

iCATS Video Transcript

00.00 iCATS-i2i is a research study conducted by researchers at the University of Oxford.

00.10 We are working with primary schools to try out a new way to help children to manage fears and worries, and to identify and support children who have problems with anxiety.

00.23 Fears and worries are a normal part of childhood.

00.27 All children will feel worried or scared sometimes and for some children, anxiety causes problems in their day-to-day lives.

00.36 Anxiety problems are common in children, but many children who experience problems with anxiety, don't receive professional support.

00.48 It can be hard to spot anxiety problems, and is often hard for families to access support.

00.55 We are asking schools to invite all children in two Year 4 classes to take part.

01:01 We would like as many children as possible to be involved - including children that might seem to worry a lot, children who seem to rarely worry, and those in between.

01.14 What's involved?

01.17 We ask children, their teachers and their parents to complete some questionnaires.

01.23 The questionnaires include some questions about the child's fears and worries.

01.30 *All* children will have a lesson when they learn about everyday fears and worries and how to manage them.

01.39 The research team will inform parents of the results of the questionnaires about their child's fears and worries.

01.49 If a child may be experiencing difficulties related to anxiety, a member of the research team will also talk to their parent on the telephone.

02.02 If a child may be experiencing difficulties related to anxiety, we offer parents support through our online programme.

02.13 This involves: -7 weekly online sessions -7 weekly telephone calls with the iCATS 'Wellbeing Practitioner', which will last around 20 minutes. -and optional game app to help motivate children to face their fears.

02.31 If families don't have access to the internet, we help with this.

02.39 We will ask *all* children and their teachers and parents to complete some questionnaires again so we can check how successful iCATS-i2i has been.

02.51 We will ask some parents, children, and teachers to take part in separate interviews or discussion groups so we can find out about families' experiences of being involved.

03.06 By taking part, schools and families will be helping us to help all children to manage fears and worries, as well as helping us to find the best way to make sure children who experience problems with anxiety get help when they need it.

03.25 To find out more, please visit our website at www.osiresearch.org.uk/icats