

## iCATS Video Transcript

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

00.06 The iCATS-i2i study will test a new way of identifying and supporting children with anxiety problems.

00.12 We have worked children, parents and school staff, to develop a way to identify children who may benefit from help with anxiety, and then offer their parents and carers support through an online intervention.

00.26 We now we want to find out if this approach brings benefits for families, compared to usual, current practice.

00.33 Up to 80 schools in England will take part in the research.

00.37 Schools need to have at least two Year 4 classes and two or three Year 4 classes per school will get involved.

00.44 The study involves several key stages

00:47 First, we will invite all children in participating year 4 classes, and their parents and teachers, to take part and complete some initial questionnaires. These questionnaires include questions about children's fears, worries and anxiety. We will also collect some information about children and their school from staff.

01.09 Next, each school will be randomly put into one of two groups. A computer will put half of the schools in the 'Feedback and Intervention' group, and the other half in the 'usual school practice' group.

01.22 In the 'Feedback and Intervention' group, parents will receive feedback on whether their initial questionnaire responses suggest their child may be, or is unlikely to be experiencing anxiety problems, and we will offer families a brief online intervention for child anxiety, with telephone support from a trained wellbeing practitioner.

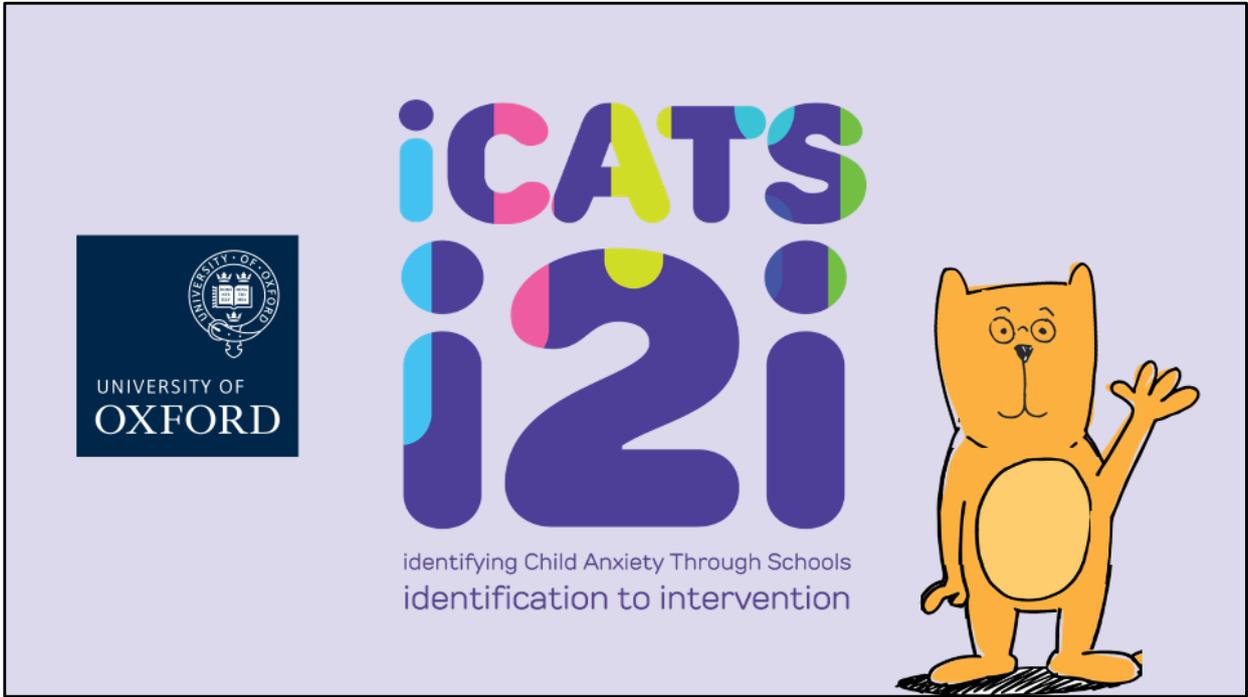
01.41 Families in the 'usual school practice' group will continue to receive any existing support and services, and at the end of the study, will be offered a written version of the online intervention.

01.53 We will then ask all children, parents and teachers in both groups to complete similar questionnaires again 6 months, 1 year and 2 years later.

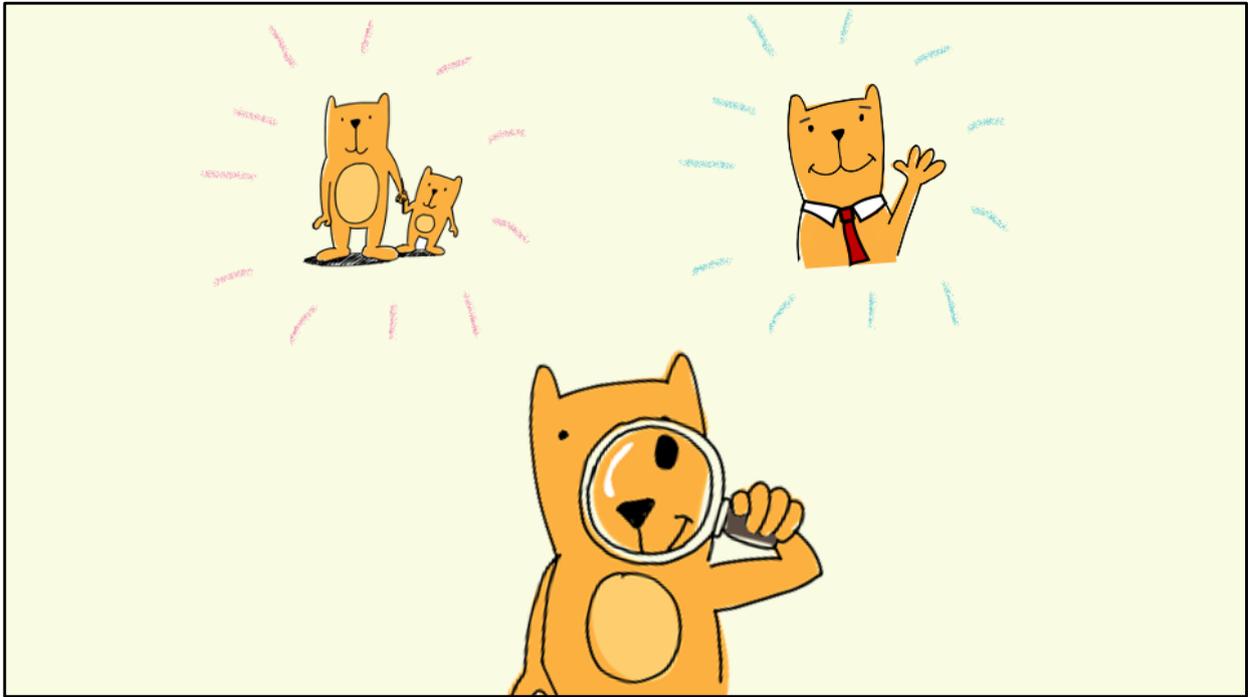
02.03 Getting lots of complete follow-up questionnaires is really important for the research, to help us understand how things change for children and families over time.

02.13 To thank families for their time, we will offer families a £10 gift voucher for each set of child and parent questionnaires.

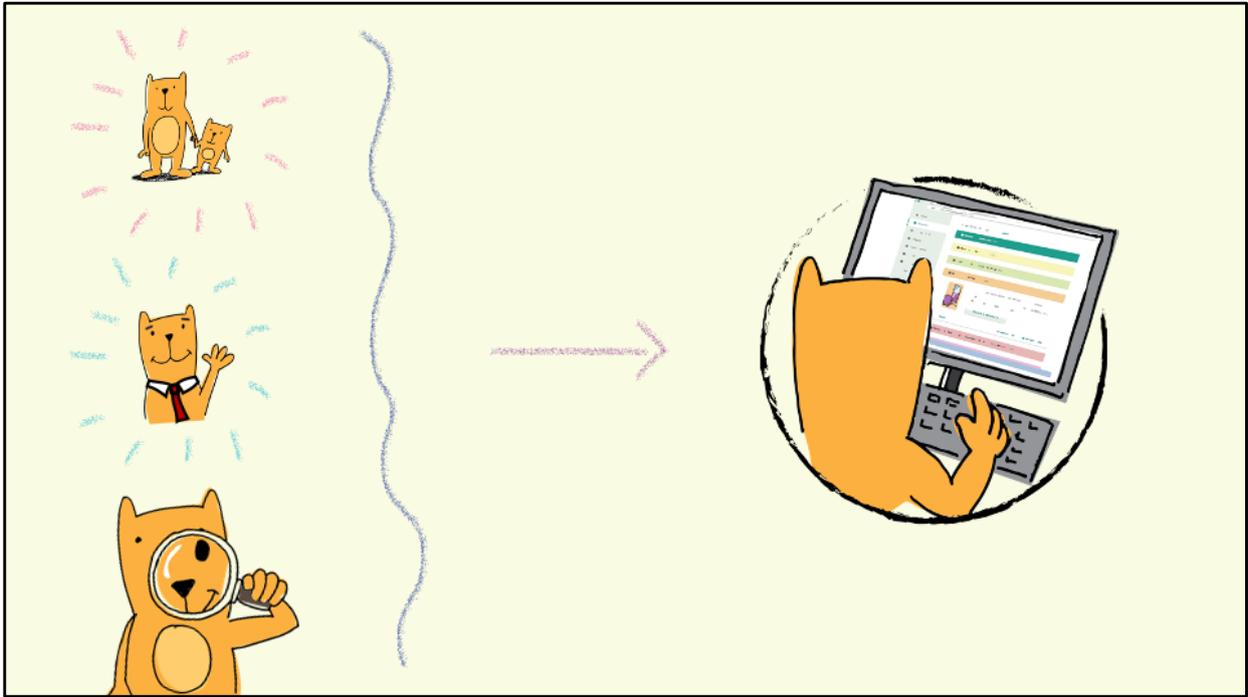
02.20 If you would like to find out more, please contact us at [icats@psych.ox.ac.uk](mailto:icats@psych.ox.ac.uk), or visit our website at [www.osiresearch.org.uk/icats](http://www.osiresearch.org.uk/icats)



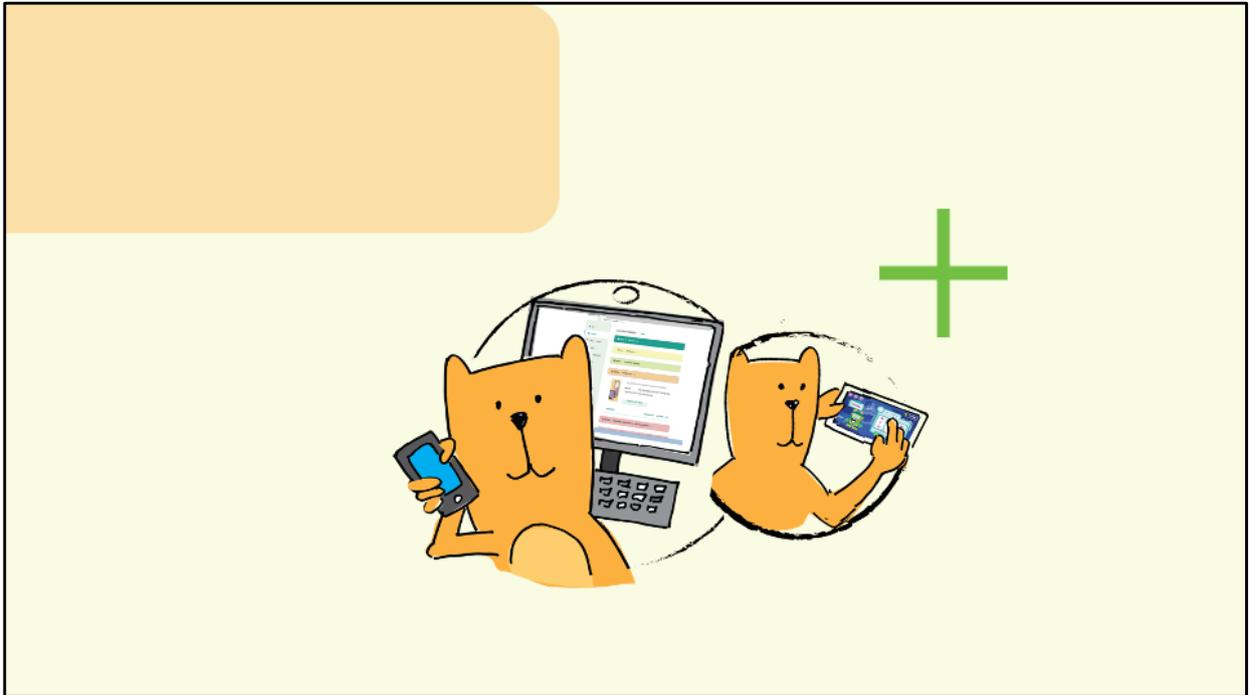
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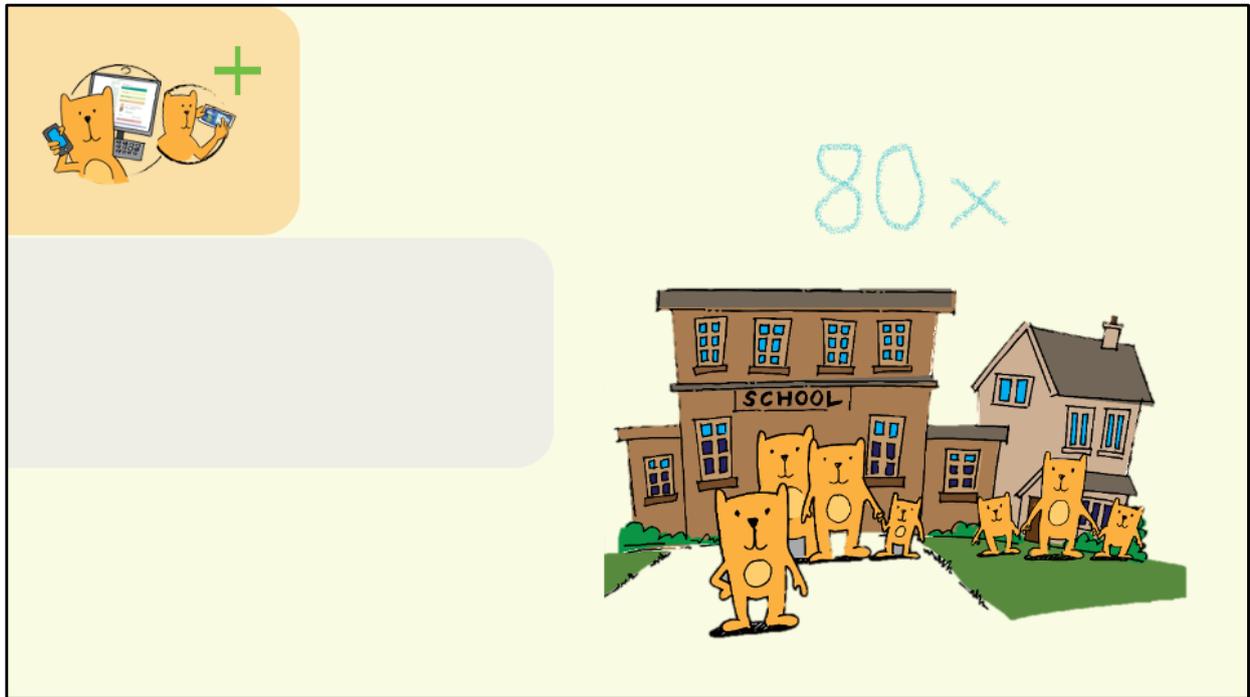
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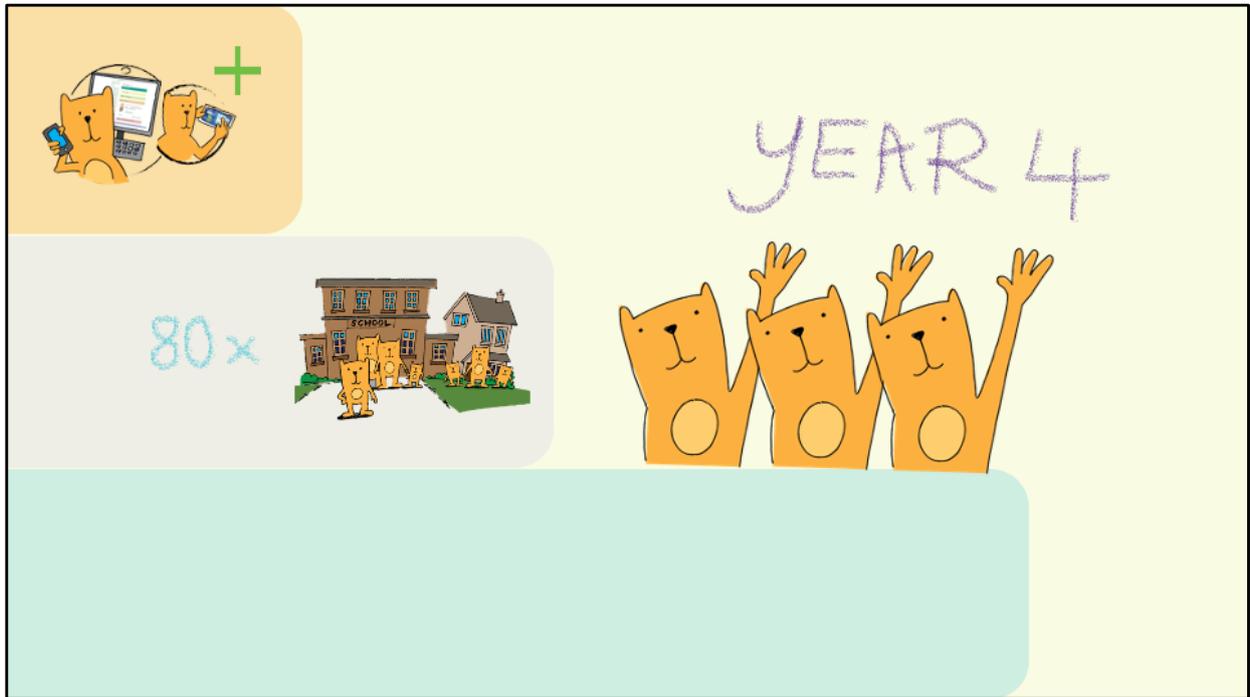
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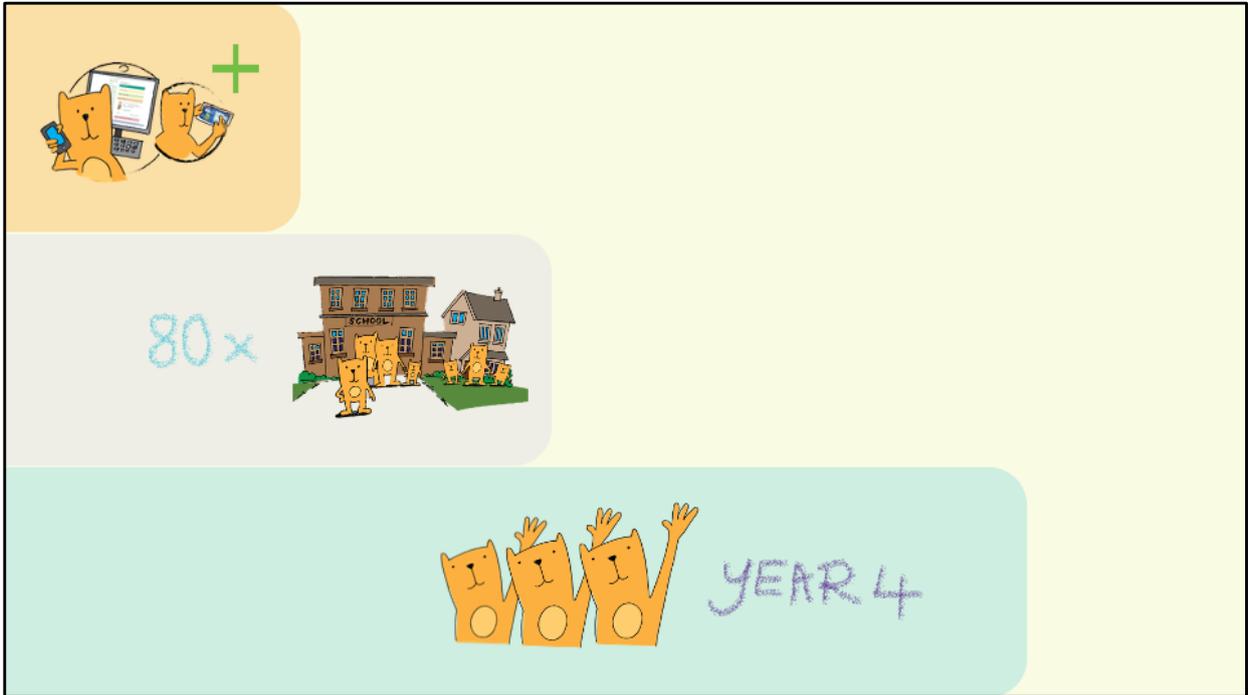
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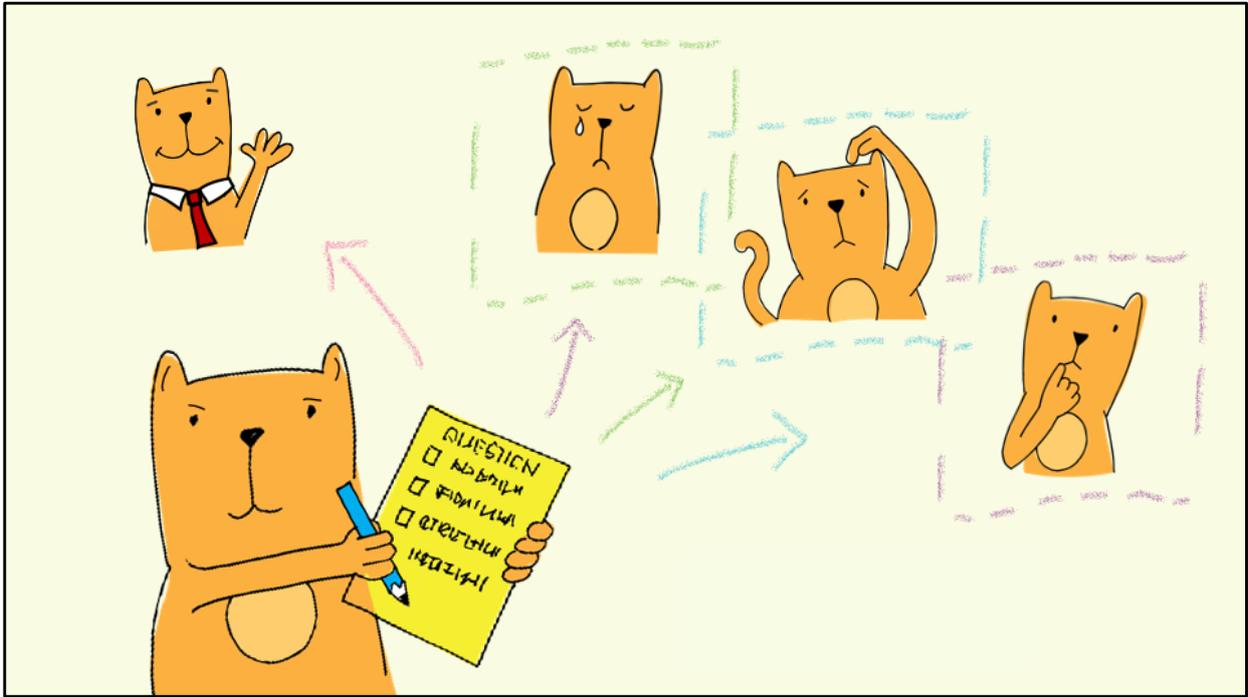


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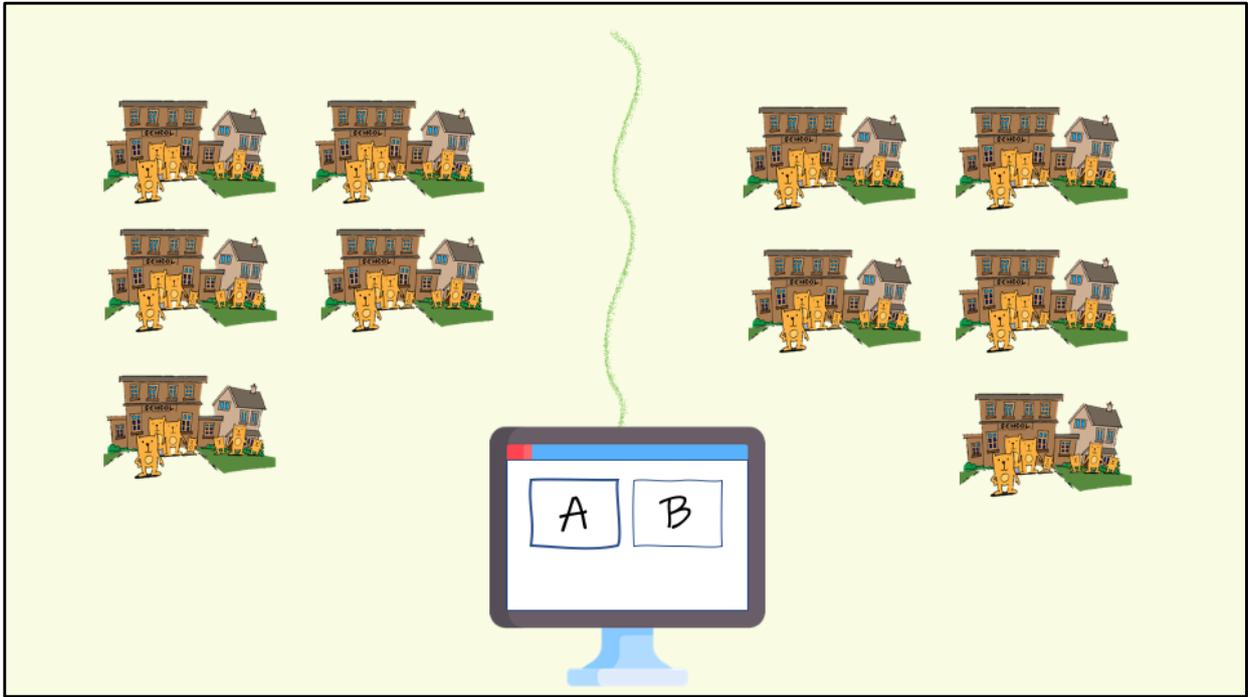
✓ Children   ✓ Parents   ✓ Teachers



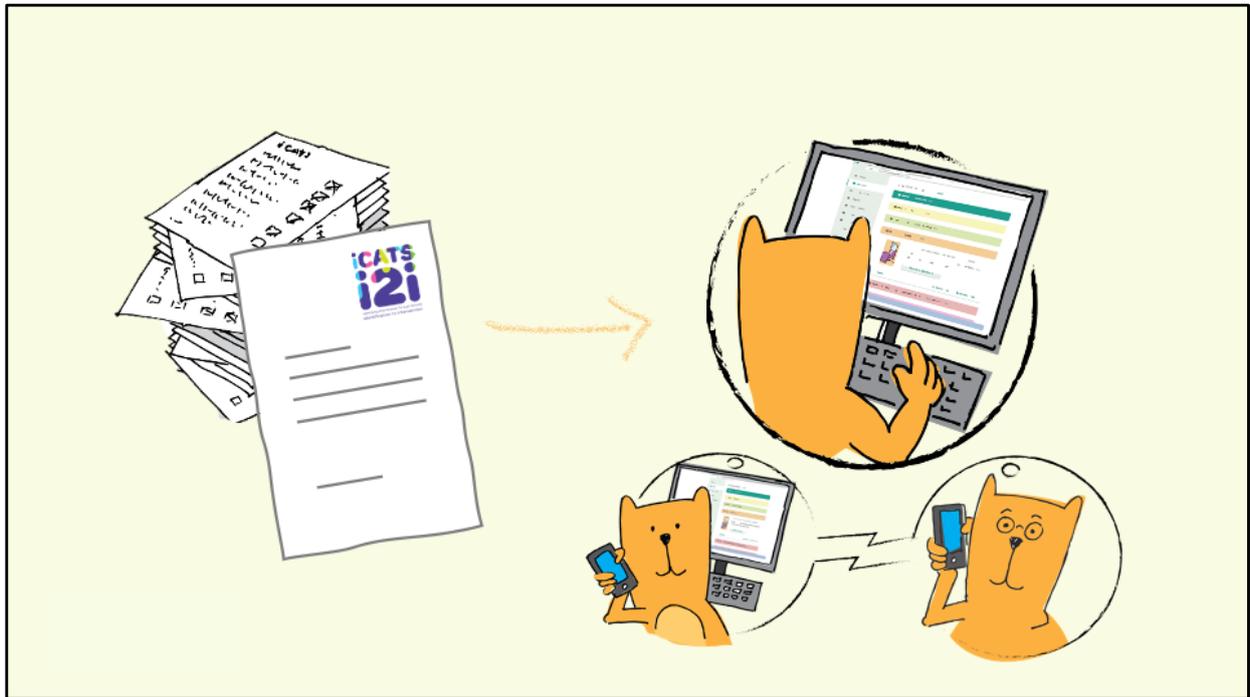
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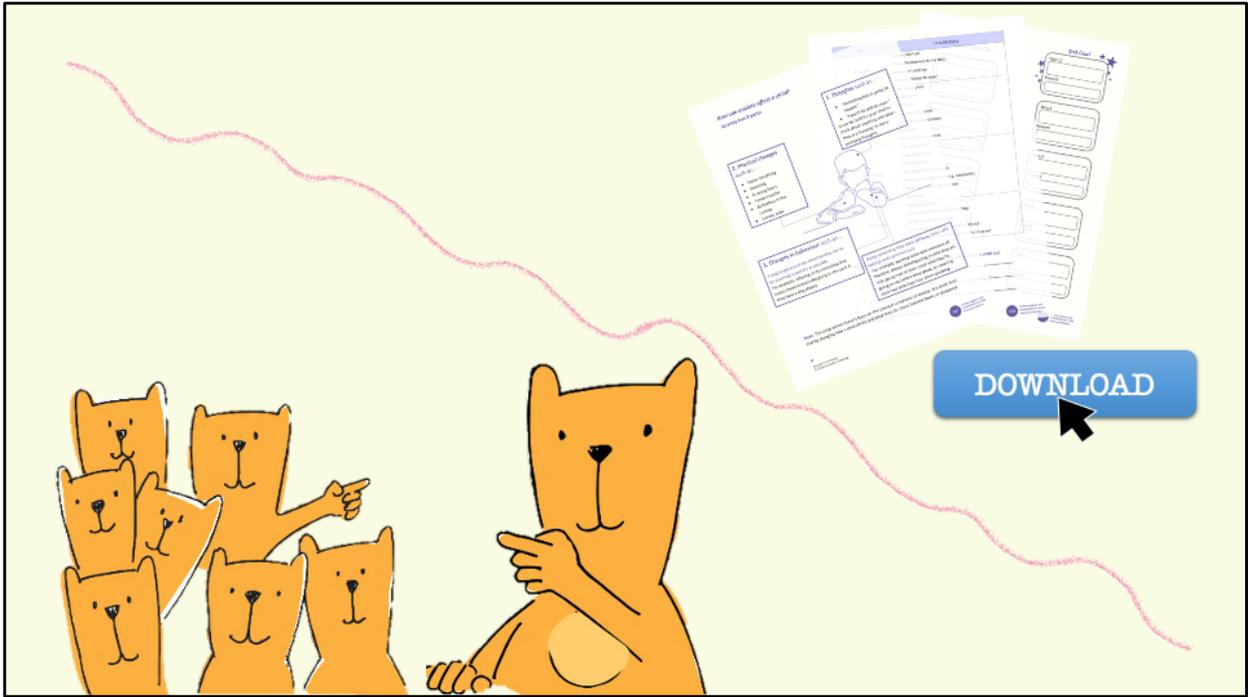
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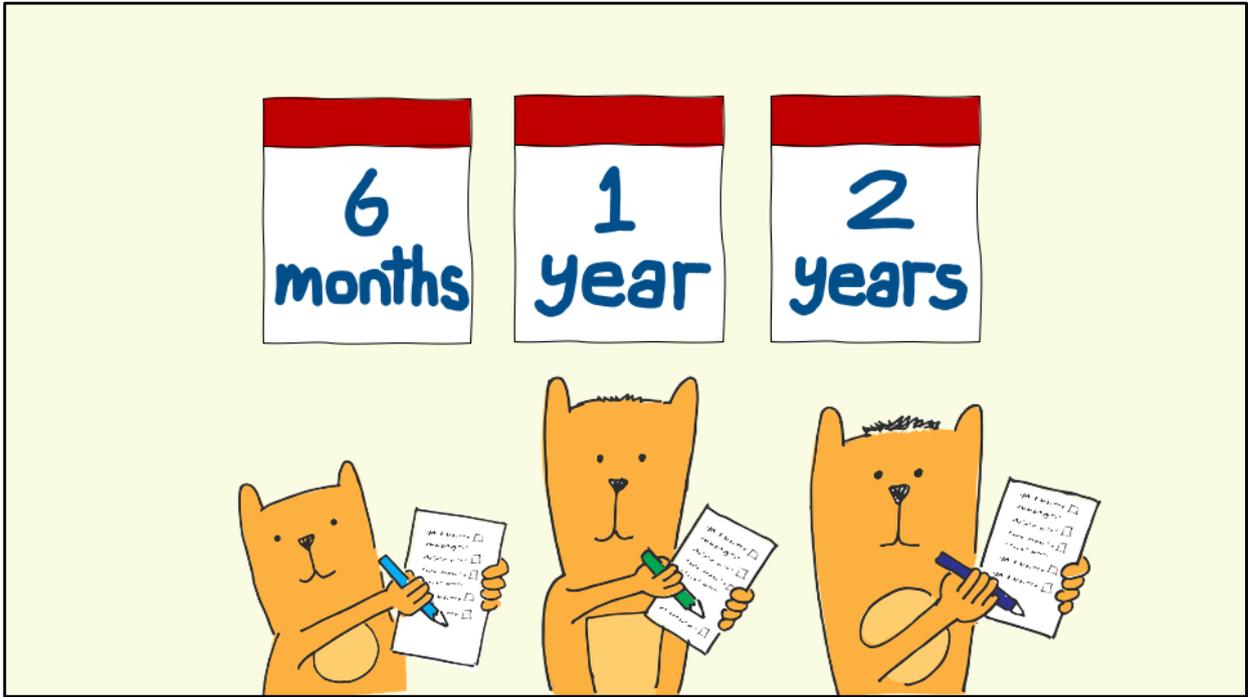
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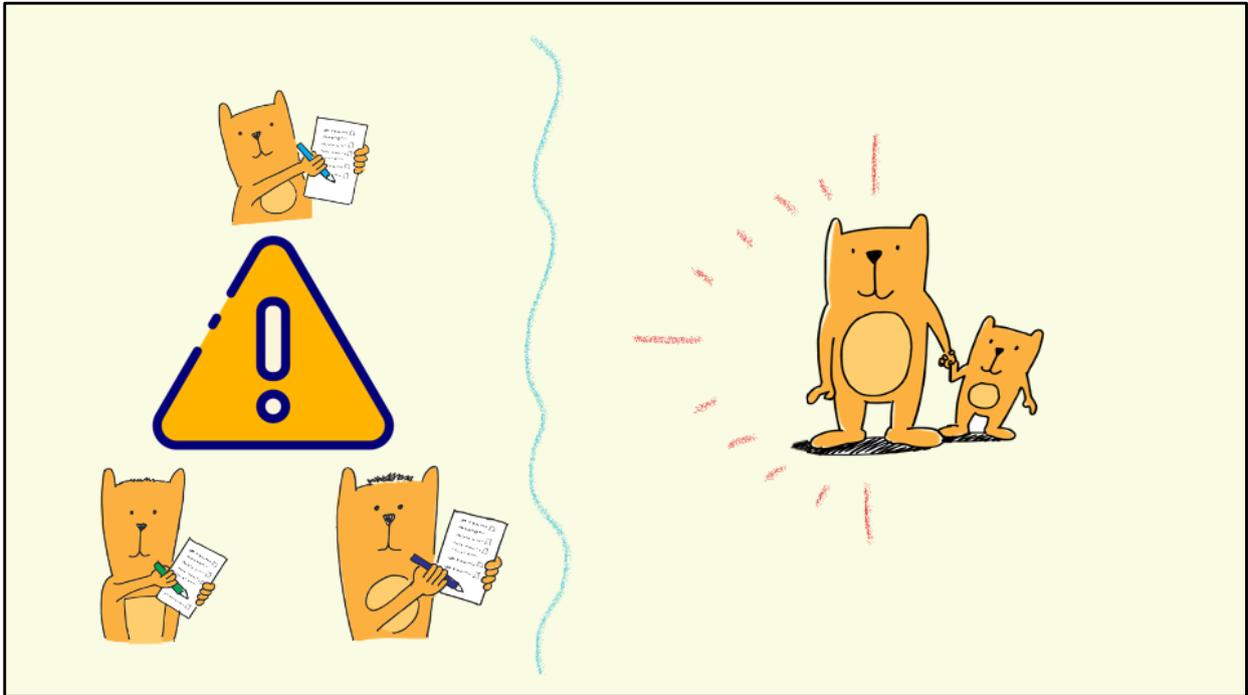
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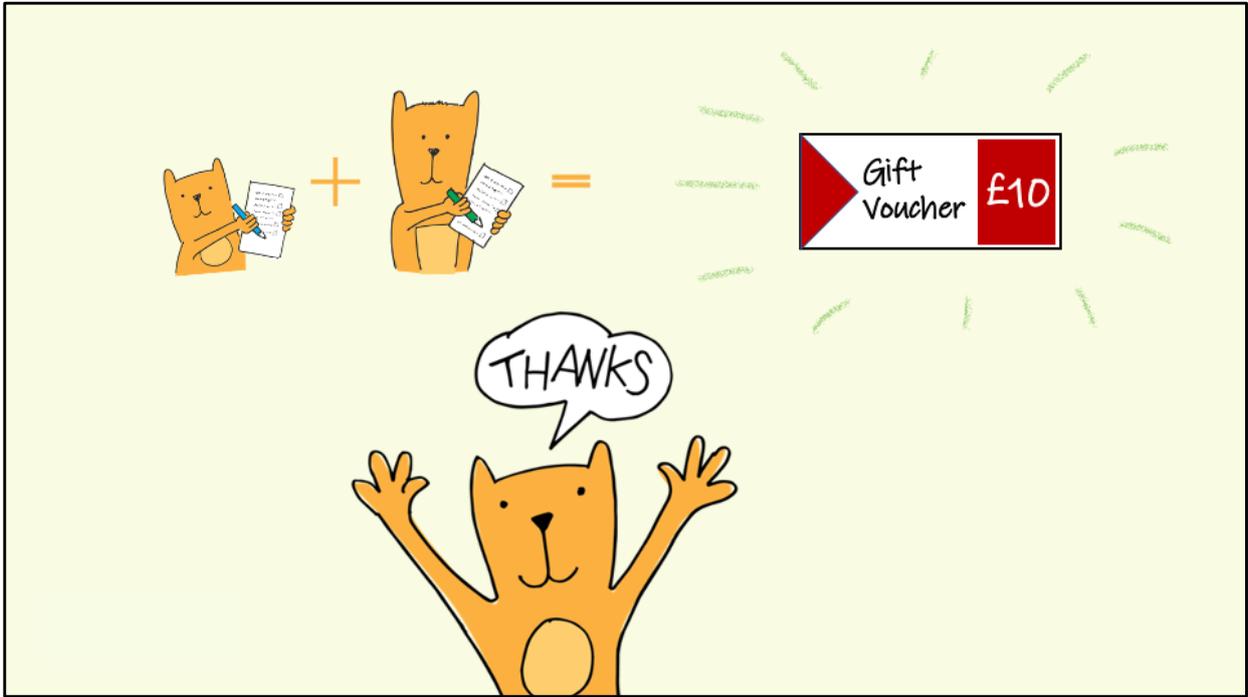
Families in the 'usual school practice' group will continue to receive any existing support and services, and at the end of the study will be offered a written version of the online intervention.



We will then ask all children, parents and teachers in both groups to complete similar questionnaires again 6 months, 1 year and 2 years later.



Getting lots of complete follow-up questionnaires is really important for the research to help us understand how things change for children and families over time.



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If you would like to find out more, please contact us at [icats@psych.ox.ac.uk](mailto:icats@psych.ox.ac.uk), or visit our website at [www.osiresearch.org.uk/icats](http://www.osiresearch.org.uk/icats)