

FUNDED BY

**NIHR** | National Institute  
for Health Research

**NIHR** | Oxford Biomedical  
Research Centre

**NIHR** | Applied Research Collaboration  
Oxford and Thames Valley

# Co-CAT

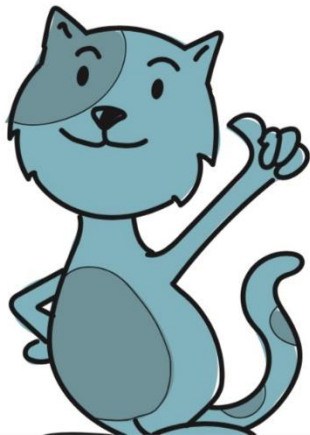
Child Anxiety Treatment in the context of COVID-19

**Chief Investigator: Professor Cathy Creswell**

## CHILD INFORMATION BOOKLET

Version 1.1 08.10.2020, IRAS 288074

To be shown and read by parent/carer if required

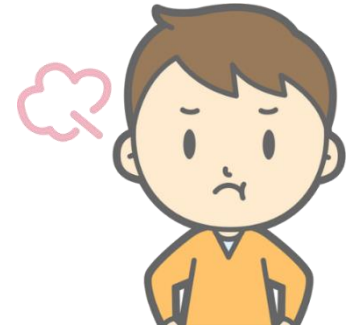




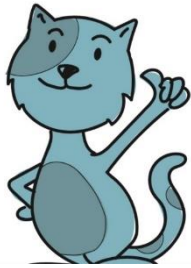
## What is this all about?

We want to help children who are having problems with fears or worries.

We are doing research so we can learn how to stop children from having problems with fears or worries.



## What is research?



Research is how we try to find out the answers to important questions!

## What will happen in this research?

You will be asked some questions about how you are feeling.

Your parent/carer might be helped to help you with your fears and worries through a website with support from a therapist.

Or you and/or your parent/carer might be helped in the way that the team you have been to see usually help children who are having problems with fears and worries. The team can tell you what this is.



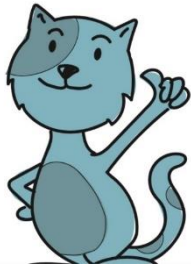
## Why have I been asked to take part?

We are asking children who are **5 - 12 years old** to take part.

We are asking children who sometimes have problems with fears or worries.

## Do I have to take part?

**No.** It is up to you and your parent(s)/carer(s) if you would like to take part.



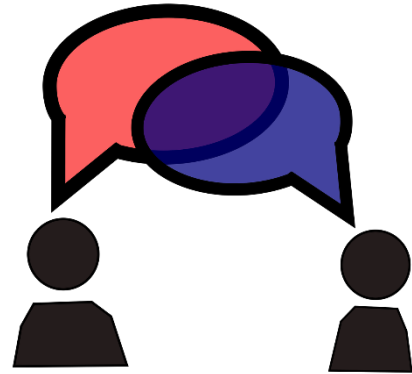
If you decide not to take part you and your family **will still** get some **help** with your fears and worries.

## What do I do now?

If you do want to take part, you can read the information on the next pages.

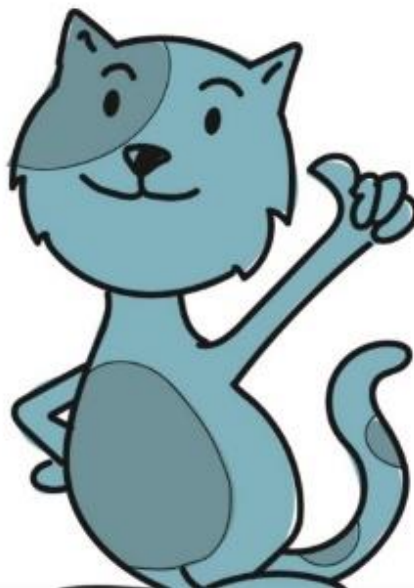
You can also talk to your parent(s)/carer(s) and they will tell you more about it.

If you do **not** want to then you can stop here and tell your parent/carer.





## A CLOSER LOOK AT THE STUDY



## MORE INFORMATION ABOUT THE RESEARCH STUDY

### What is this study about?

This study is looking at the *best* way to help children who have problems with anxiety. Children who have problems with anxiety may worry a lot or feel nervous or afraid.



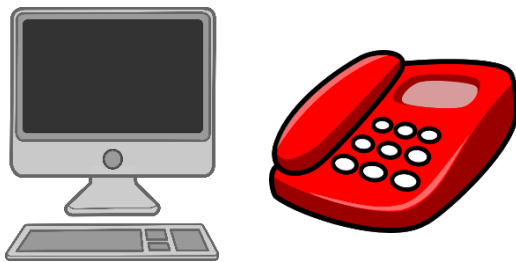
- We are comparing two types of treatment. Your family will receive **one** of these treatments.
- Both treatments are to help you with your fears, worries and anxiety.
- It will be decided **by chance** which treatment you get. You will **not** be able to choose.



## How are the two treatments different?

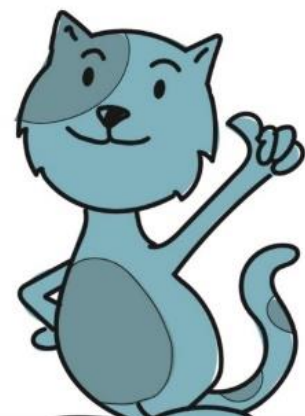
### TREATMENT 1:

- Your parent/carer will use an **online website**
- You parent/carer will have **telephone calls** with a therapist.
- The therapist will help your parent/carer to help **you** with your anxiety. This will include some **activities to do with you.**



### TREATMENT 2:

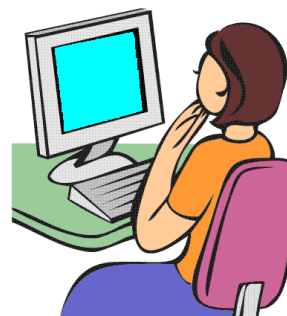
- This will be the treatment that the team you have been to see usually offer to families where children have problems with anxiety. They will be able to tell you what this will be.





## What will be the same?

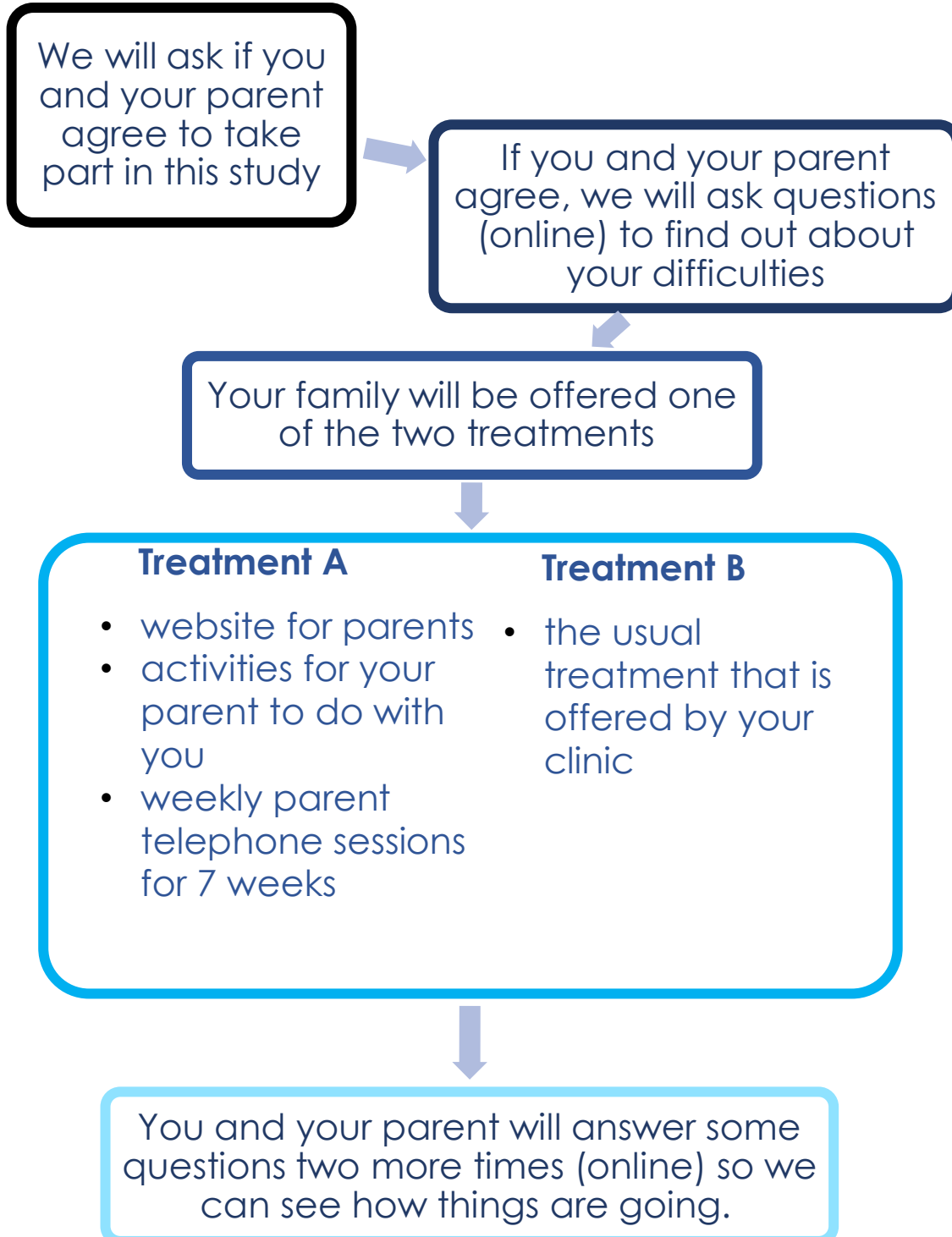
- Whichever treatment you are offered, you and your parent/carer will complete **questionnaires** about you and your family.
- After the treatment is finished, we will ask you and your parent/carer to answer some **questions online two** more times.
- The study will last for about **7 months**.







## What will we ask your family to do?





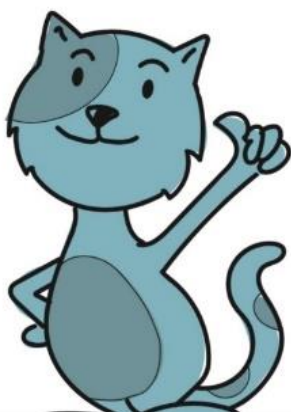
## What are the good things about taking part?

- By taking part, **you and your family will help us to find the best ways of helping other children** who are having problems with anxiety.



## Will my family get any money for taking part?

- Each **family will get £10 as a thank you** for giving up their time to fill in some extra questionnaires.

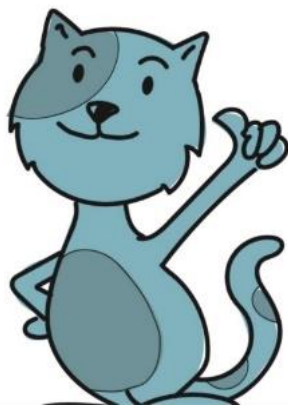




## Are there any bad things about taking part?

- We will ask you **more questions (online)** than you would be asked if you did not take part in the study.
- Some of the questions ask about thoughts and feelings that may be upsetting.
- **But** the questions are **similar to the ones that you would usually be asked** when you have treatment for problems with anxiety.

If you have **any worries** about any part of the research. Speak to your parent/carer and they can **contact us**





## Has anyone checked if this research is okay?

- The research has **been checked** by a group of people called an Ethics Committee. They make sure the research is okay to do.

This research was checked by the London - City & East NHS Research Ethics Committee and they are happy for it to go ahead.





## Will my information be kept safe?

- The information you and your family give us for the research **won't have your name on it**. It will have a number on it so we don't know it is about you.

- We will keep information about you on a computer at the University and on a website where it is **safe**. We need **passwords** to access this information. Only members of the research team have these passwords.



- People at other universities may look at information we collect in this study – **but** they **will not** know the information is about you.

- If you have **any questions** about how your information will be kept safe, ask your parent(s)/carer(s) and they can ask us.





## IMPORTANT INFORMATION

### What else do I need to know?

- Your family **does not** have to take part.
- If you decide not to take part you will **still get help** with your anxieties.
- Your family **can stop taking part at any time.** You don't have to give a reason.

### What if I have questions?

- If you have any questions you can talk to your **parent(s)/carer(s).**
- They can then **contact us** by email or phone.
- We will tell them the answers to your questions.





## WHAT HAPPENS NOW?

**If you and your family want to take part you will fill out a form online.**

We will then send a short letter to your doctor to tell them you are taking part.

**If you and your family do not want to take part you will get the treatment you would usually get.**



FUNDED BY

**NIHR** | National Institute  
for Health Research

**NIHR** | Oxford Biomedical  
Research Centre

**NIHR** | Applied Research Collaboration  
Oxford and Thames Valley

# THANK YOU!

For reading this information about our  
study!

# Co-CAT

Child Anxiety Treatment in the context of COVID-19

