

Page 1 iCATS

Aims of the study

Our aim is to develop and evaluate a new way of identifying children with anxiety problems who may benefit from support, and providing these children with effective support, through primary schools.

We are looking for primary schools with at least two Year 4 classes to work with us on this ground-breaking project.

Who we are

iCATS-i2i is a research project funded by the National Institute for Health Research (NIHR) and we are a team of researchers from the University of Oxford.

Page 2 Background

Anxiety problems are common in children. Fears, worries and anxiety are a normal part of childhood, but for some children anxiety has a negative impact on their day-to-day lives. These children may benefit from support or intervention to help them manage and overcome their difficulties with anxiety.

Psychological treatments work well for children with anxiety difficulties, but very few children access these treatments. Parents report considerable difficulties identifying a child's anxiety problems and knowing whether a child may benefit from support or not and find it hard to access support and services. We want to find a way to minimise these barriers and help ensure more children with anxiety problems receive effective support when they first need it.

We have worked with parents, children, school staff and others to develop a new way of identifying and supporting children with anxiety problems through schools, and we are now trying in out in a small number of primary schools.

Page 3 Meet the team

Cathy Creswell – Chief Investigator.

Tessa Reardon – Research Lead.

Vici Williamson – Research Fellow.

Iheoma Green – Wellbeing Practitioner.

Chloe Williams – Research Assistant.

Tom King – Research Assistant.

Jeni Fisk – Research Assistant.

Emily Day – Research Programme Administrator.

Page 4 Information for schools

A video on how iCATS-i2i will work in schools.

Video transcript download button.

iCATS information booklet for schools and school staff download button.

Page 5 Information for parents

An informational video about iCATS-i2i.

Video transcript download button.

iCATS information booklet for parents and carers download button.

Page 6 Privacy notices

iCATS privacy notice for parents and carers download button.

iCATS privacy notice for schools and school staff download button.

Page 7 FAQs

Here are some common questions about the iCATS project. Please do contact us if you have any further questions or would like to know more.

[What is the purpose of the iCATS research project?](#) Please see the background information on iCATS here. [Hyperlink to page 2.](#)

[What will taking part in iCATS involve?](#)

We will ask children, teachers and parents to complete some questionnaires. After completing the questionnaires, children will have a lesson when they learn about everyday fears and worries and how to manage them. We will offer parents free online and telephone support. A few months later, we will ask all children, teachers and parents to complete some questionnaires again.

We will also ask some parents, children and teachers to take part in separate interviews or discussion groups. Parents can find out more here. [Hyperlink to page 5.](#) Schools can find out more here. [Hyperlink to page 4.](#)

[Who is conducting the research?](#)

We are a team of researchers from the University of Oxford. The project is led by Professor Cathy Creswell. The project is funded by the National Institute of Health Research (NIHR).

[Will my data be kept safe?](#)

Yes. All information we collect will be kept secure and in confidence. For more information about how we keep your information safe, please see our Privacy Notice. [Hyperlink to page 6.](#)

What will my child/student be asked to do and how long will it take?

Children will complete a questionnaire which includes questions about the child's experiences of fears, worries or anxiety, as well as some questions about other feelings, behaviours and their health. The questionnaires will take about 30 minutes.

After completing the questionnaires, children will have a lesson where they learn about everyday fears and worries and how to manage them. We will ask children to complete similar questionnaires again later in the project.

What is expected of parents?

Parents will be asked to complete some questionnaires, which includes questions about how much their child experiences anxiety, information about their family and some additional questions about their child's health, feelings, behaviour and use of services, and their health. We will also ask for their contact details so we can get in touch.

We may also arrange to talk to the parent on the telephone and will offer them a free online intervention. We will ask parents to complete some questionnaires again later in the project. We will also ask some parents and children to take part in separate interviews or discussion groups. Parents can find out more here. [Hyperlink to page 5.](#)

What is expected of class teachers?

Teachers will be asked to complete some short questionnaires about each child in their class who is taking part. Questionnaires will take a few minutes per child. We will also ask teachers to provide some background information about themselves. We will ask teachers to complete some questionnaires again later in the project. Schools can find out more here. [Hyperlink to page 4.](#)

What children are eligible to take part in the study?

All children in a Year 4 class that is taking part in the project are eligible. All children will be invited to take part unless their parent/carer decides to opt-out.

My child isn't anxious, can we still take part?

Yes! We would like as many children as possible to be involved – we want children who do and don't struggle with anxiety to take part.

I don't want my child to take part – how do I opt-out?

Let your child's school know. Parents receive an information leaflet about the project from the school, together with instructions on how to opt-out.

What if I decide I no longer want to take part after starting the study?

That's fine – you can stop taking part at any point and you can let the team know.

Page 8 Accessibility

To help with the accessibility of the iCATS website, we have kept our text format and colouring simple, as well as trying to keep paragraphs short and easy to read. We have also endeavoured to add Alt-Text to all of our images.

For those using a screen reader or anyone with Irlens, we have provided a downloadable text only version of the website below.

Download text only version of website here [download button](#).

Page 9 Contact us

Email: icats@psych.ox.ac.uk

Telephone: 01865 618614

Twitter: [iCATS_i2i](#)