

# OPTIMA STUDY NEWSLETTER

OPTIMA →

Online Parent Training for the Initial  
Management of ADHD referral

JULY 2023



Summer is struggling to make an appearance in the UK but OPTIMA is blooming. We have recently met our target number of 352 parents actively taking part in the trial, which is fantastic news! This means that we have now closed recruitment into OPTIMA.

Some of the first parents who joined the trial are now completing their final questionnaires! We would like to say a big thank you to these parents for continuing with the study for the full 12-months. Everyone who finishes the final set of questionnaires will be given access to the STEPS app for 3 months, no matter which group you were in.

We will also be inviting completing parents to share with us your experiences of your child being on a service waitlist. Everyone who takes part in these sessions will receive a £20 Amazon voucher as a thank you. Look out for the email invitation!

## WHAT NEXT?

The OPTIMA Team is now starting to plan for the future; considering how we can best implement what we will have learnt from the study. Included in these discussions are our wonderful parent advisory panel. This is a group of parents who have volunteered their time to help us to develop, improve and implement various aspects of OPTIMA and the STEPS app. You can read more about their work on our website [here](#).

Another important aspect of this future planning is feedback from those of you who were given the STEPS app to use at the start of the study. If you gave your consent, you will have been approached to take part in an informal feedback session to help us understand what parents thought of the STEPS app. It doesn't matter if you used the app or not, or whether you liked it or not - we want to hear your honest thoughts. Everyone who takes part in one of these sessions will receive a £20 Amazon voucher as a thank you. If you were in the app study group and you'd like to take part in one, please email [optima@kcl.ac.uk](mailto:optima@kcl.ac.uk) - we'd love to hear from you!

We hope that you all have a restful summer. However, if you do feel in need of extra support, please check our [safety card](#) on the website for contact details of local clinical services and other support agencies.

Thank you all once again for showing your support for our study and continuing to complete the questionnaires and drawing tasks - every piece of data is valuable to us!

<https://optimastudy.co.uk>