



## INFORMATION SHEET FOR PARENTS/CARERS Ethics Reference (R71772/RE001)

Your child's school has agreed to take part in a research project called iCATS-i2i. We would like to invite **you and your child** to be part of this research, but first we will explain what the research is about. It is important that you understand what the research is about and what it involves. If you have any questions, please get in touch.

### iCATS-i2i Team

**Chief Investigator:**  
Professor Cathy Creswell  
**Research Leads:**  
Dr Tessa Reardon  
Dr Vici Williamson

University of Oxford  
Department of Experimental  
Psychology,  
Anna Watts Building, Woodstock  
Road,  
Oxford OX2 6GG

**Website:**  
<https://osiresearch.org.uk/icats/>  
**Email:** [iCATS@psych.ox.ac.uk](mailto:iCATS@psych.ox.ac.uk)  
**Telephone number:** 01865 618614

## What is iCATS-i2i?

**iCATS-i2i** - 'identifying Child Anxiety Through Schools – identification to intervention' is a research project. Anxiety problems are common in children, but many children who experience anxiety problems don't receive professional support. We have worked with parents, children, school staff and others to develop a new way of identifying and supporting children with anxiety problems in schools. In this project we want to try it out in a small number of schools so that we can make sure it works for everyone involved.

## Why have my child and I been invited to take part?

We asked your child's school to invite all **children in two year 4 classes, and their parents/carers** to take part. We would like as many children as possible to be involved – **including children who worry a lot, children who rarely worry, and those in between.**

## Do my child and I have to take part?

No. You and your child do not have to take part in this research. You can choose whether you both take part. If you change your mind later, you can withdraw from the research at any time, without giving a reason. You can also choose to withdraw some or all of yours and your child's information from the study, but if you wish to do this, you must tell us by the end of the project.

## What will my child and I be asked to do?

### 1. PARENT OPT-OUT

If you **DO NOT** want your child to take part please return the **opt-out form** to school.



### 2. CHILD & TEACHER QUESTIONNAIRES

We will ask your child and your child's class teacher/support staff to complete a questionnaire about how much your child experiences fears, worries or anxiety, either using a secure website or on paper. We will also ask your child to answer some questions about other feelings, behaviours and their health and we will collect some information about your child from their school record.



### 3. PARENT QUESTIONNAIRES

We will ask you to complete a short questionnaire about how much your child experiences anxiety and to provide some information about your family and your contact details so we can get in touch. We will also ask you some additional questions about your child's health, feelings, behaviour and use of services and your health.



### 4. FEEDBACK FOR PARENTS

We will be in touch to let you know whether questionnaire responses suggest your child may experience difficulties with anxiety or not.



### 5. SUPPORT FOR PARENTS

If responses indicate your child may be having difficulties with anxiety, we will offer you free online and therapist support. We will also give all families some information about how to support anxious children in case this is useful.



### 6. FOLLOW-UP QUESTIONNAIRES & INTERVIEWS/DISCUSSION GROUPS

We will ask you, your child, your child's teacher to complete similar questionnaires again.

We may also ask you and your child to take part in separate interviews or discussion groups to get feedback on the project and find out about families experiences of being involved. We will audio-record these sessions to make sure we capture all of the discussion

## What happens to information we provide?

Your child will be given a unique ID number and we will use this to label all information we collect about your family. All information we collect will be kept secure and in confidence (please read the Privacy Notice <https://osiresearch.org.uk/icats/> for more information). Once the research project is finished, we may release some of the project data for other researchers to use, but only in a way that it is impossible for them to tell who has taken part.

**With your permission, we will let your child's teacher know whether the questionnaire responses suggest your child may experience difficulties with anxiety, or not. We won't tell the school who takes part in the online intervention.**

We will not share what you or your child tell us with anyone else without your permission unless you or your child chose to tell us something that made us think your child or someone else may be at risk of serious harm. If this happened we may need to tell someone about this, but we would always try to talk to you about it first.

## Who is paying for the research project?

This project is being paid for by the National Institute for Health Research, an organisation that pays for research to improve health.

## What are the advantages of taking part?

By taking part, your family will be helping us to try to find the best way to make sure children who experience problems with anxiety, get help when they need it. If we think your child may benefit from some support with anxiety, we will offer you online and therapist support.

## What are the disadvantages of taking part?

You will need to spend some time completing the initial and follow-up questionnaires (approximately 20 minutes each). If you take part in an interview or discussion group later, this will also take some time (approximately one hour). We work with families to try to make sure the questions we are as acceptable as possible. But some of the questions we ask may address thoughts and feelings that may be upsetting. If the questions raise any concerns about your child's mental health, there are people you can talk to for help or advice, including your GP and national organisations such as Young Minds (Parent helpline: 0808 802 5544 <http://www.youngminds.org.uk/>)

## To say thank you

**We will offer families a £10 gift voucher (up to £30 total)** after completing each of the following:

- \*initial child and parent questionnaires
- \*follow-up child and parent questionnaires
- \*an interview or discussion group

## What if I have a question or concern?

Contact the project team (details overleaf), and we will do our best to answer any questions and deal with any concerns. We will acknowledge your concern within 10 working days and give you an indication of how it will be dealt with. If you remain unhappy or wish to make a formal complaint, please contact the Chair of the Medical Sciences Research Ethics Committee at the University of Oxford who will seek to resolve the matter as soon as possible: Email: [ethics@medsci.ox.ac.uk](mailto:ethics@medsci.ox.ac.uk); Address: Research Services, University of Oxford, Wellington Square, Oxford OX1 2JD.

## Who has checked this research project?

This project has been checked by the University of Oxford Central University Research Ethics Committee.

All researchers working on the project have been subject to disclosure and barring checks and has been approved by the University of Oxford to work with children.

## What should I do next?

If you **do not** want your child to take part, please complete the attached **opt out form** and return it to school in the attached envelope.

If you are **happy** for your child to take part, you do not need to do anything yet.

**Your child's school will be in touch soon to ask you to complete the questionnaires.**

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Oxford Health  
NHS Foundation Trust



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