

Dear Parent/Guardian(s):

We are conducting a research study for middle and high school students with and without ADHD. We would like to tell you a little about this study so you and your family can decide if you and your child is interested in participating.

The purpose of the study is to evaluate the short-term benefits of physical exercise on cognitive performance and mood among middle and high school students with and without ADHD. Students' participation in this study will help researchers understand the acute effects of exercise on cognitive functioning. It is our hope that this study, and subsequent ones, will eventually benefit the general population by allowing us to develop new intervention and prevention approaches to adverse health outcomes, mood, and daily functioning among middle and high school students with ADHD.

If you and your child decide to participate, your child will be asked to attend three in-person sessions at their school or the University of Wyoming. During the sessions, your child will receive an ECG (to make sure they do not have a pre-existing physical health concern and are safe to exercise). Next, they will exercise on a stationary bike for 16 minutes. Finally, students will complete some verbal and computer tasks. You will be asked to complete a short online survey at three time points during the study (5-15 minutes each).

We invite you and your child to participate. **Your child will receive a \$30 gift card (for a merchant of your choice), and you will receive a \$25 gift card for your participation.** If you are interested, please contact the study director, Meisa Khaireddin, under the supervision of Dr. Cynthia Hartung at uwyoall@gmail.com or call 307-316-4783.

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