

# New Vantage Points in ADHD, Obesity, and Cardiometabolic Health: Where Research meets Patients


Event by EU-funded Research Project  TIMESPAN

## AGENDA

### morning sessions

09:15 - 10:00	Registration	
10:00 - 10:05	<b>Opening and Welcome</b> Phil Anderton, PhD (ADHD 360)	
10:05 - 10:20	<b>Introduction to TIMESPAN</b> (Management of chronic cardiometabolic disease and treatment discontinuity in adults with ADHD) Prof. Henrik Larsson	
10:20 - 11:15	<b>Beyond the Diagnosis: Voices of Those Managing ADHD and Cardiometabolic Health + Q&amp;A</b>  Speakers: <ul style="list-style-type: none"><li>Alison Lake (ECPO)</li><li>Helen Brumpton</li><li>Henry Tierney</li></ul>	<b>Session synopsis</b> In this session, we'll hear from people with lived experiences how they navigate both ADHD and additional cardiometabolic conditions.
11:15 - 11:45	Coffee break	
11:45 - 11:55	<b>Context lecture: Findings on obesity and ADHD</b> Prof. Catharina Hartman	
11:55 - 12:55	<b>Patient and clinicians perspectives on the interplay between ADHD and obesity + Q&amp;A</b>  Chair: Viljo Wilding Speakers: <ul style="list-style-type: none"><li>Andrea Bilbow OBE (ADDISS)</li><li>Prof. Toni Ramos-Quiroga</li><li>Alison Lake (ECPO)</li><li>Prof. Jason Halford (EASO)</li></ul>	<b>Session synopsis</b> ADHD and obesity often coexist, but their connection is not always well understood. How do these conditions influence each other, and what can be done to improve care for those affected? This panel brings together personal experiences, clinical insights, and advocacy perspectives to explore the challenges and solutions in managing ADHD and obesity. We'll hear from individuals navigating both conditions, clinicians treating them, and experts advocating for better recognition and support.
12:55 - 13:45	Lunch break	

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### afternoon sessions

13:45 - 14:45	<b>Findings from research project: TIMESPAN + Q&amp;A</b>  Chair: Prof. Henrik Larsson Speakers: <ul style="list-style-type: none"><li>• Prof. Catharina Hartman</li><li>• Dr. Zheng Chang</li><li>• Prof. Kari Klungsøyr</li><li>• Dr. Isabell Brikell</li><li>• Dr. Eric Barnett</li><li>• Prof. Jonna Kuntsi</li><li>• Alice Barnes</li></ul> <b>Session synopsis</b> In this session, researchers from TIMESPAN will share some of their exciting work and research findings from their work on ADHD and co-occurring cardiometabolic conditions. Structured into different focus areas, or work packages, TIMESPAN research explores:  <b>ADHD, Heart Health &amp; Medication – What's the Connection?</b> Exploring how ADHD affects cardiometabolic diseases like obesity, diabetes, and heart disease, and how ADHD medication influences health outcomes. <b>How Do People Use ADHD Medication?</b> Investigating patterns of ADHD medication use, why people discontinue treatment, and how this impacts health. <b>The Genetics Behind ADHD Medication Use</b> Studying the genetic factors that may influence whether someone sticks with or stops their ADHD medication. <b>Predicting Health Risks in ADHD</b> Developing AI-powered models to identify individuals at higher risk of poor health outcomes related to ADHD. <b>ART-CARMA – What Can Technology Tell Us About ADHD &amp; Health?</b> Using wearable technology to track real-life medication use and cardiometabolic health in adults with ADHD.
14:45 - 15:15	<i>Coffee break</i>
15:15 - 16:15	<b>Why Do People Discontinue ADHD Treatment? + Q&amp;A</b>  Chair: Prof. Jonna Kuntsi Speakers: <ul style="list-style-type: none"><li>• Prof. Ian Wong</li><li>• Dr. Ulrich Müller-Sedgwick</li><li>• Dr. Isabell Brikell</li><li>• Viljo Wilding</li><li>• Christian Lynch</li><li>• Rachel Hughes</li></ul> <b>Session synopsis</b> Many individuals with ADHD start medication but stop taking it over time. Why does this happen, and what can be done to support better treatment decisions? This panel brings together personal experiences, research insights, and clinical perspectives to explore ADHD treatment discontinuation. We'll hear first-hand stories from individuals navigating ADHD medication, followed by expert discussions on patterns, challenges, and flexible treatment approaches. Finally, we'll dive into advocacy, healthcare system improvements, and alternative support strategies.

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### afternoon sessions

16:15 - 16:30	<b>ADHD in our prisons – the role of medication: Experiences of a Prison Counsellor</b>  Sarah Templeton (ADHD Liberty)	<b>Session synopsis</b> In this keynote style short talk, Sarah Templeton, CEO of ADHD Liberty, will share her experiences as a prison counsellor working with offenders who have undiagnosed or untreated ADHD. She will highlight the role of medication, challenges in accessing treatment, and the urgent need for better screening and support in the criminal justice system.
16:30 - 16:45	<b>Wrapping up</b> Andrea Bilbow OBE & Prof. Henrik Larsson	
16:45	<b>End of event</b>	
16:45 - 17:15	<b>"Off-schedule" Networking</b>	