

## What are my responsibilities if I agree to allow my child to take part in the study?

If you agree to allow your child to take part in the study, you will be expected to ensure that your child performs the prescribed treatment at home and record the treatment each day on a calendar log. You must be willing to bring your child for weekly therapy visits at the doctor's office for 12 weeks in a row and come to the office for follow-up visits 6 months and 12 months after completing the treatment.

## Why should I volunteer my child to participate in the CITT?

The best reason to volunteer for the CITT is to be part of a national research study designed to learn how to best treat convergence insufficiency. Your child will also receive treatment for convergence insufficiency at no cost.

## What do I need to do to participate in the CITT?

If you would like further information or are interested in participating in this study please contact:

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College of Optometry  
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## Directions to Optometry Services

### From the North:

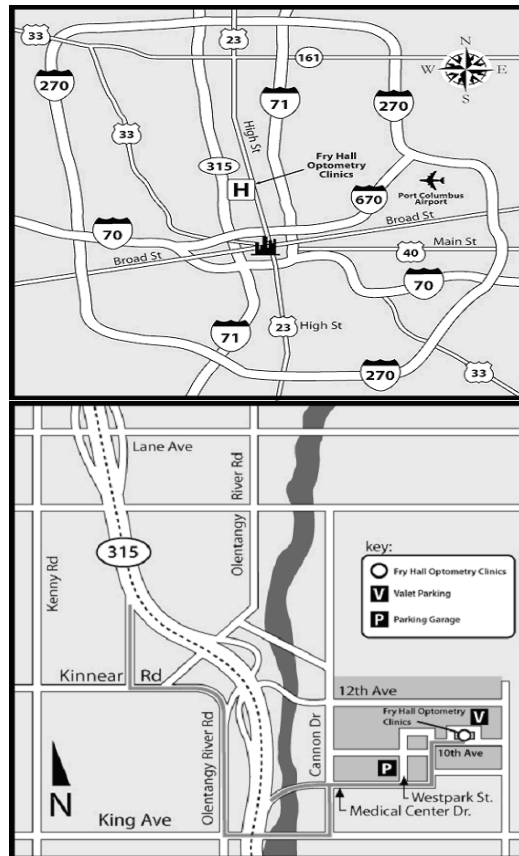
Take State Route 315 S to King/Kinnear exit.  
Turn left onto Kinnear Rd (Kinnear turns into Olentangy)  
Take Olentangy River Road to King Ave. (3rd light).  
Turn left onto King Ave.  
Take King Ave. to Cannon Drive.  
Turn left onto Cannon Drive.  
Take Cannon Drive to Medical Center Drive.  
Turn right onto Medical Center Drive.

### From the South:

Take State Route 315 N to Medical Center Dr. exit.  
Continue to go straight onto Medical Center Drive.

### Parking-Hospital Garage:

Follow Medical Center Drive to Westpark St. Turn Left onto Westpark St.  
The Hospitals Parking Garage is located on your left.



# CITT

## Convergence Insufficiency Treatment Trial



## What is convergence insufficiency?

Convergence insufficiency is an eye-teaming problem in which **the eyes have a tendency to drift outward** when the individual is reading or doing close work. If the eyes actually drift out, the person experiences double vision so the person must exert extra effort to keep the eyes from turning out. This additional effort can lead to a number of annoying symptoms that can interfere with the ability to read and work comfortably at near.

## What are the symptoms associated with convergence insufficiency?

These are some of the symptoms people with convergence insufficiency may have when reading:

- double vision
- eyestrain and headaches
- sore eyes
- the need to re-read the same line of words

## How common is convergence insufficiency?

Convergence insufficiency affects approximately 5 out of every 100 children and adults.

## What is the Convergence Insufficiency Treatment Trial?

Both home and office-based therapy is prescribed to treat convergence insufficiency and the best treatment is not known. The Convergence Insufficiency Treatment Trial (CITT) was developed to determine whether Home-based Pencil Push-Ups, Home-based Pencil Push-ups plus computer vision therapy/orthoptics, or Office-Based Vision Therapy/Orthoptics are effective treatments for convergence insufficiency and if so, which of the three is the better treatment. To be absolutely certain that one or more of these treatments are effective, there is a control group, which does not receive either of these treatments. Instead, they receive a harmless therapy not designed to treat convergence insufficiency.

The study is being conducted at several institutions across the United States and is funded by the National Eye Institute. The National Eye Institute is a part of the National Institutes of Health, the branch of the federal government that funds medical research. About 200 patients will be entered into the study.

## What happens if my child still has symptoms after the treatment?

Patients whose symptoms have not been relieved after completing their assigned treatment will be offered 12 weeks of another therapy at no cost..

## What are the risks of the treatment?

The risks associated with treatment are minimal and may include eyestrain or headaches when performing the treatments. These risks are the same whether your child receives the treatment as part of the study or not. If the treatment your child is assigned to is not effective in relieving your child's symptoms, it will not cause any long-term problems, but for those three months your child may continue to experience eye-related symptoms.

## How will the treatment my child receives be determined?

The doctors in this study believe that any of the treatments are likely to be of benefit but they are uncertain which one will be more effective. If you agree to have your child participate in the study, a computer program will determine whether your child will initially be treated with pencil push-ups, pencil push-ups plus computer vision therapy/orthoptics, office-based vision therapy/orthoptics, or if your child will be placed in the control group. This is similar to flipping a coin to decide which treatment will be used. Neither you nor the doctor will have a choice regarding which treatment is assigned. Furthermore, you will not be informed which treatment your child is receiving until the end of the study.