



QUEST Newsletter

Follow-Up Issue 4, January 2018

HAPPY NEW YEAR!



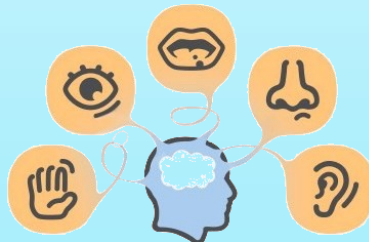
10 years ago you and 276 other families took part in QUEST, this is one of the largest studies on emotional and behavioural difficulties in children with Autism Spectrum Disorder (ASD).

QUEST Follow-up at age 11-15. Findings so far...

The importance of sensory sensitivities

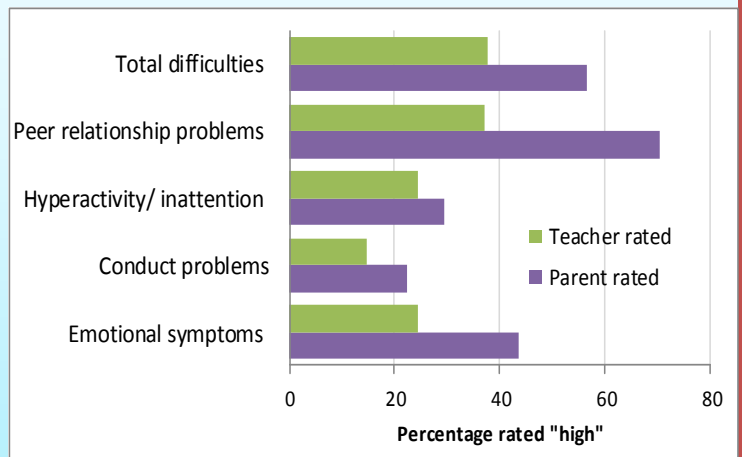
208 families participated in the QUEST Follow-up in 2015. Some young people came to see us at our research centre for the brain imaging part of the study that used EEG to measure brain activity. We found that parent reports of their child's sensory experiences to sound, sight, touch etc. were related to increased brain activity on a task measuring how different sounds are processed in the brain. Additionally, this increased brain activity was related to higher levels of emotional and behaviour problems. This suggests young people with ASD and sensory sensitivities may process incoming information differently, and helps us to understand why some young people with ASD may develop additional mental health problems.

Next we will look at whether these differences in brain functioning can predict how emotional and behavioural problems change over time.



Parents report higher emotional and behavioural problems than teachers

135 young people were rated by parents and teachers on the same measure of emotional and behaviour difficulties.



The overall pattern of difficulties was similar but parents consistently rated their children as having more marked difficulties. The difference was smaller for more visible difficulties, which are likely to be disruptive in the classroom, such as conduct problems and hyperactivity.

New QUEST Follow-up at age 13-17!

Now that the young people in QUEST are aged 13-17 we are interested in learning about **current concerns** and also **goals** and **achievements**. We are also interested in which services you have accessed and whether they are helpful.

We can't do it without YOU!

Whether we see you in person or you fill out a 30 minute questionnaire online, every person's answers help us get closer to understanding how best to support young people and their families. The more answers we have the better our understanding will be.

Thank you to everyone who has taken part already

As a thank you for completing the questionnaire, we will send you **high-street vouchers** to spend in over 200 shops and you will be entered into a prize draw to **win a tablet!**



Did you know that QUEST stands for questionnaires?

WIN A TABLET!

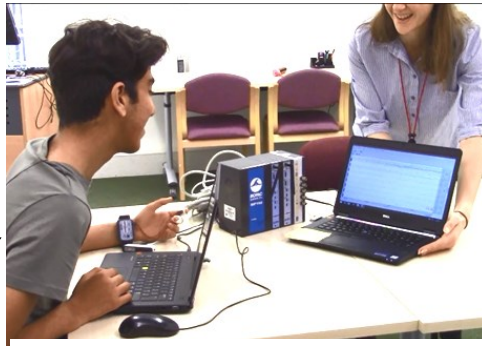
Everyone who takes part is entered into our prize draw to win a tablet!

New research activities for our young people in QUEST

Measuring physiological responses

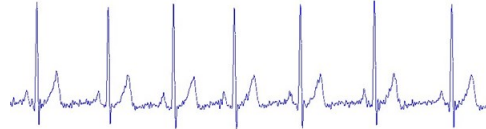
What are physiological responses?

Physiological responses are your body's natural reaction to what is going on around you. For example, when you are excited or nervous, your heart may beat quicker and your palms may get a bit sweaty.



How are we measuring physiological responses?

We are measuring some of our participants' physiological responses when playing computer games. We place sensors (stickers) on your skin which send a signal to our computer and show us what your heart rate is doing.



Other news...

Does your child have a desire to be on stage?

Do you know a keen musician, singer, dancer or gymnast? Anna Kennedy Online has extended their deadline for their 'Autism's Got Talent' auditions for QUEST participants. If you would like to know more email:



lisa.robins@annakennedyonline.com

www.annakennedyonline.com

Apps and tech

There are so many apps available now it can feel overwhelming to know which ones are good. We have found a FREE course on FutureLearn that can help you decide which apps might be useful for your child's learning and development, whatever their ability. Follow this link:

www.futurelearn.com/courses/supporting-autism

World Autism Awareness Week

26th March – 2nd April 2018

The QUEST study team will be raising money for The National Autistic Society to help bring awareness to the world about what Autism is. We would love your ideas!



When you send your contact slip back, please include an idea for our fundraising.



Good luck to all our participants taking school and college exams this year!



Professor
Emily Simonoff

It would help us greatly if you could tell us about any change of address or phone number. Please return the enclosed Contact Details Form or email IAMHealthAdmin@kcl.ac.uk. You are very welcome to get in touch to find out more about the study.

PHONE OR TEXT: 0207 848 0320 // 07881352653



Administrator
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Visit our website!

<http://iamhealthkcl.net/>