

DECEMBER
2023

OPTIMA STUDY NEWSLETTER

OPTIMA →
Online Parent Training for the Initial
Management of ADHD referral

Happy Holidays from all of us at the OPTIMA Study!

We at OPTIMA wanted to write to thank you all for continuing to support the study and helping to make it such a success.

This year we have reached two milestones.

- We completed recruitment with a total of 352 parents taking part.
- We have now seen many parents complete the whole study from start to finish.

Big thanks to all of you for making this possible.

OPTIMA staff will be taking a break over the holiday season. Please check the 'Important Dates' section for more information about voucher delivery and office closure dates in December. You may still receive automated reminders during this time about questionnaires and STEPS. Please be assured that if you complete a set of questionnaires whilst the office is closed, your voucher will be sent out to you once we return in the New Year.

Dont' forget to visit our website where you can catch up on our latest news
WWW.OPTIMASTUDY.CO.UK

Thank you to all the parents who have taken the time to get involved in interviews and the ESO drawing game with their child. All the feedback we get from you is so valuable.

Many parents have now completed the study and will be getting access to the STEPS app, do let us know if you think you should have received it but not heard from us.

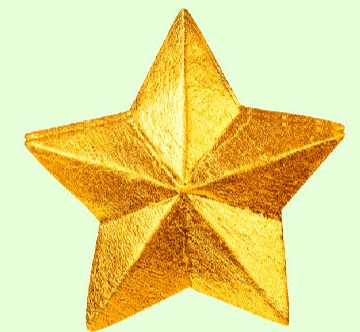
We hope that you all have a peaceful holiday season. However, if you do feel in need of extra support, please check our Safety Card on the website for contact details of local clinical services and other support agencies.

“ Thank you for taking the time to be part of our study. We wish you all a peaceful holiday season and look forward to speaking with you in the New Year! ”

Claire, Ellen, Hannah, Kasia, Kristy, Nancy and Naomi

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IMPORTANT DATES



**Last vouchers sent out -
19th December 2023**

**OPTIMA office closes -
21st December 2023**

**OPTIMA office re-opens -
2nd January 2024**