

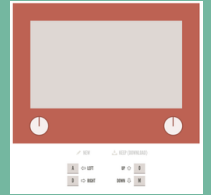
# OPTIMA STUDY NEWSLETTER

OPTIMA  
Online Parent Training for the Initial  
Management of ADHD referral

Thank you for continuing to take part in the OPTIMA study, we are really grateful for your contribution. As mentioned in the [last newsletter](#), we reached our recruitment target, and so we are now focusing on the follow-up questionnaires. Thank you for continuing to complete these, and a special thank you to the first parents who joined the study who have now completed their final 12 month questionnaires!

## ESO DRAWING GAME

A big thank you to all the parents and children who have taken part in the Etch-A-Sketch Online drawing game. For those of you completing your final set of questionnaires at 12 months, there is an opportunity to take part one last time. You can read more about the drawing game on our [website](#).



## ANDROID UPDATE (VERSION 10 AND BELOW)



- Security updates introduced by Google mean that the STEPS app is no longer supported by Android devices that are version 10 or below. It's not just STEPS, lots of other apps are also affected by this change.
- If you have an Apple device, or an Android device that is version 11 or above - your STEPS app is not affected.
- If you do have an Android device that is version 10 or below, and you have already downloaded the STEPS app, you will still be able to use the app – however, you will not be able to update or re-download it.
- As a fix to this problem, you may be able to update your Android version, please see the steps below.

## HOW TO CHECK YOUR ANDROID VERSION:

1. Open your phone's menu. Tap System Settings.
2. Scroll down towards the bottom.
3. Select About Phone from the menu.
4. Select Software Information from the menu.
5. The OS version of your device is shown under Android Version (it will be a number).

## HOW TO UPDATE YOUR ANDROID VERSION:

- You may be able to update your Android version here: <https://support.google.com/android/answer/7680439?hl=en-GB>.

## NEED MORE HELP?

- Please contact us at [stepsapp@kcl.ac.uk](mailto:stepsapp@kcl.ac.uk) if you're having any issues with your STEPS app.
- PLEASE REMEMBER NOT TO LET YOUR RESEARCHER KNOW WHICH GROUP YOU ARE IN. THEY MUST NOT KNOW THIS.

If you wish to unsubscribe from future OPTIMA newsletters, please click here.

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