

# Children's ADHD Telemental Health Treatment Study (CATTs)

## A Study for Kids with ADHD/ADD

### Purpose of Study:

Seattle Children's Hospital has been doing Telemental Health (TMH) for 9 years. Our TMH program has treated over 900 youth with 3,000 visits in five communities throughout Washington. TMH focuses on communities where it is difficult to get expert mental health care. TMH uses two way cameras to allow families in an underserved area to meet with a psychiatrist in a distant city over the TV. Now, we are doing a study to see how much TMH helps children with attention-deficit hyperactivity disorder (ADHD/ADD). Visit our website for more information: <http://www.TV4ADHD.org>.

*Treatment sessions are free.*

### Eligible Children:

Children 5½ to 12 years old already diagnosed with ADHD/ADD or who might have ADHD/ADD. We are interested in children who are newly recognized with ADHD/ADD and those who are not doing well with current treatment.

### Study Process:

1. Children and their caregivers receive an evaluation to clarify the diagnosis of ADHD and other problems.
2. All children are assigned to an intervention group:
  - a. six sessions of medication treatment (1.0 to 1.5 hours each) by a telepsychiatrist over the TV and behavioral treatment (1.0 hour each) delivered by a therapist at a local clinic; or
  - b. a single session (1.5 hours) by the telepsychiatrist over the TV who makes treatment recommendations to the primary care physician.
3. Both groups participate for 23 weeks.
4. Both groups complete assessments 6 times during the study and are paid \$35 for each assessment plus a bonus \$35 if all assessments are completed (a possible total of \$245).
5. *All sessions with the telepsychiatrist and with the therapist are free to families.*

### Location of Study:

Telemental health clinics are located in Bellevue, Everett, Olympia, Longview, Wenatchee, Tri-Cities WA and Boardman OR.

### Benefits:

Your child's ADHD/ADD may improve by having treatment provided by experts in ADHD/ADD. We may learn new ways to care for kids with ADHD/ADD and other mental health and behavioral problems.

### Contact Information:

For more information on this study, please contact  
Research Team at (206) 884-2343 or 1-800-997-4017 or email us at [catts@seattlechildrens.org](mailto:catts@seattlechildrens.org)

**Or visit our website:** <http://www.TV4ADHD.org>

Principal Investigator Dr. Kathleen Myers can be reached at (206) 987-1663

or via email at [kathleen.myers@seattlechildrens.org](mailto:kathleen.myers@seattlechildrens.org)

Department of Child Psychiatry and Behavioral Medicine, Seattle Children's Hospital, Seattle, Washington

### Washington Families



Seattle Children's  
Seattle, Washington  
Institutional Review Board

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APPROVED

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