

# QbTest Utility for Optimising Treatment in ADHD (QUOTA)

<b>Submission date</b> 04/04/2018	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 10/04/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 28/06/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Attention Deficit/Hyperactivity Disorder (ADHD) is a condition that affects 3-5% of young people under 18 years old. Young people with ADHD have difficulties with attention, impulsivity and hyperactivity that make it harder for them to learn, form relationships and prepare for adulthood. Clinical guidelines state that young people taking medication for ADHD should be closely monitored and have their medication reviewed regularly to ensure they receive the correct dose to improve their symptoms. However, many young people aren't monitored as closely as guidelines recommend. This can lead to lack of improvement or worsening of symptoms, meaning that children may not experience the benefits of medication as quickly as they should. At the moment, assessing whether or not medication is working relies on the opinions of teachers and parents, collected through questionnaires. The difficulties of this are: differences of opinion between people, lack of information provided by them, and not returning the questionnaires. A test performed on a computer (QbTest) provides doctors with a report of the young person's symptoms and can therefore show whether medication is working. This may help doctors reach accurate decisions about medication dose more quickly, reducing the need for questionnaires. The researchers met with families and young people with ADHD and medical experts and developed a procedure for using QbTest to measure medication effects. The aim of this study is to measure how well this procedure works in the real world by asking a group of young people to complete the test when they first start taking medication and at their follow-up appointments.

### Who can participate?

Patients aged 6-17 years (may turn 18 during the study) with ADHD

### What does the study involve?

Participants are randomly allocated into one of two groups. If they are allocated into the intervention group, the participant is asked to undertake a QbTest if they have not had one in the last 12 weeks. The participant then begins taking stimulant medication. At the first follow up at 2-4 weeks, the participant undertakes a 2nd QbTest, and again at follow up 2 (8-10 weeks). Once follow up 2 has been completed, the participant is asked to take part in an interview to discuss the acceptability of the intervention. If they are allocated into the treatment as usual group, the participant starts taking stimulant medication. Follow up 1 and follow up 2 are clinic

contact. These can either be via phone or in person consultations, based on clinician's judgement and are to occur between weeks 2 and 10. Once follow up 2 has been completed, the participant is asked to take part in an interview to discuss the acceptability of the intervention.

What are the possible benefits and risks of participating?

The researchers cannot say that any participants may receive any benefit from taking part, but those in the intervention group will take up to two QbTests and in a previous study conducting QbTests, the children, young people and families found these test results really interesting. The study findings may help health professionals to understand the difficulties that children and young people attending an ADHD clinic may be experiencing. There are no anticipated risks for those taking part in the study.

Where is the study run from?

1. Grantham and District Hospital (UK)
2. Medway Maritime Hospital (UK)
3. Acorn Centre (UK)

When is the study starting and how long is it expected to run for?

April 2017 to March 2019

Who is funding the study?

National Institute for Health Research (NIHR) (UK)

Who is the main contact?

Dr Laura Williams

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## Contact information

**Type(s)**

Scientific

**Contact name**

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## Additional identifiers

**ClinicalTrials.gov (NCT)**

NCT03368573

**Protocol serial number**

36253

## **Study information**

### **Scientific Title**

Optimising medication management in children and young people with Attention deficit hyperactivity disorder (ADHD) using an objective measure of attention, impulsivity and activity (QbTest): a feasibility study

### **Acronym**

QUOTA

### **Study objectives**

Attention Deficit/Hyperactivity Disorder (ADHD) is a condition that affects 3-5% of young people under 18-years-old. Young people with ADHD have difficulties with attention, impulsivity and hyperactivity that make it harder for them to learn, form relationships and prepare for adulthood.

Clinical guidelines state that young people taking medication for ADHD should be closely monitored and have their medication reviewed regularly to ensure they receive the correct dose to improve their symptoms. However, many young people aren't monitored as closely as guidelines recommend. This can lead to lack of improvement or worsening of symptoms meaning that children may not experience the benefits of medication as quickly as they should.

At the moment, assessing whether or not medication is working relies on the opinions of teachers and parents, collected through questionnaires. The difficulties of this are: differences of opinion between people, lack of information provided by them, and not returning the questionnaires. A test performed on a computer (QbTest) provides doctors with a report of the young person's symptoms and can therefore show whether medication is working. This may help doctors reach accurate decisions about medication dose more quickly, reducing the need for questionnaires.

The trialists met with families and young people with ADHD and medical experts and developed a procedure for using QbTest to measure medication effects. They will measure how well this procedure works in the real world by asking a group of young people to complete the test when they first start taking medication and at their follow-up appointments. They will ask doctors and families/young people for their opinions on the procedure.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

West of Scotland REC 1, 07/11/2017, ref: 17/WS/0209

### **Study design**

Randomised; Interventional; Design type: Treatment, Active Monitoring

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Specialty: Mental health, Primary sub-specialty: Learning disorders - ADHD; UKCRC code/  
Disease: Mental Health/ Behavioural and emotional disorders with onset usually occurring in childhood and adolescence

## Interventions

Following consent into trial by a health care professional, the participant will be randomised by a health professional. Method of randomisation: block randomisation

If randomised into the intervention arm, the participant will be asked to conduct a QbTest if they have not had one in the last 12 weeks. The participant will then commence stimulant medication. At the first follow up at 2-4 weeks, the participant will undertake a 2nd QbTest, and again at follow up 2 (8-10 weeks). Once follow up 2 has been completed, the participant will be asked to take part in a qualitative interview to discuss the acceptability of the intervention.

If randomised into the treatment as usual arm, the participant will commence stimulant medication. Follow up 1 and follow up 2 are clinic contact. These can either be via phone or in person consultations, based on clinician's judgement and are to occur between weeks 2 and 10. Once follow up 2 has been completed, the participant will be asked to take part in a qualitative interview to discuss acceptability of the intervention.

Total duration of treatment and follow up: 12 weeks

## Intervention Type

Other

## Primary outcome(s)

The feasibility and acceptability of a QbTest medication management protocol; Timepoint(s):  
End of study:

1. Acceptability of randomisation assessed by collecting information on the number of patients who declined to take part and stipulated a reason connected to randomisation. Drop out rates will also be monitored immediately after randomisation, as will the numbers of errors in randomisation
2. Acceptability of the study design assessed via collecting data on the amount of eligible patients, participants approached, declined, consented, randomised, and complete the trial
3. Acceptability of outcome measures assessed via completion rates for outcome measures. This data will be split by data collection method to assess whether online, phone or postal paper based methods are the most appropriate formats
4. Acceptability and feasibility of the protocol assessed by recording non adherence of health professionals to the protocol and further exploration of reasons for non adherence
5. Feasibility of a future RCT assessed through the collection of the amount of time healthcare professionals required to carry out study tasks, as well as time taken by the research assistants /fellows

## Key secondary outcome(s)

1. ADHD symptoms, assessed using the Swanson, Nolan and Pelham Teacher and Parent Rating Scale (SNAP-IV) at baseline, follow-up 1 (2-4 weeks) and follow up 2 (8-10 weeks)
2. Behavioural and emotional issues, assessed using the Strength and Difficulties Questionnaire (SDQ) at baseline and follow up 2 (8-10 weeks)
3. Child's health related quality of life, assessed using the Child Health Utility 9D (CHU9D) at baseline, follow up 1 (2-4 weeks) & follow up 2 (8-10 weeks)
4. Symptom severity, assessed using Clinical Global Impression (CGI) at baseline and follow up 2 (8-10 weeks)
5. Cost associated with use of health services and other costs that the families incurred, assessed using Health Economic Outcome Questionnaire at follow up 2 (8-10 weeks)
6. Side effects of medication, assessed using Side Effects Questionnaire at follow up 1 (2-4 weeks) and follow up 2 (8-10 weeks)
7. Whether medication was taken, assessed using the Medication Adherence Questionnaire at follow up 1 (2-4 weeks) and follow up 2 (8-10 weeks)
8. Acceptability of the intervention to parents/guardians and children and young people, and clinicians, assessed using qualitative interviews after the participant has completed follow up 2 (12 weeks)

**Completion date**

31/03/2019

## Eligibility

**Key inclusion criteria**

1. Age 6-17 years (may turn 18 during the study)
2. Confirmed clinical diagnosis of ADHD
3. Joint clinician/parent/young person decision to start stimulant medication for ADHD or review effectiveness of medication in CAMHS or Community Paediatric services
4. Capable of providing written consent
5. Parental consent (under 16 years)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Unable to give informed consent
2. Severe learning difficulty
3. Not started on a stimulant medication (e.g. non-stimulant medication is prescribed or the

family choose not to start medication at all)

4. Non-fluent English

**Date of first enrolment**

11/12/2017

**Date of final enrolment**

31/10/2018

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Grantham and District Hospital**

101 Manthorpe Road

Grantham

United Kingdom

NG31 8DG

**Study participating centre**

**Medway Maritime Hospital**

Windmill Road

Gillingham

United Kingdom

ME7 5NY

**Study participating centre**

**Acorn Centre**

306 London Road

Romford

United Kingdom

RM7 9NH

## **Sponsor information**

**Organisation**

Nottinghamshire Healthcare NHS Foundation Trust

ROR

<https://ror.org/04ehjk122>

## Funder(s)

### Funder type

Government

### Funder Name

NIHR Central Commissioning Facility (CCF); Grant Codes: PB-PG-1215-20026

## Results and Publications

### Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date.

### IPD sharing plan summary

Data sharing statement to be made available at a later date

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		16/03/2021	28/06/2022	Yes	No
<a href="#">Protocol article</a>	protocol	15/02/2018		Yes	No
<a href="#">Protocol article</a>	developing the protocol	18/06/2019	21/06/2019	Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	version V1.1	10/10/2017	10/04/2018	No	Yes
<a href="#">Participant information sheet</a>	version V1.1	10/10/2017	10/04/2018	No	Yes
<a href="#">Participant information sheet</a>	version V1.1	10/10/2017	10/04/2018	No	Yes
<a href="#">Participant information sheet</a>	version V1.1	10/10/2017	10/04/2018	No	Yes
<a href="#">Participant information sheet</a>	version V1.1	10/10/2017	10/04/2018	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes