru a pharatoi at gasgliad data 2026
- Sut i ddefnyddio eich data SHRN i gefnogi'r gwaith o gynllunio, gwneud penderfyniadau a gwella lles

Dyma gyfle gwych i feithrin hyder yn y broses, gofyn cwestiynau a deall sut gall SHRN gefnogi gwaith eich ysgol.

Cofrestrwch am ddim yma.

Os oes gennych chi unrhyw gwestiynau, cysylltwch â Rheolwr Ymgysylltu SHRN, **Charlotte Wooders.**

Gwylio'n Gweminar: Ailfeddwl Ysgolion uwchradd – Cynorthwyo Dysgwyr ag ADHD.

Cyflwynir y weminar gan Dr. Abbey Rowe, o **DECIPHer**, **Prifysgol Caerdydd**. Mae ein gweminar, seiliedig ar dystiolaeth, yn archwilio sut mae arferion ac amgylchedd ysgol yn effeithio ar les dysgwyr sydd ag ADHD. Gan ddefnyddio data'r Rhwydwaith a ddaw oddi wrth dros 21,000 o ddysgwyr ar draws Cymru, ochr yn ochr â chyfweliadau â dysgwyr a staff, bydd y sesiwn hon yn amlygu camau ymarferol y gall ysgolion eu cymryd i greu amgylchedd mwy cynhwysol a chefnogol.

Gwyliwch yma »

Newyddion Diweddaraf: Llywodraeth Cymru yn Cyhoeddi Adroddiad Newydd ar Ofalwyr Ifanc sy'n Defnyddio Data y Rhwydwaith Ymchwil Iechyd mewn Ysgolion (SHRN)

Mae Llywodraeth Cymru heddiw wedi cyhoeddi adroddiad newydd, *Health, wellbeing and school life of young carers in Wales: Findings from the School Health Research Network (SHRN).*

Mae'r adroddiad yn ffurfio Cam Un o raglen ehangach tair cam i wella data a dealltwriaeth o ofalwyr ifanc yng Nghymru.

Darllenwch yma »

Astudiaeth Achos y Rhwydwaith: Ysgol Gynradd Abbey: O Fewnwelediadau'r Rhwydwaith i Weithredu: Dysgwyr Cynradd yn Arwain Newid mewn Lles Digidol

Defnyddiodd Ysgol Gynradd Abbey yng Nghastell-nedd Port Talbot ei data gan y Rhwydwaith i danio prosiect dan arweiniad y dysgwyr ar ddylanwad digidol a lles. Agorodd un cipolwg am ymgysylltu ar-lein cynnar gwestiynau pwysig am wydnwch, gwneud penderfyniadau a llais y disgybl.

Mae eu dull yn dangos sut y gall data SHRN symud ysgol o fewnwelediad i weithredu.

Darllenwch fwy am beth wnaeth yr ysgol.

Blog y Rhwydwaith: Deall Rôl Bechgyn a Dynion Ifanc mewn Addysg Iechyd y Mislif

Mae'r blog gwadd hwn, a ysgrifennwyd gan **Lauren Copeland**, sy'n ddarlithydd ym Mhrifysgol Metropolitan Caerdydd, yn archwilio pam mae addysg iechyd y mislif yn bwysig i bob person ifanc, nid dim ond y rhai sy'n cael mislif. Mae Lauren yn gweithio mewn partneriaeth â **Robyn Jackowich**, **Honor Young** a **Max R. Ashton** ym **Mhrifysgol Caerdydd** a **Tabitha Dickson** ym Mhrifysgol Metropolitan Caerdydd. A hithau'n manteisio ar ymchwil ddiweddar gyda bechgyn a dynion ifanc, mae Lauren yn edrych ar beth maen nhw'n ei ddysgu ar hyn o bryd a sut gall addysgu mwy cynhwysol helpu i leihau stigma a meithrin dealltwriaeth. Hefyd, mae'n rhannu cynlluniau ar gyfer astudiaeth fwy a fydd yn cynorthwyo ysgolion i greu sgyrsiau mwy agored a chefnogol am les y mislif.

Mae'r blog hwn o ddiddordeb i ddarllenwyr y Rhwydwaith oherwydd mae'n dwyn ynghyd dystiolaeth newydd, safbwyntiau pobl ifanc, a chipolygon ymarferol a all helpu ysgolion gryfhau lles y mislif i bob dysgwr.

Darllenwch fwy »

Blog y Rhwydwaith: Troi mewnwelediadau'r Rhwydwaith yn Gyfleoedd Dysgu, Dwyn Tystiolaeth y Rhwydwaith i Ddysgu am Les mewn Ysgolion.

Ar draws Cymru, mae Ysgolion yn archwilio ffyrdd newydd ac ymarferol o gynnwys tystiolaeth y Rhwydwaith mewn ABCh a dysgu ehangach am iechyd a lles. Mae defnyddio data go iawn yn rhoi ffordd syml i athrawon seilio gwersi'n fwy ar brofiadau gwirioneddol eu dysgwyr.

Mae'r blog hwn, a ysgrifennwyd gan **Maria Boffey**, yn rhannu enghreifftiau o'r ffordd mae ysgolion yn cysylltu themâu'r Rhwydwaith e.e. iechyd meddwl, cwsg neu ddewisiadau iach, â chynnwys presennol gwersi mewn ffyrdd ystyrlon ac ymarferol.

Darllenwch fwy »

Blog y Rhwydwaith: Beth mae Ysgol Gynradd Abbey wedi'i ddysgu i ni am droi data'r Rhwydwaith yn newid go iawn

Mae'r blog hwn, a ysgrifennwyd gan **Maria Boffey**, sef Rheolwr Cyfnewid Gwybodaeth a Materion Allanol y Rhwydwaith, yn taflu goleuni ar Ysgol Gynradd Abbey a'r ffordd ystyrlon y defnyddiodd ei chanfyddiadau o arolwg y Rhwydwaith i ddechrau sgyrsiau am fywyd digidol, dylanwad a lles. Mae ei thaith yn ein hatgoffa bod newid ystyrlon yn aml yn dechrau gydag un cwestiwn a pharodrwydd i'w archwilio gyda'i gilydd

Darllenwch fwy »

Sut Gall Ysgolion Lywio Iechyd a Lles i Ddysgwyr Trawsryweddol, Anneuaidd a Rhywedd-amrywiol

Mewn astudiaeth newydd dan arweiniad **DECIPHer** ym **Mhrifysgol Caerdydd**, mae Sophie, sy'n fyfyriwr PhD, yn gwahodd ysgolion uwchradd a phobl sy'n gweithio ym meysydd iechyd a/neu addysg i gymryd rhan mewn ymchwil sy'n ymchwilio i sut gall polisïau ac ymarfer ysgolion uwchradd ddylanwadu ar iechyd a lles dysgwyr trawsryweddol, anneuaidd a rhywedd-amrywiol.

Bydd yr astudiaeth yn cael ei chynnal rhwng Mawrth a Gorffennaf 2026, ac mae'n cynnwys:

- Grwpiau ffocws byr gyda staff o ysgolion uwchradd yng Nghymru (gan gynnwys uwch rolau arwain a rolau addysgu a bugeiliol)
- Grwpiau ffocws creadigol byr gyda dysgwyr mewn ysgolion uwchradd yng Nghymru
- Cyfweliadau unigol byr â phobl eraill sy’n gweithio ym meysydd iechyd ac addysg

Nod yr ymchwil hon yw darparu cipolygon ymarferol i **staff ysgolion a llunwyr polisi** er mwyn helpu gwneud ysgolion yn amgylcheddau mwy cefnogol ar gyfer iechyd a lles dysgwyr trawsryweddol, anneuaidd a rhywedd-amrywiol, a deall y rhwystrau mae ysgolion yn eu hwynebu wrth wneud hyn.

Gallwch ddysgu mwy ym mlog Sophie ar gyfer y Rhwydwaith **yma.**

Pwy all gymryd rhan?

- Ysgolion uwchradd yng Nghymru.
- Pobl sy’n gweithio mewn rolau yn gysylltiedig â pholisi ac ymarfer iechyd yn system addysg uwchradd Cymru, fel rolau addysg Llywodraeth Cymru ac awdurdodau lleol, cydlynwyr WNHWPS, a rolau iechyd cyhoeddus eraill sy’n gysylltiedig â lleoliadau addysg uwchradd.

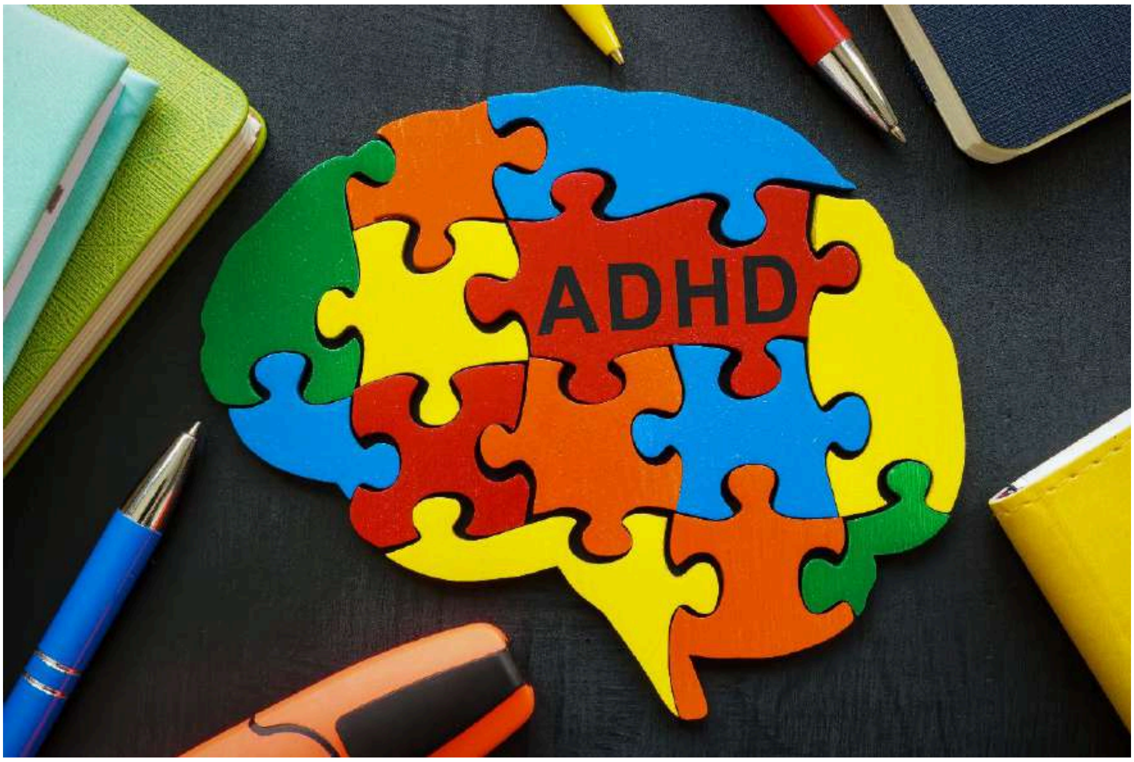
Bydd ysgolion uwchradd sydd eisiau cymryd rhan yn gweithio gyda Sophie i recriwtio aelodau staff eu hysgol i grŵp ffocws. Hefyd, gall ysgolion ddewis recriwtio dysgwyr trawsryweddol, anneuaidd a rhywedd-amrywiol i grŵp ffocws creadigol ar wahân.

Diddordeb? Cysylltwch â Sophie ar **schoolhealth_phd@cardiff.ac.uk**

Blog y Rhwydwaith: Pam Mae Hinsawdd Ysgolion yn Bwysig

Yn y blog hwn, mae **Maria Boffey**, Rheolwr Materion Allanol a Chyfnewid Gwybodaeth y Rhwydwaith Ymchwil Iechyd mewn Ysgolion, yn myfyrio ar y weminar ddiweddar gyda'r **Athro Graham Moore**, a drafododd pam mae hinsawdd ysgol yn chwarae rhan mor bwysig yn iechyd meddwl pobl ifanc. Yn y sesiwn, roedd safbwyntiau Graham yn adleisio'r hyn y mae llawer o ysgolion o bob rhan o Gymru eisoes yn sôn amdano, sef bod hinsawdd yn brofiad byw sy'n cael ei deimlo bob dydd, nid ei fesur ar dudalen yn unig. Mae'r blog hwn yn dwyn ynghyd negeseuon allweddol y weminar ac yn dangos sut maen nhw'n cysylltu â gwaith parhaus y Rhwydwaith i helpu ysgolion i ddeall a defnyddio eu data.

Darllenwch fwy »



Allwch Chi Helpu Myfyriwr PhD Caerdydd gyda Astudiaeth Arfogi ADHD?

Mae myfyriwr PhD Prifysgol Caerdydd, Tamara Williams, yn chwilio am gymorth gan ysgolion a theuluoedd i helpu gyda astudiaeth newydd ar "Masgio yn ADHD". Mae Tamara yn gwahodd pobl ifanc 12–17 oed sy'n byw ag ADHD—ac eu rhieni/gofalwyr—i gymryd rhan. Mae hi'n gofyn am gymorth ysgolion i rannu gwybodaeth am yr astudiaeth fel y gall teuluoedd sydd â diddordeb ddysgu mwy ac ymgysylltu....

Dewch i gefnogi astudiaeth newydd am guddio symptomau ADHD
Mae angen eich cefnogaeth arnaf i hysbysebu a helpu i recriwtio cyfranogwyr posibl ar gyfer fy astudiaeth newydd "Cuddio symptomau ADHD". Dewch i gefnogi'r gwaith recriwtio drwy hysbysu myfyrwyr (12-17 oed) sydd ag anhwylder diffyg canolbwyntio a gorfywiogrwydd (ADHD) a'u teuluoedd am yr astudiaeth hon.

Beth yw pwrpas yr astudiaeth?
Gall pobl ifanc ag ADHD fod yn cuddio eu symptomau (h.y. cuddio, atal neu reoli ymddygiadau neu anawsterau). Gall guddio symptomau effeithio ar eu rhyngweithiadau ag eraill, eu bywyd bob dydd a chael effaith negyddol ar eu hiechyd meddwl. Er bod cuddio symptomau yn bwnc poblogaidd mewn awtistiaeth, ychydig iawn o ymchwil sydd ar guddio symptomau mewn ADHD
Nod yr astudiaeth yw deall y strategaethau cuddio symptomau a ddefnyddir gan bobl ifanc ag ADHD, pa mor effeithiol ydynt a pha effaith y gallent ei chael ar eu bywydau. Mae'r astudiaeth yn cynnwys gwahodd pobl

ifanc (12-17 oed) ag ADHD i gyfweliad un-i-un (30-60 munud) i rannu eu profiadau o guddio eu symptomau ADHD.
Bydd yr wybodaeth o'r astudiaeth hon yn mynd i'r afael â bylchau allweddol mewn gwybodaeth ac yn helpu i roi cipolwg ar sut mae cuddio symptomau yn bwysig i brofiad pobl ifanc o ADHD.

Sut allwch chi helpu?
A allwch chi hysbysebu posteri'r astudiaeth yn uniongyrchol gyda phobl ifanc (12-17 oed) ag ADHD a'u rhieni/gofalwyr a thrwy eich sianeli cyfathrebu perthnasol (e.e. cylchlythyrau, schoop, parentpay/apiau eraill, y cyfryngau cymdeithasol, e-byst) gyda theuluoedd? Mae modd dod o hyd i'r posteri drwy sganio'r côd QR isod neu ewch I **https://tinyurl.com/36csvejr**

Am ragor o wybodaeth, anfonwch e-bost atom ni: Tamara Williams williamstl6@caerdydd.ac.uk.

English Language Version

Key Dates for SHRN 2026 Data Collection in Primary Schools: The SHRN Student Health and Well-being Survey and The SHRN School Environment Questionnaire (SEQ)

Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION

THE SCHOOL HEALTH RESEARCH NETWORK

Casglu Data 2026 | 2026 Data Collection

We’re pleased to share the timeline for the upcoming SHRN Data Collection:

4 June: Primary School Recruitment and Information Webinar.
This introductory webinar will support schools to understand the survey process, what’s new this year, and how to register. Invites to this webinar will be sent to your inbox.

8 June to 24 July: Primary schools will be able to register to take part during this period.

7 September: Survey materials Issued to Registered Schools to support preparation and planning.

11 September: Schools will receive their unique survey links along with instructions for administering the survey.

14 September to 18 December: The survey will remain open throughout the autumn term.

April 2027: SHRN School Level Reports issued.

Summer 2027: SHRN National Report published.

All updates will continue to be shared in [SHRN Monthly e-news.](#)

Primary Schools: Join Our 2026 SHRN Information & Registration Webinar

Primary schools across Wales are invited to join our 2026 SHRN Information and Registration Webinar on Thursday 4 June, 3:45–4:45pm (Microsoft Teams).

This one-hour session is designed for Primary School teachers and colleagues from the WNHWPS. You'll get a practical walk through of the SHRN registration process and what to expect from the 2026 data collection.

The webinar will feature guest speakers from a primary school Health and Well-being team and WNHWPS, sharing real examples and helpful tips.

In the session we'll cover:

- **Making the most of SHRN membership** to support whole school wellbeing.
- **Step by step guidance** on registering and preparing for the 2026 data collection.
- **How to use your SHRN data** to support planning, decision making and wellbeing improvements.

This is a great chance to build confidence in the process, ask questions and see how SHRN can support your school's work.

Register for free **here**.

For queries, **please contact Charlotte Wooders**, SHRN Engagement Manager.

Watch Our Webinar: Rethinking Secondary Schools- Supporting Learners with ADHD

Presented by Dr. Abbey Rowe, **DECIPHer** at **Cardiff University.** Our evidence-based webinar explores how school practices and environments impact the well-being of learners with ADHD. Using SHRN data from over 21,000 learners across Wales, alongside interviews with learners and staff, this session highlights practical steps schools can take to create more inclusive and supportive environments.

Watch here »

Latest News: Welsh Government Publishes New Report Using SHRN Data to Explore Young Carers in Wales

The Welsh Government has published a new report, *Health, wellbeing and school life of young carers in Wales: Findings from the School Health Research Network (SHRN).*

The report forms Phase One of a wider three phase- programme to improve data and understanding of young carers in Wales.

Read here »

SHRN Case Study: Abbey Primary School Learners Leading Change in Digital Well-being

Abbey Primary School in Neath Port Talbot used their SHRN data to spark a learner led project on digital influence and well-being. A single insight about early online engagement opened up important questions around resilience, decision making and pupil voice.

Their approach shows how SHRN data can move a school from insight to action.

Read more »

SHRN Blog: Understanding Boys' and Young Men's Role in Menstrual Health Education

This guest blog, written by **Dr. Lauren Copeland**, a lecturer at Cardiff Metropolitan University, explores why menstrual health education matters for all young people, not just those who have periods. Lauren is working in partnership with **Dr. Robyn Jackowich**, **Dr. Honor Young** and **Dr. Max R. Ashton** at **Cardiff University** and **Tabitha Dickson** at Cardiff Metropolitan University. Drawing on recent research with boys and young men, Lauren looks at what they currently learn, what they want to know, and how more inclusive teaching can help reduce stigma and build understanding. She also shares plans for a larger study that will support schools to create more open and supportive conversations about menstrual well-being.

This blog is of interest to SHRN readers because it brings together new evidence, young people's perspectives, and practical insights that can help schools strengthen menstrual well-being for all learners.

Read more »

SHRN Blog: Turning SHRN Insights Into Learning Opportunities, Bringing SHRN Evidence into Well-Being Learning in Schools.

Across Wales, schools are exploring new and practical ways to bring SHRN evidence into PSE and wider health and well-being learning. Using real data gives teachers a straightforward way to make lessons more grounded in what their learners are actually experiencing.

This blog written by **Maria Boffey** shares examples of how schools are connecting SHRN themes e.g. mental health, sleep, or healthy choices, with existing lesson content in meaningful and practical ways.

Read more »

SHRN Blog: What Abbey Primary School Taught us About Turning SHRN Data into Real Change

This blog, written by **Maria Boffey,** SHRN Knowledge Exchange and External Affairs Manager, shines a light on Abbey Primary School and the thoughtful way they used their SHRN findings to open up conversations about digital life, influence and well-being. Their journey is a reminder that meaningful change often begins with one question and a willingness to explore it together.

Read more »

SHRN Blog: How Schools Can Shape Health and Well-being for Transgender, Non-binary and Gender Diverse Learners

In a new study led by DECIPHer at Cardiff University, PhD student Sophie Borgia is inviting secondary schools and people working in health and/or education to take part in research investigating how secondary school policies and practices can influence the health and well-being of transgender, non-binary and gender diverse learners.

The study will be conducted in March - July 2026, and includes short:

- Focus groups with staff from secondary schools in Wales (including senior leadership, teaching and pastoral roles).

- Creative focus groups with learners at secondary schools in Wales.
- One-to-one interviews with other people working in health and education.

This research aims to provide practical insights for **school staff and policymakers** to help make schools more supportive environments for the health and well-being of transgender, non-binary, and gender diverse learners, and to understand barriers that schools face in doing this.

You can learn more in Sophie's blog for SHRN **here.**

Who can take part?

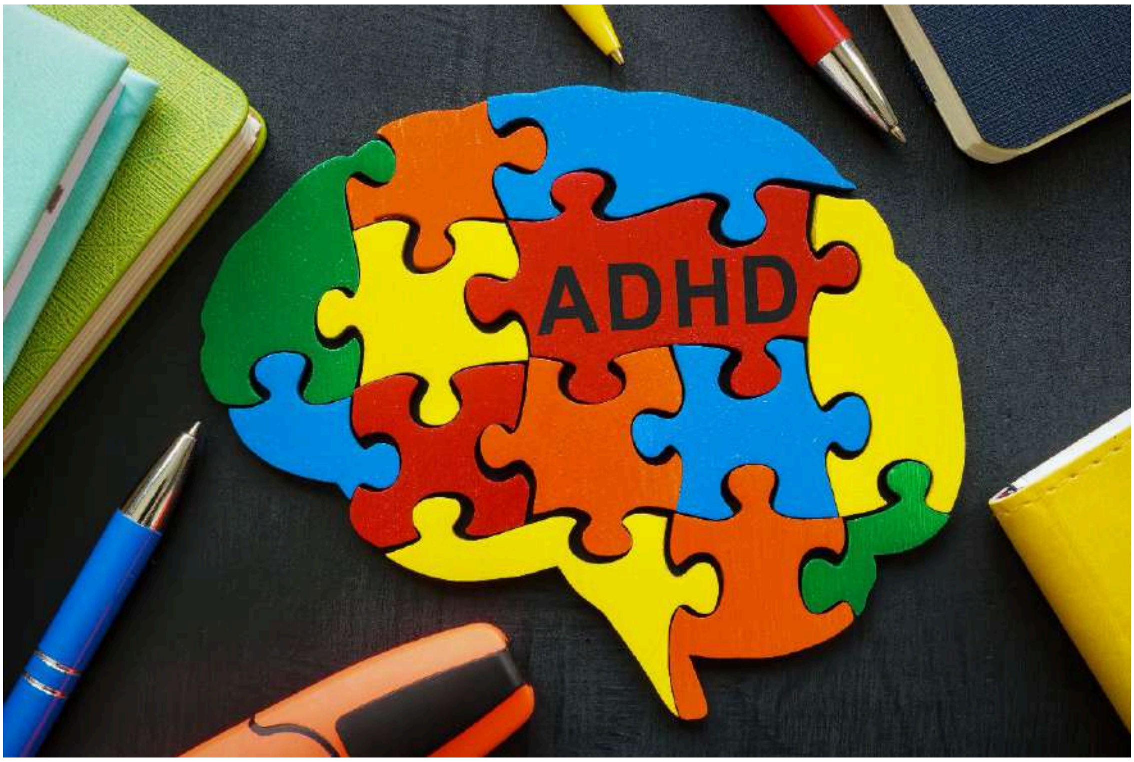
- Secondary schools in Wales.
- People working in roles related to health policy and practice in the Welsh secondary education system, such as Welsh government and local authority education roles, WNHWPS co-ordinators, and other public health roles related to secondary education settings.

Secondary schools who want to take part will work with Sophie to recruit their school staff members for a focus group. Schools can also choose to recruit transgender, non-binary or gender diverse learners for a separate creative focus group.
Interested? Contact Sophie at **schoolhealth_phd@cardiff.ac.uk**

SHRN Blog: Why School Climate Matters

In this blog, **Maria Boffey**, SHRN External Affairs and Knowledge Exchange Manager, reflects on our recent webinar with **Professor Graham Moore - People - Cardiff University**, which explored why school climate plays such an important role in young people's mental health. The session highlighted how strongly Graham's insights echo what many schools across Wales already tell us, that climate is something lived and felt every day, not just measured on a page. This blog brings together the key webinar messages and shows how they connect with SHRN's ongoing work to help schools understand and use their own data.

Read more »



Can You Help a Cardiff PhD Student with an ADHD Masking Study?

Cardiff University PhD student, Tamara Williams is looking for support from schools and families to help with a new study on "Masking in ADHD". Tamara is inviting young people aged 12–17 with ADHD, and their parents/carers, to take part. She is asking for schools' help to share information about the study so that interested families can find out more and get involved....

Please support a new study about masking in ADHD

I need your support to advertise and help recruit potential participants for my new study "Masking in ADHD". Please support recruitment by informing students (aged 12-17 years) with attention deficit hyperactivity disorder (ADHD) and their families about this study.

What is the purpose of the study?

Young people with ADHD may be masking their symptoms (i.e. hiding, suppressing or managing behaviours or difficulties). Masking can affect their interactions with others, their day-to-day life and have a negative effect on their mental health. Although masking is a popular topic in autism, there is little research on masking in ADHD

The study aims to understand the masking strategies used by young people with ADHD, how effective these are and what impact they might have on their life. The study involves inviting young people (aged 12-17 years) with ADHD to a 1:1 interview (30-60 min) to share their experiences of masking their ADHD symptoms.

The information from this study will address key gaps in knowledge and help provide insight into whether and how masking is important to the experience of ADHD in young people.

How can you help?

Please can you advertise the study posters directly with young people (aged 12-17 years) with ADHD and their parents/carers and through your relevant communication channels (e.g. newsletters, schoop, parentpay/other apps, social media, emails) with families? The posters can be found by scanning the QR code below or visit **https://tinyurl.com/36csvejr**

For more information, email: Tamara Williams
williamstl6@cardiff.ac.uk

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Os oes gennych unrhyw gwestiynau neu adborth am unrhyw beth yn yr e-newyddion hwn, neu SHRN ei hun, anfonwch neges e-bost at Maria Boffey, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol SHRN:

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If you have any questions or feedback about any of the content in this e-news, or SHRN itself, please email Maria Boffey, SHRN Knowledge Exchange and External Affairs Manager:

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