

CO-production of a Nature-based Intervention For children with ADHD Study

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Humber Teaching
NHS Foundation Trust



UNIVERSITY
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Leeds and York Partnership
NHS Foundation Trust



Yorkshire
Wildlife Trust



NIHR | National Institute
for Health Research

Attention Deficit Hyperactivity Disorder



Three main symptoms:

1

Inattentiveness

2

Hyperactivity

3

Impulsivity

Curious

Playful

Creative

But everyone is
different

Dynamic

Intelligent

Energetic



Green and blue spaces

Your garden or local park

Accessible Nature

Nature reserves

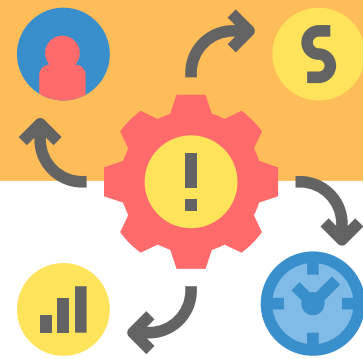
Ponds and lakes



Natural Potential



**Natural
Capital**



**How does it
impact
ADHD?**



**Enjoyed by
children!**



**No well-
evidenced
interventions**

Aims and Objectives



Co-production is key!

This study aims to co-produce a nature based intervention for children with Attention Deficit Hyperactivity Disorder (ADHD) and their families to help manage the impact of ADHD symptoms on their lives.

1. Create a co-production team of children and families with lived experience of ADHD, voluntary organizations working in green spaces, NHS professionals, clinicians and researchers (Phase 1)
2. Use aspects of existing campaigns (such as the five 'Ways to Wellbeing' and Wildlife Trust's 30 Days Wild) to produce a new intervention that is appropriate and acceptable for this population through discovery and co-production workshops (Phase 2)
3. Conduct user testing to refine the intervention measuring acceptability, usability and outcomes (in terms of symptoms being more manageable) (Phase 3)
4. Refine the intervention from the previous phases for further testing (Phase 4)





Phases of Design

Discovery
3 workshops



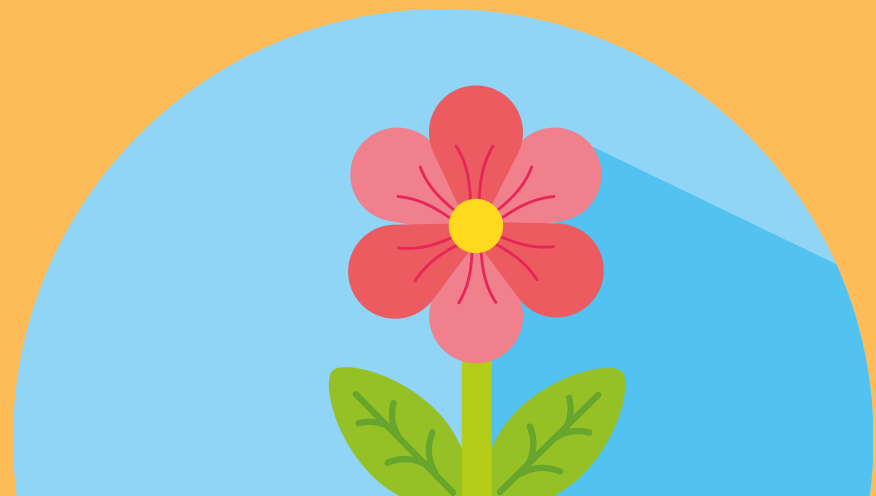
Co-production
4 workshops



User Testing
with families



Refinement
based on user testing





Study Progress

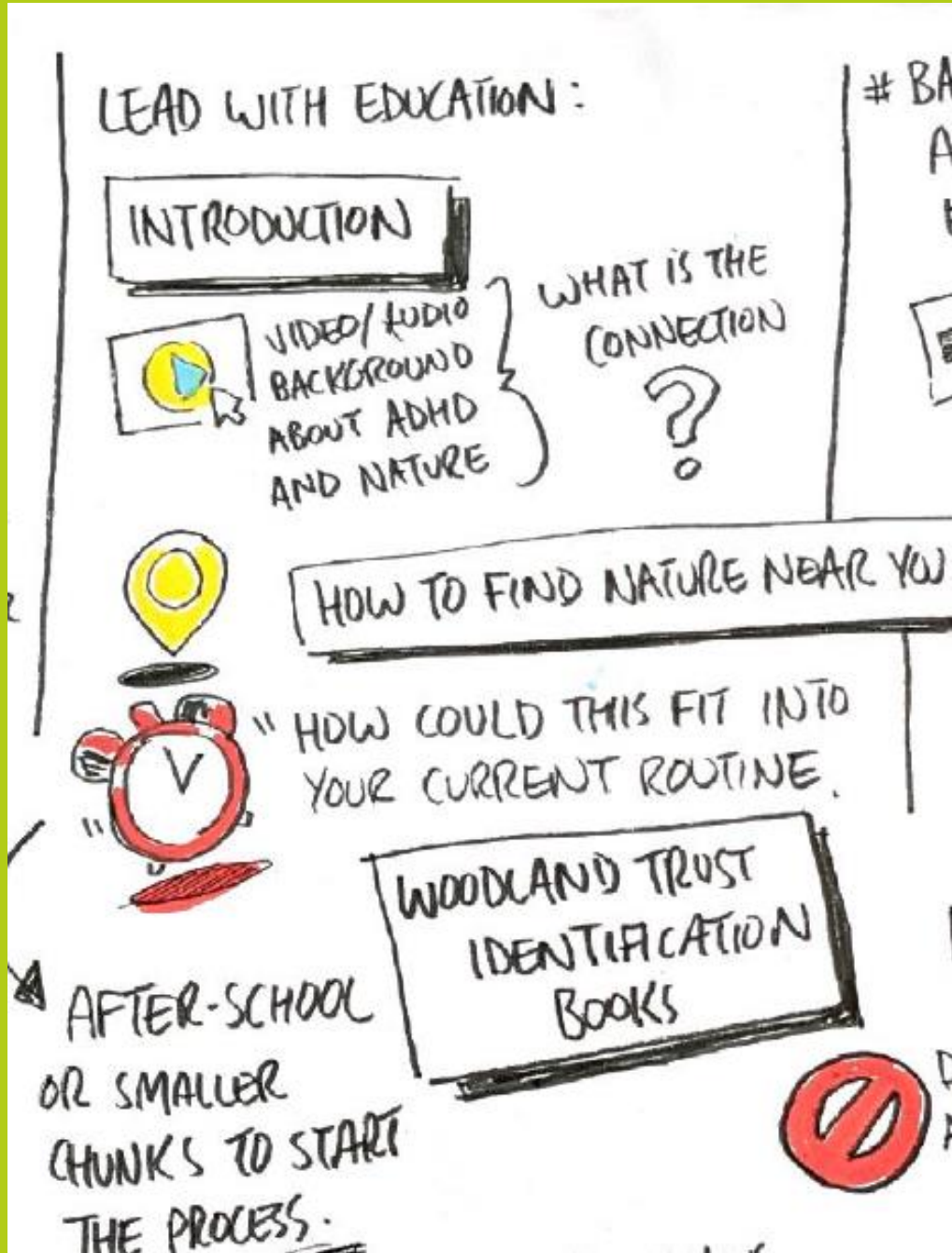
- Recruitment of co-design panel
- Discovery phase
- Co-production phase
- Recruitment of participants for user-testing phase
- User-testing phase
- Refinement phase



Discovery Workshops



Co-production Workshops

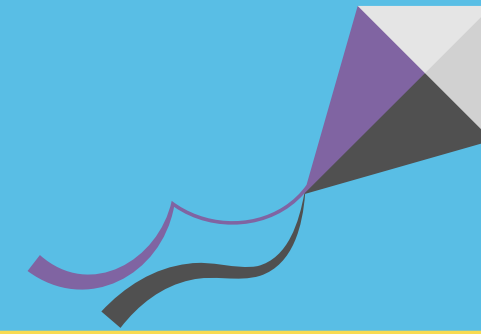


Early Themes



Communicate purpose

Explain the benefits of nature to the family and the child

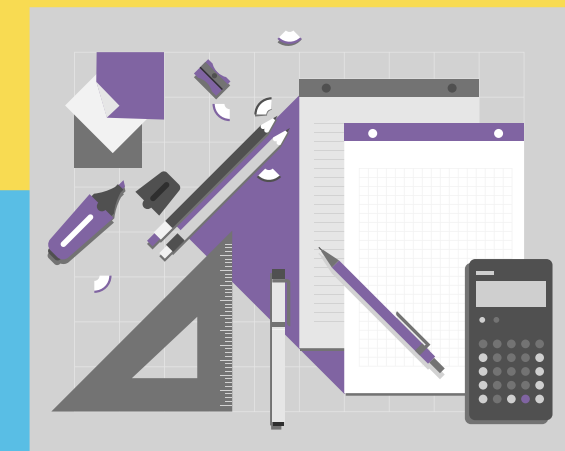


Child-led play

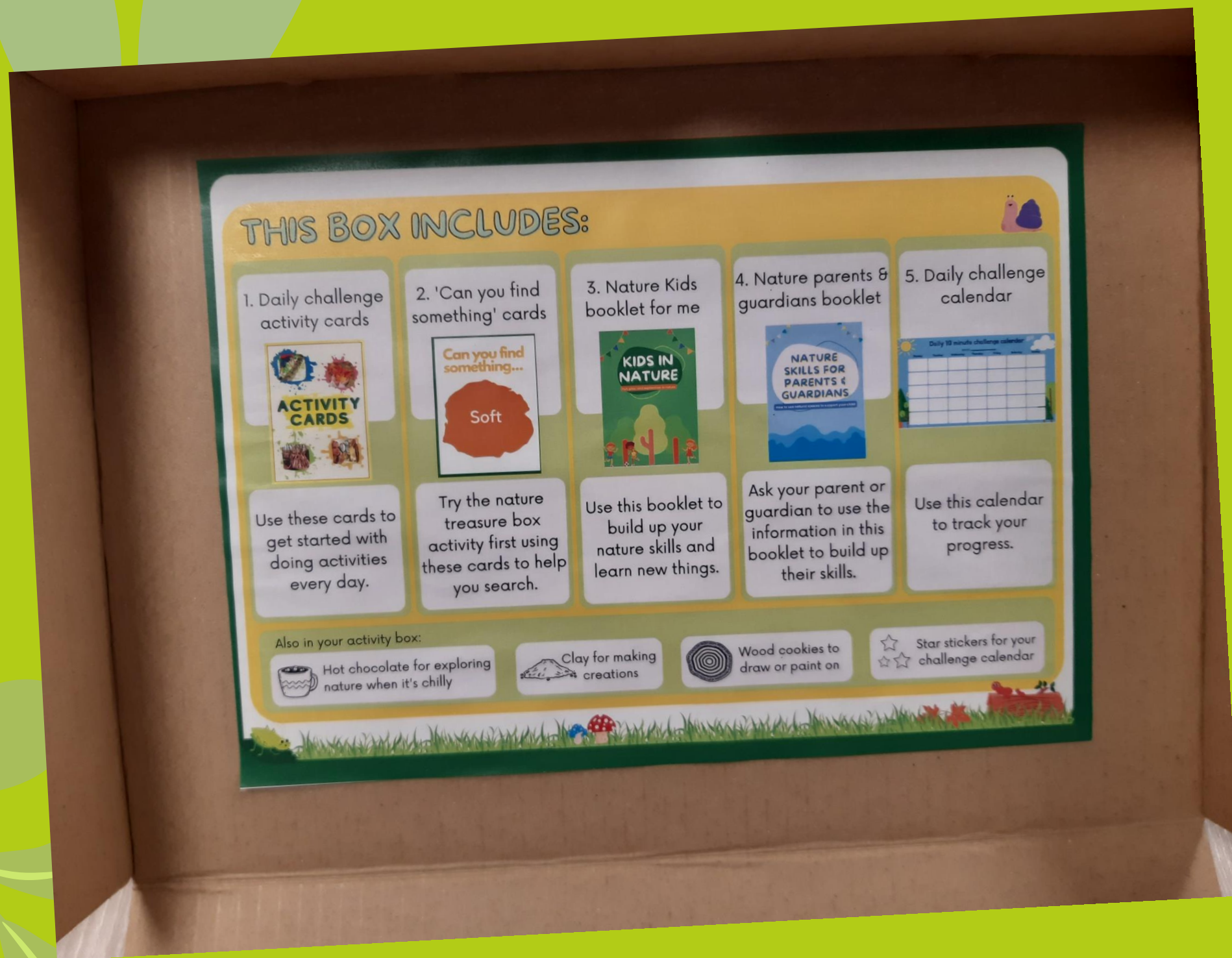
To allow the children to lead the activities, to set their own pace, and engage in their own way

Well-informed

To utilise existing engaging campaigns, and evidenced-based practices




Intervention design





User Testing Phase

- **Recruit 10 new families to test the intervention**
 - **Carry out outcome measures before and after the testing**
 - **Ask the families to use the intervention in a way that suits them for a period of 6 weeks.**
 - **Focus on 10 minutes of activity per day**
 - **Complete a 'diary' to record their experiences of using the intervention.**
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Next steps

- Once we have the results from the user testing the final phase is refining the intervention
- Two further co-production sessions
- Present outcomes in an accessible manner
- Work together with our families, professional groups to take on feedback
- Final intervention ready to take forward for future funding





Thanks for listening!