

Blandine French

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HIGHER EDUCATION

2016 - 2021 **University of Nottingham, UK** – *PhD at the Institute of mental health*

Awareness of ADHD in primary care, Prof David Daley, Prof Kapil Sayal, Doc Elvira Perez-Vallejos

My PHD focused on ADHD understanding in primary care, developing a psychoeducation online program for GPs. The project included conducting systematic reviews, semi-structured interviews and a pilot randomised control trial. Two six months maternity leave were added to this 4 year program.

2012 - 2015 **University of Reading, UK** - *First honour BSc Psychology, Childhood and Ageing*

RESEARCH EXPERIENCE

11/24- NHS England ADHD task force

01/23 **University of Nottingham, UK** – *Independent Research Fellow*

My current project is a three year fellowship looking at the costs of undiagnosed ADHD and/or ASD. This economic evaluation is in collaboration with London School of Economic

05/21- 01/23 **University of Nottingham, UK** – *Research Fellow*

I was employed on an online trial evaluating a new app created to support parents of neurodiverse children while they are waiting for an assessment (NIHR funded study OPTIMA RP-PG-0618-20003). The role included literature searches, developing questionnaires, conducting surveys, recruitment , data collection, carrying out analyses and tests and drafting of reports.

10/16 – 2021 **University of Nottingham, UK** – *Research Assistant*

During the course of my PhD, I have been involved in multiple projects as a researcher assistant. These included the development Cafe connect, an interactive and engaging experience with the public to initiate new ideas for future research, including study design, data gathering and analysis, knowledge exchange and dissemination. I am also part of a Self-harm research group in the school of Psychology and have been involved in a few projects related to self-harm, currently investigating the use of a self-harm tool for individuals with autism. The latest project I have been involved conducting a scoping review assessing the factors affecting children cognitive development in sub-Saharan countries.

06/15 - 10/16 **University of Nottingham, UK**- *Research Assistant*

This MRC funded project investigated the role of the cerebellum in Dyspraxia. Experience in recruiting and testing children, analysing data and preparing reports as well as assisting with administrative tasks, supervising of students and funding applications (MRC grant proposal). Involved in many public engagement events such as Psychology Master Class, currently on the organising committee for Spring Scientist week, in charge of administration and organisation of database. Trained in administrating standardised test such as MABC test, BAS II, can also demonstrate extensive knowledge of SPSS.

07/14 - 09/14 **UROP Placement University of Reading, UK**-*Research assistant*

Over a summer placement, I have been assisting a PHD student with her research on tactile discrimination using TMS.

Training

- Impact leadership program
- PPI training, Cambridge university
- Policy Impact Program, University of Nottingham
- Prince 2 project management, Online course
- Leadership program, University of Nottingham
- Introduction and management of clinical trials, University of Nottingham Clinical Trial Unit

- Introduction in health economics, University of York
- Teaching and Learning Development Program, University of Nottingham, AFHEA
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Publications

05/25 – French et al. (2025). *The Lancet Psychiatry*

05/25- Kooij, S. et al (2025). Research Advances & Future Directions in Female ADHD: The Lifelong Interplay of Hormonal Fluctuations with Mood, Cognition, Disease. *Frontiers in Global Women's Health*, 6, 1613628.

02/25- Gudka, R. et al. (2025). Digital health interventions with healthcare information and self-management resources for young people with ADHD. *ECAP*

11/24 - Parker, A., **French**, B., Groom, M. J., & Hall, C. L. (2024). Understanding the Barriers and Facilitators Experienced by Healthcare Professionals in Providing Care for Tics: A Mixed Methods Systematic Review of Clinical Knowledge, Attitudes, and Practices. *BMC Medical Education*.

10/24 – **French**, B., Babbage, C., Rennick, Egglestone, S., & Cassidy, S. (2024) Misrepresentation by online study participants – a threat to data integrity. *The Lancet Psychiatry*

10/24 – **French**, B. et al. (2024) Data integrity issues with online studies, an institutional example of a widespread challenge. *JMIR Mental health*

09/24 – French, B., & Price, A. (2024) Users experiences, the lived experience of ADHD. *Oxford Textbook of Attention Deficit Hyperactivity Disorder*

07/24- **French**, B., & Cassidy, S. (2024). “Going Through Life on Hard Mode”—The Experience of Late Diagnosis of Autism and/or ADHD: A Qualitative Study. *Autism in Adulthood*.

06/24 – **French**, B. & Groom, M. (2024) Access to care for neurodiversity: ADHD and Tourette Syndrome. Policy brief

06/24 - William, Sandy, Matthew Horrocks, Jemma Richmond, Charlotte L. Hall, and Blandine French. Experience of CBT in Adults with ADHD: A mixed methods study. *Frontiers in Psychiatry*.

05/24 - **French**, B., Nalbant, G., Wright, H., Sayal, K., Daley, D., Groom, M. M., ... & Hall, C. L. (2023). The impacts associated with having ADHD: an umbrella review. *Frontiers in Psychiatry*, 15, 1343314.

11/23- **French**, B., & Brown, B. (2023). Pet ownership and grief—Exploring how pet ownership effects owners’ mental wellbeing during times of grief. *Pet Behaviour Science*, (15), 1-19.

11/23 - **French**, B., Price, A., Salimi, A., & Russell, A. (2023). Important Considerations for ADHD ‘Patient and Public’ Involvement and Engagement in Research. *Medical Research Archives*, 11(10).

09/23- Kostyrka-Allchorne et al (2023) Remote Recruitment Strategy and Structured E-Parenting Support (STEPS) App: Feasibility and Usability Study

07/23 -**French** B. & Prasad V. (2023). Why should GPs do online training on ADHD. *BCGP life*

05/23 – **French**, B., Hort, j., Nielsen, E., Ablewhite, J., Jones, K., & Townsend, E. (2023). Café Connect: An innovative approach to public engagement in all stages of the research lifecycle.

04/23 - **French**, B., Groom M., Daley D. & Cassidy S. (2023). Risks Associated With Undiagnosed ADHD and/or Autism: a mixed-method systematic review. *Journal of Attention Disorders*

04/23 - **French**, B. et al. (2023). The impact of sleep difficulties in children with Attention Deficit Hyperactivity Disorder on the family. A thematic analysis. *Child: Care, Health and Development*

01/23- Kostyrka-Allchorne, K., Ballard, C., Byford, S., Cortese, S., Daley, D., Downs, J., ... & Sonuga-Barke, E. J. (2022). Online Parent Training for The Initial Management of ADHD referrals (OPTIMA): the protocol for a randomised controlled trial. *Trials*, 23(1), 1003.

09/22- **French**, B. et al. (2022). Hand posture, but not vision of the hand, affects tactile spatial resolution in the grating orientation discrimination task. *Experimental Brain Research*

08/22 – Andrews, J. A. et al (2022). Involving psychological therapy stakeholders in responsible research to develop an automated feedback tool *Journal of Responsible Technology*, 100044.

05/22- **French**, B. (2022). ADHD Training for Primary Care Professionals. in C. R. Pérez, M. D. Areces, Updates on ADHD - New Approaches to Assessment and Intervention. *IntechOpen*, 10.5772/intechopen.104998

01/22- Kostyrka-Allchorne, et al. (2022). The Feasibility of a Strategy for the Remote Recruitment, Consenting and Assessment of Recent Referrals: Protocol for Phase 1 of OPTIMA trial. *Pilot and Feasibility studies*

- 11/21- Stickley, T et al. "The Elder Tree": An evaluation of Creative Writing Groups for Older People. *Nordic Journal of Arts, Culture and Health*
- 12/20- **French B** et al. Assessing the efficacy of online ADHD awareness training in primary care: Pilot randomised control trial evaluation with nested qualitative interviews. *JMIR Medical Education*
- 11/20- **French B** et al. Development and evaluation of an online education tool on ADHD for General Practitioners: the important contribution of co-production. *BMC family practice*
- 08/20- Dort et al. Bibliometric Review: Classroom Management in ADHD. *Sustainability*
- 07/20- **French B** et al. Nutrition, growth, and other factors associated with early cognitive and motor development in Sub-Saharan Africa: a scoping review. *Journal of Human Nutrition and Dietetics*
- 02/20 – **French B** et al. Awareness of ADHD in primary care: stakeholder perspectives. *BMC family practice*
- 12/18- **French B** et al. Barriers and facilitators in understanding ADHD in primary care- a mixed method systematic review. *ECAP*
- 05/18 - **French B** et al. Ceiling effect in the Movement assessment battery for children. *PlosOne*
- 04/18 - Jeavons A et al. The adult ADHD treatment handbook. *Routledge*
- 10/17- McGlashan H et al. Improvement in children's fine motor skills following a computerized typing intervention. *Human Movement Science*
- 01/16 - Blanchard C et al. Online visual control of movement predicts general motor ability in children. *Frontier*

Conferences, presentations and award

- 10/24- Oral presentation, Medice International conference, 600 attendees, Online, International reach
- 06/23 – Oral presentation, 3rd International Congress of Health Education and Research & AoME, Cardiff, UK
- 06/23 – Oral presentation, RCGP annual conference, London, UK
- 03/23 – Symposium chair and presentation, EPA European congress of psychiatry, Paris, France
- 10/22 – Conference presentation, Eunathydis, Cardiff, UK
- 10/21 – Oral presentation, RCGP conference, Liverpool
- 10/21 – CADDRA poster presentation, online conference, Canada
- 10/21 – Online Webinar, ADHD Europe
- 05/21 – Winner of UoN tricampus award, Policy Impact – emerging star
- 11/20 – Honourable commendation ACAHMS trainee of the year award
- 08/20 – Winner of an Honourable mention awards of the national Doctoral Researcher Award
- 05/20 – IMH research day – Winner of best publication for researchers with lived experience
- 01/20 – PAHDL group seminar oral presentation, School of Psychology, University of Nottingham
- 09/19- Sue Watson oral presentation, University of Nottingham – Winner of best presentation award
- 06/19- Poster presentation, IMH research day, University of Nottingham – Winner of best publication for researchers under 6 publications
- 04/19 - Poster presentation, ADHD world congress, Lisbon, Portugal
- 07/15 - Poster presentation, 11th International DCD conference, Toulouse, France

Public engagement

- 01/20 – present. Creation, facilitation and organisation of a monthly neurodiverse parent support group
- 09/19 – present. Presentation of research at many public event: PubHD, Autistica webinar, ADHD Europe, student union podcast, ACAMH podcasts, PubfHD
- 2016 – 18 Organisation and dissemination of **Café Connect**, bringing research to the public in events held at the Nottingham Contemporary
- 2016 – 19. Organisation and dissemination of **Summer Scientist Week**, a yearly event organised by the School of Psychology where children experience real science first-hand

Grants

- 02/23- Management Innovation Network grant (internal)
- 02/23 – QR policy funding (Internal)
- 10/22 – ESRC new investigator grant
- 11/21 - Independent medical educational grant from Shire pharmaceutical
- 12/19 – Independent grant from Self-help UK
- 08/18 – Independent medical educational grant from Shire pharmaceutical

09/16 – ESRC DTC +4 doctoral award

CLINICAL EXPERIENCE

01/15 – present **Parenting Special Children charity**, Reading, UK- *Assistant*

I help organising ADHD workshops for parents in Berkshire. My responsibilities involve leading sessions, setting up, talks, workshops and direct communication with parents through social media and emails. Lead organiser of an ADHD conference in Reading with 200 attendees.

10/13 - 01/17 **NHS, Talking Therapies**, Reading, UK- *Assistant psychologist*.

Assisting in the running of a group therapy for patients suffering from Multiple Sclerosis using Compassion Focused Therapy. My duties ranged from collecting data, writing up manuals, finding appropriate measures and supporting the head psychologist. I was also involved in assisting the running of a monthly support group for adults with ADHD and leading a couple of sessions on an NHS ADHD adult program.