

Page 1 iCATS i2i

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 working with primary schools that have at least two Year 4 classes 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 Information for families

Parent/Carer Information Video

An informational video about iCATS-i2i.

Information Leaflet

You can download our information leaflet from this page. This has further information about the research and what will be involved for parents/carers and children.

The leaflets are available to download in the following languages: English, Bengali, Punjabi, Gujarati and Urdu.

Download button for Parent information leaflet.

Download button for Bengali Parent information leaflet.

Download button for Punjabi Parent information leaflet.

Download button for Gujarati Parent information leaflet.

Download button for Urdu Parent information leaflet.

Parent/Carer Testimony

We have created a series of videos which outlines the experiences of parents/carers that have previously used the intervention (OSI). You can find these videos on our OSI page [hyperlink].

Example Questionnaires

Download button for Child Baseline Questionnaire sample.

Download button for Teacher report questionnaire sample.

Page 3 FAQs & 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 button for text only version of website.](#)

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.

[Parent Questionnaire FAQ's](#)

[Why should I complete the questionnaires \(again\)?](#)

We use the questionnaire responses to look at how things have changed for families and to compare what has happened for those who were and were not in schools where families were offered OSI. It is really important that as many people complete their questionnaires as possible so we can help other families. Your responses will have a huge impact even if you didn't fill in the questionnaires last time and/or you haven't had or stopped having OSI. It is important that we hear from families regardless of whether your child is having problems with anxiety or not.

[I would like some help completing the questionnaires, what should I do?](#)

If you would like help going through the questionnaires, we would be very happy to do that with you over the phone. We can also reimburse costs if you need childcare to give you time to complete the questionnaires. Please get in touch to let us know how we can help.

[What if I don't have time to finish all the questionnaires?](#)

The more questions you can answer the better, but your answers will still be extremely valuable even if you are not able to complete all the questions. It might feel easier to do a few pages at a time, or if completing them online, you can save your progress and continue another time.

[I've completed the questionnaires before, but I never got a voucher/the voucher didn't work?](#)

You should have received a £10 gift voucher for each set of questionnaires you have completed. If you can't find your voucher email in your inbox, it is worth checking your spam or junk mail. If you can't find it or have any other issues accessing your voucher, please get in touch with us and we can help.

I've received the questionnaires on paper, but can I do them online?

Yes, please get in touch with us and we will send you a link to complete them online instead.

I've finished the questionnaires on paper, what do I do now?

Please hand your questionnaires into school in the envelope provided. If you'd prefer to send the questionnaires directly to us, please get in touch with us and we can send you a stamped addressed envelope.

I've been completing the questionnaires on paper, but my address has changed since the last time I completed them, what should I do?

Please get in touch with us so we can send the questionnaires to your current address.

General FAQ's

What is the purpose of the iCATS research project?

Please see the background information on iCATS here [\[hyperlink\]](#).

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 \[hyperlink\]](#).

What will taking part in iCATS-i2i involve?

We will ask children, parents and teachers to complete some initial questionnaires. After completing the questionnaires, each school will be randomly allocated to either the "Feedback & Intervention" group or the "Usual School Practice" group. See below for more information on each of these groups. We will ask all children, parents and teachers to complete questionnaires again 6 months, 1 year and 2 years later.

We will also ask some parents, children and teachers to take part in separate interviews about their experiences of taking part in the research. Parents can find out more here [\[hyperlink\]](#). Schools can find out more here [\[hyperlink\]](#).

What happens if my child's school is allocated to the 'Feedback & Intervention' Group?

If you complete the initial questionnaire about your child's anxiety, we will get in touch to let you know whether your responses suggest your child may be experiencing difficulties with anxiety or not. If your responses suggest your child may be experiencing difficulties

with anxiety, we will offer you a brief online intervention with telephone support from a therapist.

We will also make the intervention available to any families taking part in the project who think it will be useful, regardless of their responses to the initial questionnaires.

We will also provide a lesson on recognising and managing anxiety for children in participating Year 4 classes.

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

[What happens if my child's school is allocated to the Usual School Practice group?](#)
Your family will continue to receive any existing support and services.

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

At the end of the project, we will offer you written (electronic) versions of the online intervention.

[What are the benefits of taking part?](#)

Families 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.

Families will either be offered a brief online intervention and telephone support for child anxiety during the project, or offered a written (electronic) version of the online intervention at the end of the project.

To say thank you, families receive a £10 gift voucher after completing each set of child and parent/carer questionnaires.

[What will my child be asked to do and how long will it take?](#)

At the start of the project, children will be asked to complete some questionnaires which include questions about fears and worries, and other thoughts, feelings and behaviours. The questionnaires take about 40 minutes.

Children in schools allocated to the "Feedback & Intervention" group will have a lesson where they learn about everyday fears and worries and how to manage them.

We will ask all children to complete similar questionnaires again about 6 months, 1 year and 2 years later.

[What is expected of parents?](#)

Parents will be asked to complete some initial questionnaires which include questions about how much their child experiences anxiety, information about their family and some additional questions about their child's health, feelings, behaviour, and about their health

and their family's use of services. We will also ask for their contact details so we can get in touch.

If your child's school is allocated to the "Feedback & Intervention" group, we may also arrange to talk to you on the telephone, and offer you a brief online intervention.

We will ask all parents to complete some questionnaires again 6 months, 1 year and 2 years later.

We will also ask some parents (and children) to take part in separate interviews about their experiences of the project. Parents can find out more here [\[hyperlink\]](#).

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 children's current class teacher to complete the same questionnaires about participating at each follow-up (6 months, 1 year, 2 years later). Schools can find out more here [\[hyperlink\]](#).

What children are eligible to take part in the study?

All Year 4 children in classes that are taking part in the project are eligible. All Year 4 children in these classes 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 [\[hyperlink\]](#).

Page 4 Family Newsletter P2

Family Newsletter July 2023 [\[image of newsletter\]](#)

Family Newsletter January 2023 [\[image of newsletter\]](#)

Page 5 Family Newsletter P1

Family Newsletter July 2023 [image of newsletter]

Family Newsletter January 2023 [image of newsletter]

Page 6 Resources for families

Books & Guides – For understanding more about anxiety

Freely available in many local libraries

Willetts, L., & Waite, P. (2014). Can I tell you about Anxiety?: A guide for friends, family and professionals: Jessica Kingsley Publishers.

Creswell, C., & Willetts, L. (2018). Helping your child with fears and worries: A self-help guide for parents. London: LittleBrown.

Support Organisations

In an emergency, you can call 999, or go to A&E. These are not just reserved for physical health emergencies and can assist with emergencies relating to emotional difficulties, such as severe anxiety or low mood.

NHS [hyperlink]

The NHS website has lots of information about what anxiety is and how to know if anxiety in children or adults is problematic. It also has information on how to support children and adults with anxiety and how to know when to seek help. It also has real stories and audio guides on various issues that may affect people with anxiety.

Every Mind Matters [hyperlink]

The Every Mind Matters website also has lots of information, tips and resources on supporting children with common mental health problems.

Young Minds [hyperlink]

If you are a young person struggling to cope, text YM to 85258 for free, 24/7 support.

Young Minds is a charity who provide support for those worried about a young person's behaviour or mental health and provides information leaflets. On their website you can find:

- Information about different mental health difficulties that affect young people and about specific symptoms
- Support and information about what to do in an emergency
- How you can talk to and support your child
- How young people's NHS mental health services work

Mind [\[hyperlink\]](#)

Helpline: 0300 123 3393 (Mon-Fri 9am –6pm)

Mind provides information on mental health problems and treatments. On their website you can find:

- How to support a young person with mental health difficulties as a parent.
- How you can look after yourself whilst doing so.
- How to find different kinds of support (e.g., face-to-face, phone, or things that you can do yourself)

[The Child Mind Institute](#). The Child Mind Institute website contains lots of articles which provide information on anxiety problems in children (both for specific and general difficulties), as well as useful tips on how to support anxious children. It also has an “Ask an expert” section with FAQ’s and several guides to help families with other difficulties faced in childhood. The Child Mind Institute has published a useful article on “What to do (and not do) when children are anxious” [\[hyperlink\]](#) with 10 useful tips.

Page 7 Design-a-sticker

Before the summer holidays, we asked children involved in our project to draw a brand new sticker design that we could use on the next set of stickers that we print and give out to participating children.

We were not prepared for the number of AMAZING designs we received!

Sadly, we are unable to upload all of them onto our website as we had previously hoped we could. We’re really sorry about this!

We are proud to display below the TOP 10 designs. These designs were presented anonymously to the TOPIC research group [\[hyperlink\]](#), and stickers with the highest number of votes were chosen to be in our top 10.

[images of sticker designs]

Page 8 Information for schools

Summary for Teachers

The iCATS-i2i project is testing a new way of identifying and supporting children with anxiety problems. We use a new questionnaire to identify children who have anxiety difficulties. Parents/carers of children who appear to be experiencing difficulties are then offered a brief online intervention with telephone support from a therapist.

In this project we are asking teachers to:

- Help organise their class for our visits.
- Help our researchers with classroom management when we visit.
- Fill out questionnaires about participating children.
- Help the school iCATS Leads, where appropriate.

Find out more about the project by exploring our website. Or email us with your questions:
iCATS@psych.ox.ac.uk
[image showing the summary for teachers information]

[Project Summary Video](#)

An informational video about iCATS-i2i.
Download button for Video transcript.

[Information Booklet](#)

Download button for School information sheet.

[Page 9 Teacher Area](#)

This content is password protected. To view it please enter your password below: [box for entering password]

[Page 10 Online Support & Intervention](#)

Online Support and Intervention (or “OSI”) is the intervention that is offered to families allocated to the ‘Feedback and Intervention’ group in the iCATS-i2i project.

Please see below a flyer with more information about OSI:
Download button for OSI flyer.

[Parent/Carer Testimony](#)

In our previous research, we interviewed parents/carers who used OSI to find out about their experiences of the intervention. You can watch these videos to find out what parents/carers told us.

A video about using OSI.

A video about OSI in Daily life.

A video about working with the wellbeing practitioner.

A video about how helpful OSI has been.

A video about further comments.

[Page 11 Intervention Resources](#)

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[Page 12 Background & Publications](#)

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.

In iCATS-i2i, we are working with parents, children, school staff and others to develop and evaluate a new way of identifying and supporting children with anxiety problems through schools. The project is made up of five different studies. You can find out more about each study below:

[Study 1 – Development of a short questionnaire](#)

This study involved 19 schools from across England. In these schools, we asked children in years 4-6, and their parents and teachers, to complete questionnaires about the child's fears and worries. Children and parents also took part in detailed interviews. We used responses to the questionnaires and the interviews to help us find the best questions to ask to identify which children may be experiencing problems with anxiety.

You can find details of our study protocol below and watch this space for more details on our findings!

[Study 2 – Co-design of iCATS-i2i procedures](#)

We worked with parents, children, school staff and other key stakeholders to develop a new way of identifying and supporting children with anxiety problems through schools.

You can find details of our study protocol and other publications below.

[Study 3 – Feasibility study](#)

This study involved working with 6 schools to try out the procedures that were developed in Study 2. We wanted to check that the procedures worked well for all involved, and identify any changes that were needed before proceeding to Study 5.

You can find details of our study protocol and other publications below.

[Study 4 – Economic impact of elevated child anxiety](#)

Alongside testing the iCATS-i2i procedures in Study 3, our team are also investigating the longer-term impacts and economic costs of child anxiety problems. We are currently conducting a literature review to find studies that have evaluated the outcomes (e.g. future mental health problems) and economic costs (e.g. cost of health care use) of elevated child anxiety. We also plan to use existing UK cohort studies to model the economic impact of elevated child anxiety.

You can find details of our review protocol below.

Study 5 – Cluster Randomised Controlled Trial

Our current ongoing study started in Autumn/Winter 2021. We have recruited 83 schools to work with us to test our ‘identification to intervention’ procedures in a randomised controlled trial. More than 4500 children and 1500 parents/carers are currently taking part in our study!

You can find details of our study protocol below, and you can find more details about the study here [hyperlink].

Publications

Please see below for research papers published by the iCATS team:

Study 1 – Development of a short questionnaire

Study protocol: <https://osf.io/ntkga/>

Study 2 – Co-design iCATS-i2i procedures

Study protocol: <https://bmjopen.bmj.com/content/11/4/e044852?rss=1>

Primary school-based screening for childhood mental health problems and intervention delivery: a qualitative study of parents in challenging circumstances:
<https://www.tandfonline.com/doi/full/10.1080/13632752.2022.2122285>

Primary school based mental health practitioners’ perspectives of school-based screening for childhood mental disorders and intervention delivery: a qualitative study:
<https://www.tandfonline.com/doi/full/10.1080/13632752.2022.2110704>

School-based screening for childhood anxiety problems and intervention delivery: a codesign approach: <https://bmjopen.bmj.com/content/bmjopen/12/6/e058089.full.pdf>

Codesign and development of a primary school based pathway for child anxiety screening and intervention delivery: a protocol, mixed-methods feasibility study:
<https://bmjopen.bmj.com/content/bmjopen/11/4/e044852.full.pdf>

Study 3 – Feasibility Study

Study protocol: <https://link.springer.com/article/10.1186/s40814-022-01140-x>

Increasing access to evidence-based treatment for child anxiety problems: online parent-led CBT for children identified via schools:
<https://acamh.onlinelibrary.wiley.com/doi/full/10.1111/camh.12612>

Study 4 – Economic impact of elevated child anxiety

Study protocol:

https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=202440

Study 5 – Cluster Randomised Controlled Trial

Study protocol: <https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-022-06773-0>

Page 13 Meet the team

Cathy Creswell – Chief Investigator. Tessa Reardon – Research Lead. Lucy Taylor – Trial Manager. Gemma Halliday – Safeguarding Lead. Jeni Fisk – Postdoctoral Researcher. Ashley Koenig – Research Assistant. Emily Day – Research Assistant. Chloe Hooper – Research Assistant. Natasha Pall - Research Assistant.

Page 14 Contact us

Email: icats@psych.ox.ac.uk Telephone: 01865 618175 Twitter: [iCATS_i2i](#)

Embedded Twitter Feed.

Page 15 Privacy notices

Download button for privacy notice for parents and carers.

Download button for privacy notice for school staff and participants.

Page 16 Area for Researchers

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