

## What do I need to do to allow my child to take part?

If you agree to allow your child to take part in the study, you must be willing to bring your child to the University Eye Center at SCCO for:

- Initial testing to see if your child is eligible.
- Initial tests of reading and attention.
- Weekly therapy sessions for 16 weeks in a row.
- Follow-up visits to check your child's vision, attention, and reading, approximately one week and one year after completing the therapy.
- You will need to make sure that your child performs the prescribed home therapy.



## Whom should I contact if I have questions or if I would like my child to take part?

If you would like further information or are interested in taking part in this study, please contact:

**Dr. Susan Cotter**  
Principal Investigator

**Sue Parker**  
Study Coordinator

**Southern California College of Optometry  
at Marshall B. Ketchum University**



**Marshall B.  
KETCHUM UNIVERSITY**  
Southern California College of Optometry  
*University Eye Center at Fullerton*

2575 Yorba Linda Blvd.  
Fullerton, CA 92831-1699  
Phone: 714.992.7817  
Fax: 714.992.7872  
Email: [sparker@ketchum.edu](mailto:sparker@ketchum.edu)



## INFORMATION FOR PARENTS



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## What is convergence insufficiency?

Convergence insufficiency (CI) affects about 5 out of every 100 people. CI is an eye-teaming problem in which the eyes have a strong tendency to drift outward when reading or doing work close up. If the eyes drift out, the person may see double. To avoid seeing double, a person with CI must use extra effort to make the eyes turn back in. This extra effort can lead to annoying symptoms that can interfere with the ability to read and work comfortably up close.

## What symptoms are often associated with convergence insufficiency?

Common symptoms when reading or doing work up close are:

- eyestrain
- headaches
- inability to concentrate
- short attention span
- frequent loss of place
- blur
- sleepiness
- trouble remembering what was read
- need to re-read the same line of words



## What is the CITT-ART Study?

The CITT-ART study was designed to find out whether therapy for convergence insufficiency (CI) improves reading and attention. Children with CI have many more symptoms when reading and show worse attention than children without CI.

We know that CI therapy often improves these symptoms and we have some early evidence that treatment also may result in improvements in reading and attention. However, to know for sure we need to study this question in a larger group of children with some children receiving a harmless control therapy that is not designed to treat CI.

This study is being conducted at 8 sites across the United States and is funded by the National Eye Institute, which is part of the National Institutes of Health. About 325 children will take part in this study.

## What treatment will my child receive?

If you agree to have your child take part in the study, a computer program will decide whether your child will receive active or control therapy. This is similar to flipping a coin. Two out of every 3 children will receive the active therapy. Children who still have symptoms at the end of therapy will be offered alternative therapy at no cost.

## Costs and Compensation

The National Eye Institute will provide funds to cover all therapy sessions, follow-up visits, and therapy equipment.

To cover travel and other visit-related expenses, you will be paid between \$25 and \$50 per visit, depending upon the length and type of visit.

## Are there risks?

The study involves standard tests and treatment that have the same risks as receiving treatment outside the study. The only known risk is that your child could continue to have whatever symptoms he/she reported at the start of the study. No long-term problems are expected.

## Why should I volunteer to have my child take part?

The best reason to volunteer for the CITT-ART study is to be part of a national research study designed to provide answers about how the treatment of CI affects reading and attention. Your child will receive treatment for CI at no cost and you will receive a summary of the reading test results.

