

Usability of the STEPS mobile app

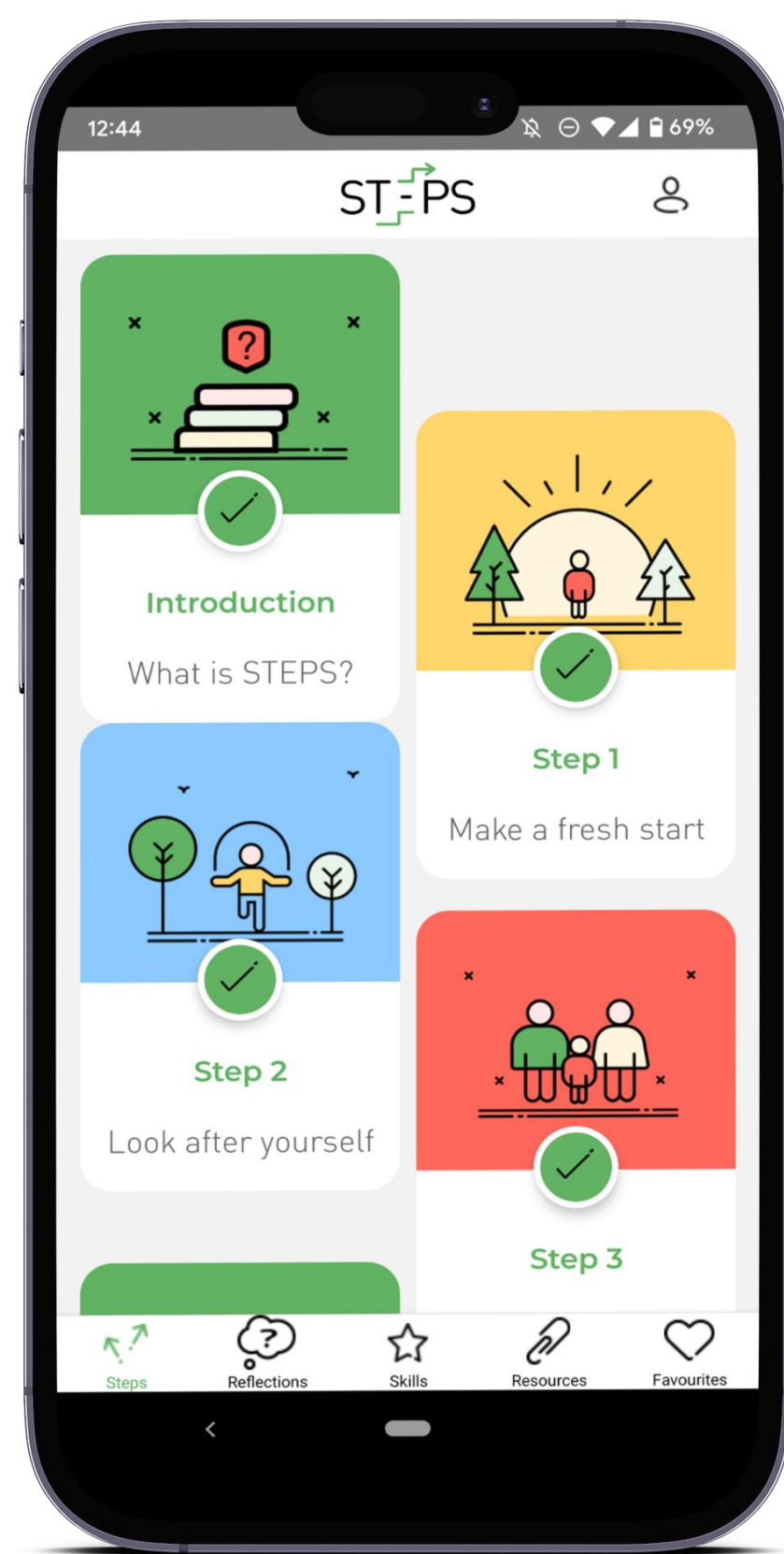
STEPS (Structured E-Parenting Support) is a new digital parenting intervention for parents of children awaiting specialist assessment for ADHD-related difficulties.

STEPS has been developed by Professor Edmund Sonuga-Barke and the OPTIMA Team.

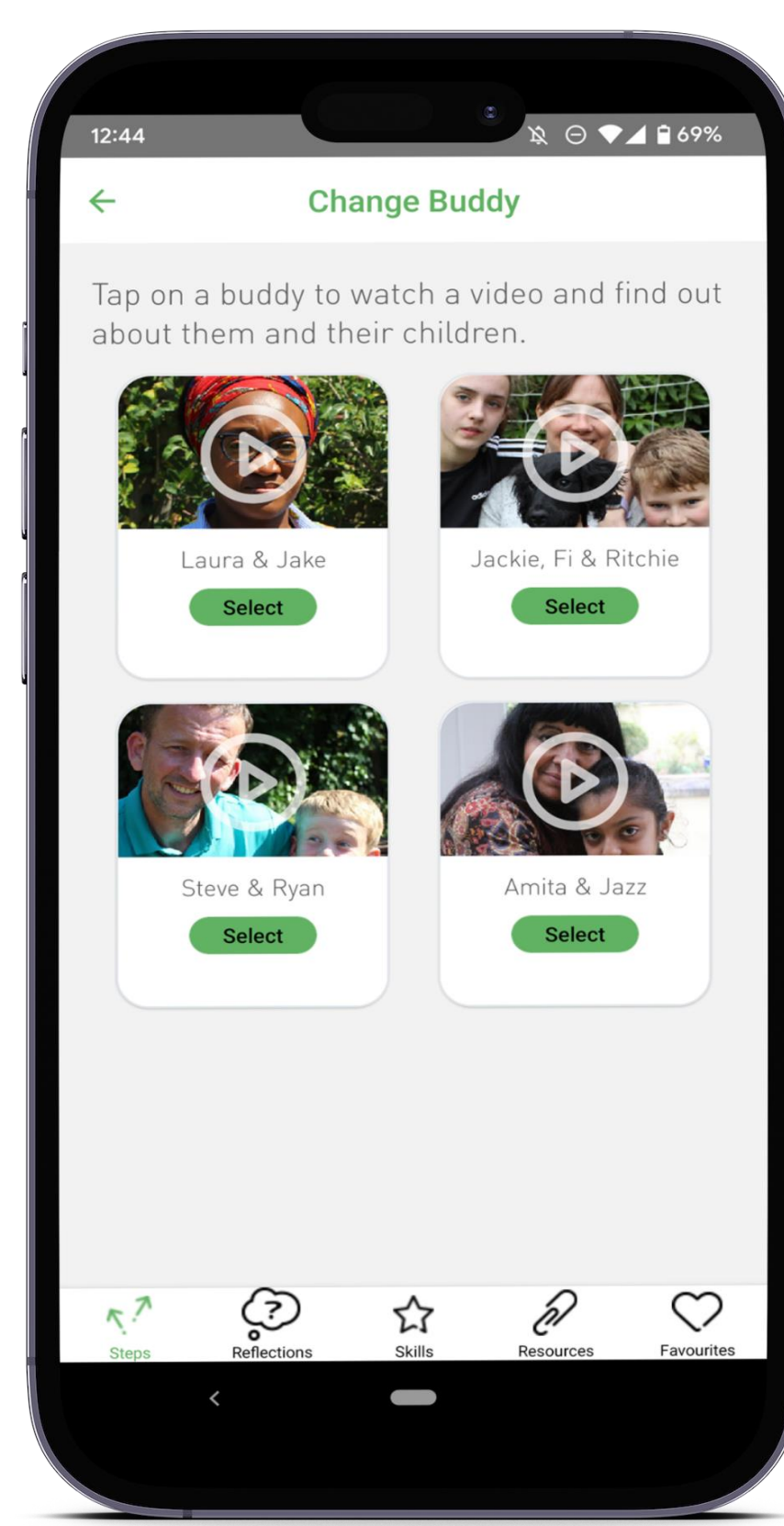
THE STEPS APP

STEPS has been designed to offer timely and convenient support to parents of children referred to services for ADHD-type difficulties.

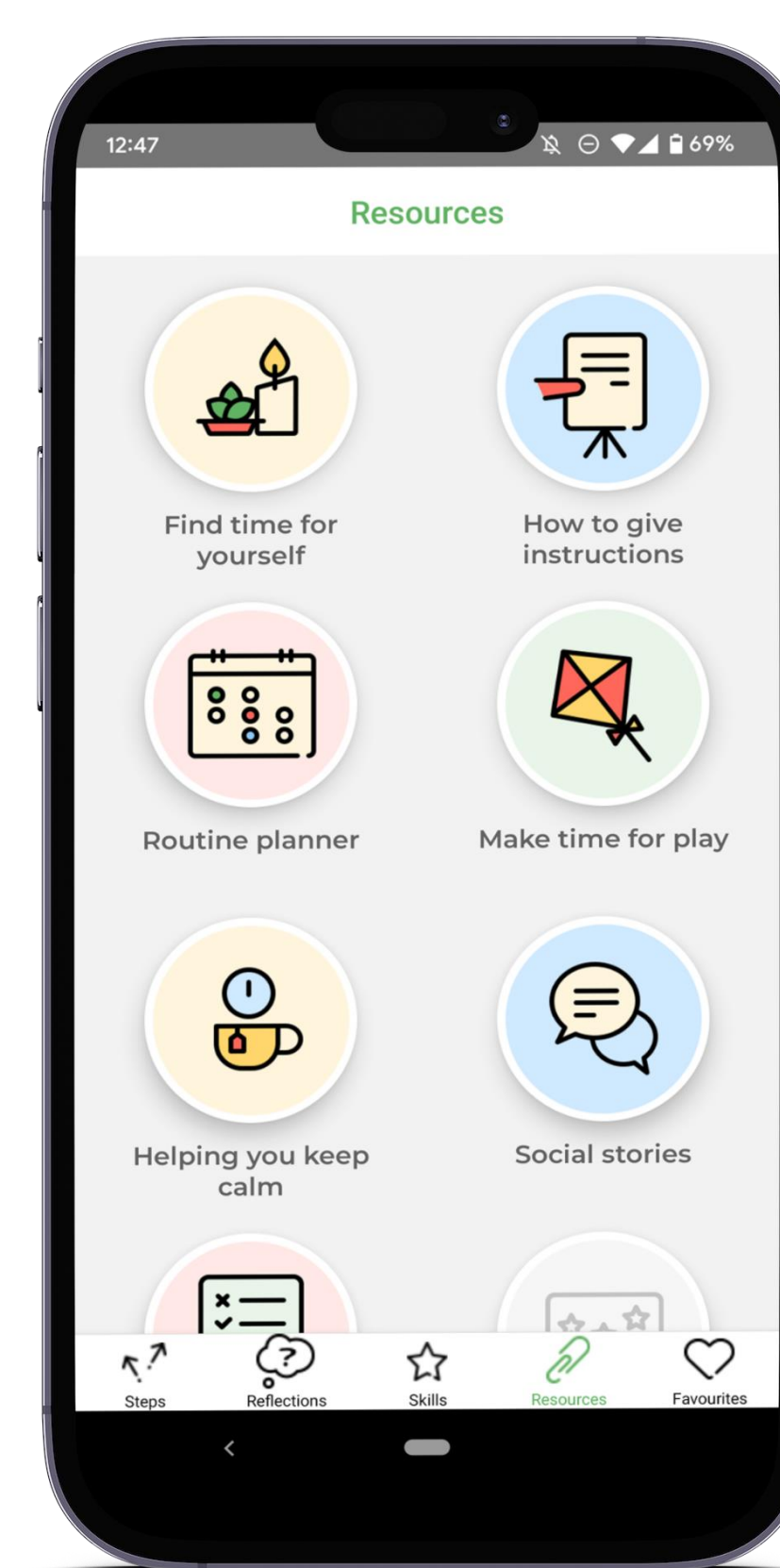
The content has been shaped by the latest research about parenting and child behaviour and many years of clinical experience.



1: STEPS home screen



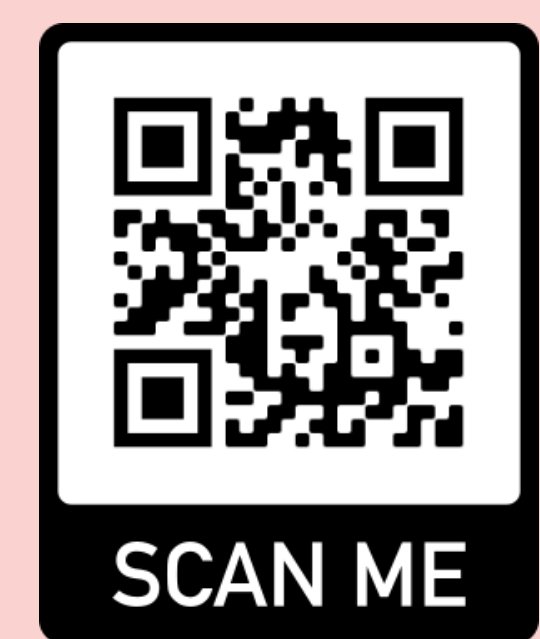
2: Choosing parent buddy screen



3: Resources screen

STEPS is currently being trialled in the OPTIMA randomised control trial. Visit our website for more information.

www.optimastudy.co.uk



APP FEATURES

- Content delivered in bite-sized videos and audio clips narrated by a buddy.
- Parents work through the eight steps in their own time.
- Can be accessed at any time and any place, reducing barriers to access.
- Downloadable resources and space to record reflections.
- An unguided intervention with no need for clinical support.
- STEPS works on most smartphones, is free and easy to download.

STEPS USABILITY STUDY

METHOD

Parents recruited (n=12)

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Think aloud session #1 = first impressions.

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Use app for one week and complete measures online.

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Think aloud session #2 = experience of using the app.

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Final feedback questionnaire.

RESULTS

"I'm really very impressed with it. It's a lovely app, it's a brilliant idea."
Parent, anonymous

★ STEPS usability score was 94.8 (SD=4.8).

★ Parents found the app easy to navigate and visually attractive.

★ Users liked the simple language and the fact that the information was easily accessible.

★ User feedback led to modifications before the app was adopted for the OPTIMA trial.

"I know a lot of parents...with no help or support...would really benefit from this."
Parent, anonymous

DISCUSSION

STEPS app could contribute to discussions on:

- Novel ways of delivering support to parents.
- Benefits of providing parenting support via mobile phone apps.
- Providing early support to parents of children with unmet needs.
- How to actively engage parents in child and adolescent mental health research.

The OPTIMA Team would like to thank: all the parents involved in the STEPS usability study and OPTIMA trial; TOAD London for the initial app development; and Bitjam Ltd. for the app re-design and support of STEPS through the OPTIMA trial.