

OPTIMA NEWSLETTER

Summer 2025

Results

We are working hard to analyse the results of the study, and will be in touch in the Autumn once this is complete. If you have changed your email or phone number, please let us know so that we can update you when we have the results to share.

OPTIMA website

Don't forget that all our newsletters and blogs are still available to view on our [website](#). Take a look at the new blog written by Claire, one of our [PPIE \(Patient and Public Involvement and Engagement\) Panel members](#), on a parent's point of view of waiting for an ADHD assessment, and how apps like STEPS can be beneficial.

Staff update

As the study comes to a close, our [OPTIMA team](#) are moving on to other projects. Claire, the Research Assistant for London has started with a new study testing a treatment for PTSD; Naomi and Kristy, two of the Research Administrators, are both now working on new projects for young people with ADHD. Hannah, Research Assistant at Nottingham, is continuing with her PhD on Tics, while Ellen (Research Fellow at Southampton), and Nancy (Administrator at our London site) are working hard with other colleagues to bring the overall OPTIMA project to a close. We have all had a lovely time working as a team on OPTIMA and enjoyed our interactions with the parents and carers who have taken part.

Wishing you a pleasant summer break,
from everyone at OPTIMA!

Reminders

If you wish to unsubscribe from future OPTIMA newsletters, please click [here](#).

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