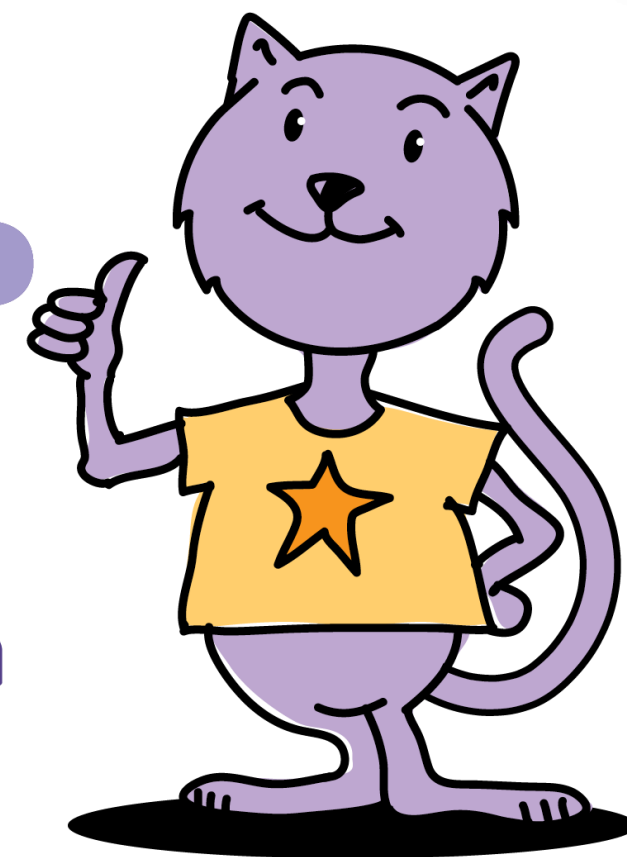


STAR-CAT

Supporting pARents and their autistic Children
through Anxiety Treatment



Launch Event

SUPPORTED BY

NIHR

National Institute for
Health and Care Research

TOPIC
The Oxford Psychological Interventions for Children
and adolescents Research Group



Online Support
and Intervention
for Child Anxiety

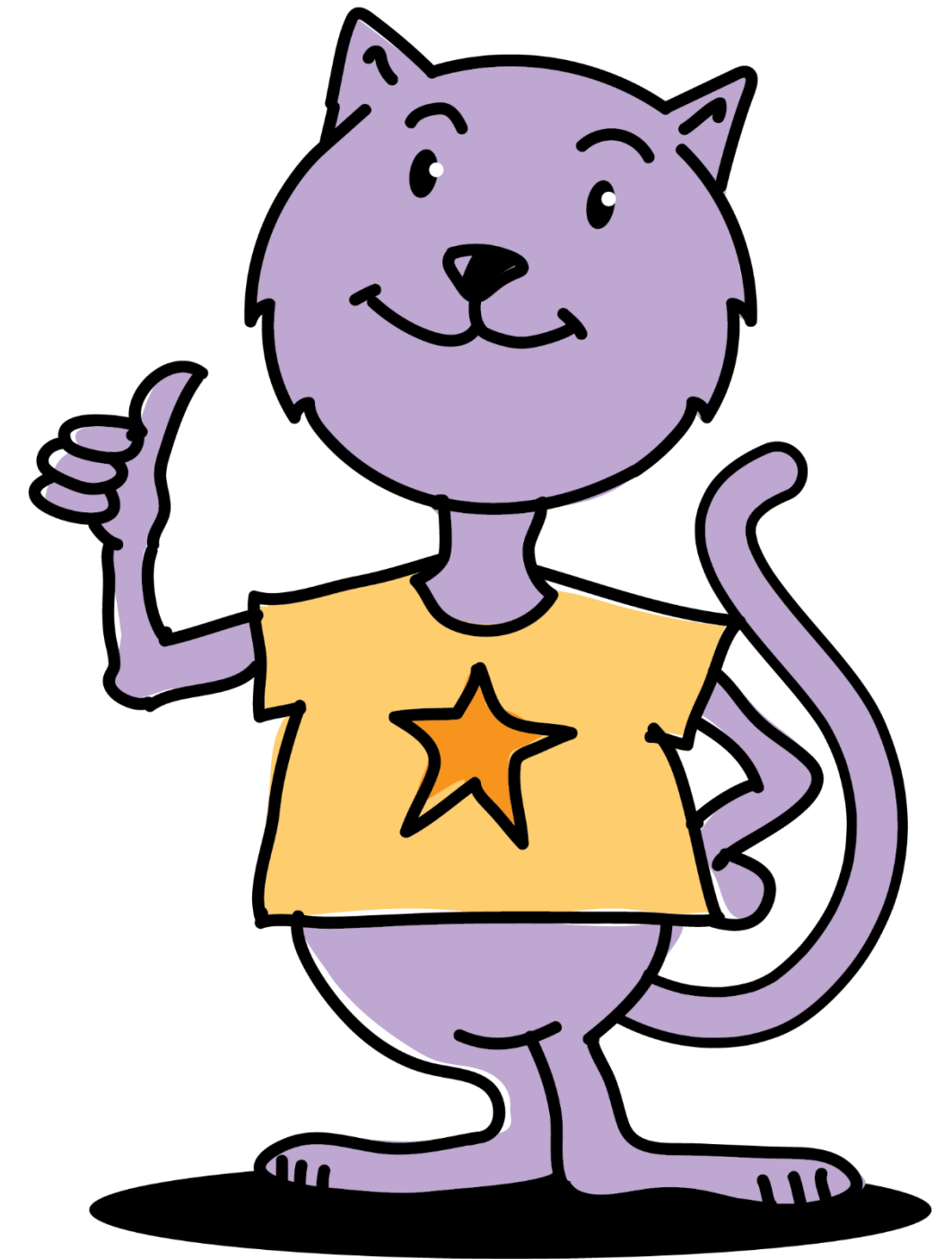
Coming Up...



About the trial

OSI-A demonstration

Getting involved



Meet the Team



Cathy Creswell
Chief Investigator



Lucy Taylor
Senior Trial Manager



Johanna Cook
Senior Trial Manager



Kelsey Armitage
Trial Manager



Emily Day



Jeni Fisk



Emily Whitaker

← Trial Coordinators →

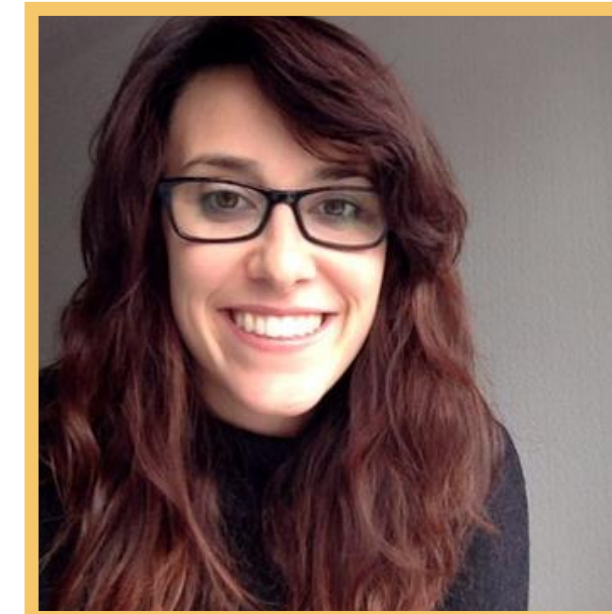
Meet the Team



Jonathan Green
Autism assessment
and intervention co-lead



Kathy Leadbitter
Autism assessment
and intervention co-lead



Tasha Cullingham
Treatment development
and support lead



Michael Larkin
Qualitative lead



Ly-Mee Yu
Stats lead



Mara Violato
Health economics lead



Una Rennard
Parent lead

Background

What is OSI?



OSI

Online Support
and Intervention
for Child Anxiety

OSI Overview

OSI was developed based on the latest evidence on how to help children overcome problems with fears, worries, and anxiety.



Parents and children with relevant personal experience, NHS clinicians, researchers, and a tech company all worked together to create OSI.

OSI is made up of 7 core modules plus a follow up module. Parents are encouraged to have a go at the strategies that they learn through the modules with their child.



Core modules are released weekly by a therapist/clinician following completion of a telephone appointment with the child's parent/carer(s).

OSI comes with an optional game app that can help to motivate child to give strategies a try with their parent/carer.



Telephone appointments help parents/carers to apply the strategies that they learn with their child and help parents/carers address any problems that arise.



Telephone appointments typically take about 20 minutes.



Each online module typically takes about 30 minutes for parents/carers to work through.



Find out more
about OSI
here:

osiresearch.org.uk/osi



OSI contains videos, quizzes, and interactive worksheets, as well as built in questionnaires to help parents/carers (and their therapists) keep track of how your child is doing.

Background

What is OSI?



Clinician Portal

The screenshot shows a clinician's view of a client's profile. On the left is a navigation menu with options: Client List, Calendar, Help Guides, View Treatment, Account Settings, and Log out. The main content area displays the client's name 'Molly Tester2 (6y)' and a risk level of 'Amber'. Below this, there are sections for 'Client Details' (Preferred Name, Date of Birth, Primary Difficulty, Main Presenting Symptom) and 'Parent/Carer Details' (Name, Relation, Contact Numbers, Observer Account). At the bottom, there is a 'Current Progress' section showing 'MODULE 4: BECOMING INDEPENDENT & CONTROLLING WORRIES - 71%' and 'Time on Module: 0h 11m'. A 'VIEW ALL DETAILS' link is at the bottom right.

Parent Portal

The screenshot shows a parent's view of a module. The title is 'Module 2: Have-A-Go Thinking'. On the left is a navigation menu with options: Home, Modules, Therapy Sessions, Progress, Notes & Bookmarks, Resources, Help Guides, and Contact us. The main content area features a video player with the title 'Watch how to talk to your child about their worries'. Below the video is a list of 'MODULE CONTENT' items, including 'Hello - and welcome...', 'What is Have-a-go thi...', 'Take a new approach', 'How can I find out w...', 'Questions you might ...', 'Change your approach', '1. Help your child fee...', '2. Make anxiety nor...', and '3. Stay curious.'.

Game App



The screenshot shows a parent's view of a progress summary. The title is 'Thank you for rating your child's progress towards their goals. Here is a summary of your child's progress towards their goals so far:'. Below this is a line graph titled 'Goal 1: To get to school on time everyday for a week'. The y-axis is 'Progress towards goal' (0-10) and the x-axis shows dates from 'Module 1 13/01/20' to 'Follow Up 21/10/19'. The graph shows a steady increase in progress over time, reaching a score of 10 by the follow-up date.

Background

Previous research

A screenshot of a JMIR Publications article page. The header includes the JMIR logo, "Advancing Digital Health & Open Science", and a "25 years" anniversary badge. A search bar is present. The main navigation bar has "JMIR Formative Research" and "Journal Information". The article title is "Online Support and Intervention for Child Anxiety (OSI): Development and Usability Testing" by Claire Hill, Tessa Reardon, Lucy Taylor, and Cathy Creswell. The abstract is visible, discussing internet-based treatments for child anxiety and the study's objective to develop such a treatment through user-centered design and usability testing.

JMIR Publications | Advancing Digital Health & Open Science | 25 years

Articles Search articles

JMIR Formative Research Journal Information Browse Journal

Published on 13.4.2022 in Vol 6, No 4 (2022): April

Preprints (earlier versions) of this paper are available at <https://preprints.jmir.org/preprint/29846>, first published April 23, 2021.

Online Support and Intervention for Child Anxiety (OSI): Development and Usability Testing

Claire Hill¹ ; Tessa Reardon^{2,3} ; Lucy Taylor^{1,2,3} ; Cathy Creswell^{2,3}

Article Authors Cited by (10) Tweetations (10) Metrics

Abstract

Background: Internet-based treatments for child anxiety may help to increase access to evidence-based therapies; however, user engagement, uptake, and adherence within routine clinical practice remain as challenges. Involving the intended end users in the development process through user-centered design and usability testing is crucial for maximizing user engagement and adoption of internet-based treatments, but so far this has been lacking for internet-based treatments for child anxiety.

Objective: The aim of this study is to develop an internet-based treatment for child anxiety through a process of user-centered design (phase 1) and usability testing (phase 2), based on an existing evidence-

Co-design:

Online Support and Intervention for Child Anxiety (OSI): Development and Usability Testing



Background

Previous research

A screenshot of a Cambridge Core article page. The page header includes the Cambridge University Press logo and the text "Cambridge Core". Below the header is a navigation bar with links for "Browse subjects", "Publications", "Open research", "Services", "About Cambridge Core", and "Institution". The breadcrumb trail reads: "Home > Journals > Behavioural and Cognitive Psychotherapy > Volume 50 Issue 4 > Online Support and Intervention (OSI) for child anxiety:...". The article title is "Online Support and Intervention (OSI) for child anxiety: a case series within routine clinical practice". It was published online by Cambridge University Press on 04 May 2022. The authors are Claire Hill, Chloe Chessell, Ray Percy, and Cathy Creswell. The article is categorized as "Article" and has tabs for "Figures", "Supplementary materials", "Correction", "Comments", and "Metrics". There are buttons for "Save PDF", "Share", "Cite", and "Rights & Permissions". The abstract begins with "Background: Online treatments for child anxiety offer a potentially cost-effective and non-stigmatizing means to widen access to evidence-based treatments and meet the increasing demand on services; however, uptake in routine clinical practice remains a challenge. This study conducted an initial evaluation of the clinical effectiveness, feasibility and acceptability of OSI (Online".

CAMBRIDGE UNIVERSITY PRESS

Cambridge Core

Browse subjects Publications Open research Services About Cambridge Core Institution I

Home > Journals > Behavioural and Cognitive Psychotherapy > Volume 50 Issue 4 > Online Support and Intervention (OSI) for child anxiety:...

Online Support and Intervention (OSI) for child anxiety: a case series within routine clinical practice

Published online by Cambridge University Press: 04 May 2022

Claire Hill, Chloe Chessell, Ray Percy and Cathy Creswell [Show author details](#)

Article Figures Supplementary materials Correction Comments Metrics

Save PDF Share Cite Rights & Permissions

Abstract

Background:

Online treatments for child anxiety offer a potentially cost-effective and non-stigmatizing means to widen access to evidence-based treatments and meet the increasing demand on services; however, uptake in routine clinical practice remains a challenge. This study conducted an initial evaluation of the clinical effectiveness, feasibility and acceptability of OSI (Online

Case series:

Online Support and Intervention (OSI) for child anxiety: a case series within routine clinical practice



Background


Previous research



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[Submit manuscript](#) 

Study protocol | [Open access](#) | Published: 16 November 2022

A randomised controlled trial to compare clinical and cost-effectiveness of an online parent-led treatment for child anxiety problems with usual care in the context of COVID-19 delivered in Child and Adolescent Mental Health Services in the UK (Co-CAT): a study protocol for a randomised controlled trial

[Lucy Taylor](#) , [Sophie Giles](#), [Sophie Howitt](#), [Zoe Ryan](#), [Emma Brooks](#), [Lucy Radley](#), [Abigail Thomson](#), [Emily Whitaker](#), [Fauzia Knight](#), [Claire Hill](#), [Mara Violato](#), [Polly Waite](#), [Vanessa Raymont](#), [Ly-Mee Yu](#), [Victoria Harris](#), [Nicola Williams](#) & [Cathy Creswell](#)

Trials **23**, Article number: 942 (2022) | [Cite this article](#)

Co-CAT study – trial protocol:

A randomised controlled trial to compare clinical and cost-effectiveness of an online parent-led treatment for child anxiety problems with usual care in the context of COVID-19 delivered in Child and Adolescent Mental Health Services in the UK (Co-CAT): a study protocol for a randomised controlled trial



Background

Previous research





THE LANCET
Psychiatry

[This journal](#) [Journals](#) [Publish](#) [Clinical](#) [Global health](#) [Multimedia](#) [Events](#) [About](#)

ARTICLES | [VOLUME 11, ISSUE 3, P193-209, MARCH 2024](#)

[Download Full Issue](#)

Digitally augmented, parent-led CBT versus treatment as usual for child anxiety problems in child mental health services in England and Northern Ireland: a pragmatic, non-inferiority, clinical effectiveness and cost-effectiveness randomised controlled trial

[Prof Cathy Creswell, PhD](#)   • [Lucy Taylor, MSc](#) • [Sophie Giles, MSc](#) • [Sophie Howitt, MSc](#) • [Lucy Radley, MSc](#) • [Emily Whitaker, MSc](#) • [Emma Brooks, MSc](#) • [Fauzia Knight, PhD](#) • [Vanessa Raymont, MB ChB](#) • [Claire Hill, PhD](#) • [James van Santen, MSc](#) • [Nicola Williams, MSc](#) • [Sam Mort, PGCert](#) • [Victoria Harris, PhD](#) • [Shuye Yu, PhD](#) • [Jack Pollard, MSc](#) • [Mara Violato, PhD](#) [†] • [Polly Waite, PhD](#) [†] • [Ly-Mee Yu, DPhil](#) [†] • [Show less](#) • [Show footnotes](#)

[Open Access](#) • Published: February 06, 2024 • DOI: [https://doi.org/10.1016/S2215-0366\(23\)00429-7](https://doi.org/10.1016/S2215-0366(23)00429-7)

Co-CAT study – results:

Digitally augmented, parent-led CBT versus treatment as usual for child anxiety problems in child mental health services in England and Northern Ireland: a pragmatic, non-inferiority, clinical effectiveness and cost-effectiveness randomised controlled trial



Background

Previous research



THE LANCET Psychiatry Log in

Search for...

EDITORIAL | VOLUME 11, ISSUE 3, P159, MARCH 2024 [Download Full Issue](#)

Digital mental health: small steps for big gains

The Lancet Psychiatry

Published: March, 2024 • DOI: [https://doi.org/10.1016/S2215-0366\(24\)00037-3](https://doi.org/10.1016/S2215-0366(24)00037-3) [Check for updates](#) [PlumX Metrics](#)

Like all areas of psychiatry, demand on child mental health services far exceeds capacity. Digital technologies are eagerly promoted as ways to redress the gap but the evidence base for sustained clinical impact in real-world mental health settings is often poor. In *The Lancet Psychiatry*, Cathy Creswell and colleagues present findings from a pragmatic trial based in child mental health services across England and Northern Ireland that investigated whether digital augmentation of parent-led cognitive behavioural therapy (CBT) could improve efficiency without negatively affecting clinical efficacy. The new inferiority trial compared

Co-CAT study – editorial:

Digital mental health: small steps for big gains



Background

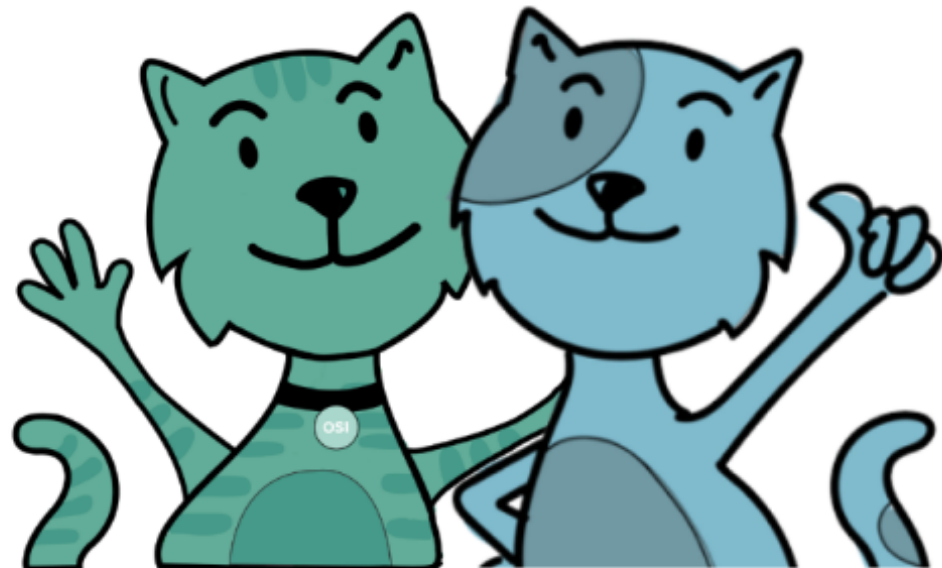
Previous research



Home [iCATS i2i](#) [MY-CATS](#) [Co-CAT](#) [OSI-GROWS](#) [STAR-CAT](#) [OSI](#)

What is OSI-GROWS?

OSI-GROWS is a service evaluation project that aims to evaluate the outcomes and usage of [OSI \(Online Support and Intervention for Child Anxiety\)](#) in routine clinical practice. Any organisations who participated in the [Co-CAT study](#) have been offered continued use of OSI in their service, for free, until at least February 2024 (subject to any local approvals/individual service requirements for the use of OSI in routine clinical practice being in place). Organisations are able to offer OSI to parents/carers of children (aged roughly 5- to 12-years-old) with primary anxiety difficulties.



OSI-GROWS

- [What is OSI-GROWS?](#)
- [Meet the Team](#)
- [Resources for Families](#)
- [Clinic Administrators](#)
- [Clinician Area](#)
 - [Offering OSI to Families](#)
 - [Getting Ready to Deliver OSI](#)
 - [OSI Treatment Content](#)
 - [Ongoing Training & Support](#)
 - [Technical Support](#)
 - [Keeping Up To Date](#)
 - [Interviews](#)
 - [Shared Learning Events](#)
- [FAQs](#)
- [Contact Us](#)

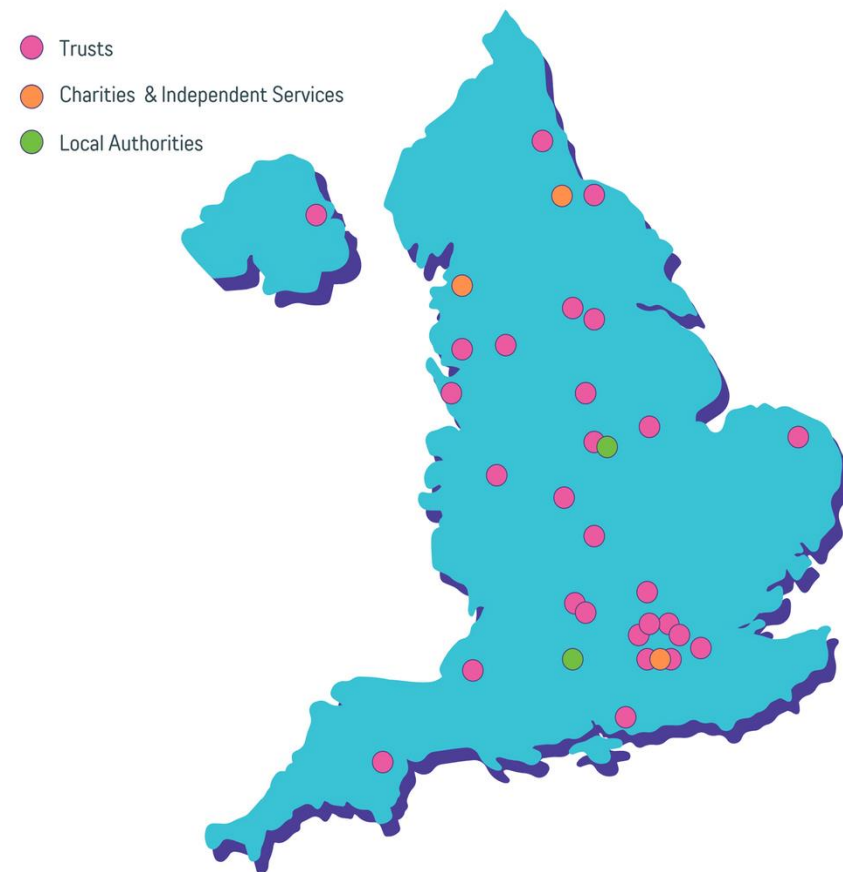
OSI-GROWS project

Website



Background

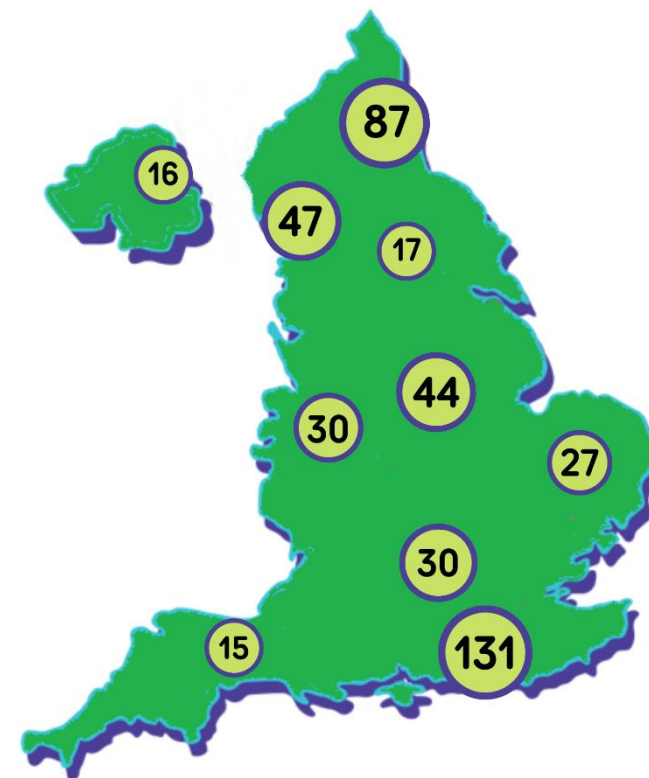
Previous research



34 clinical services involved

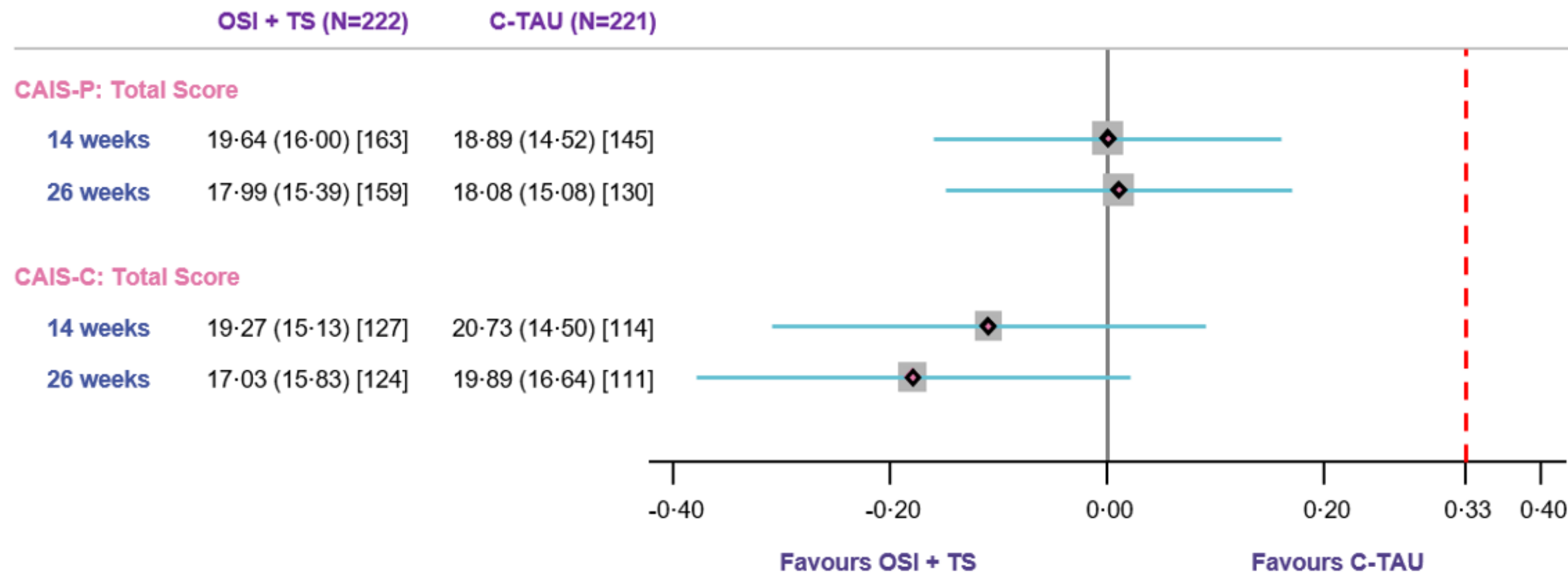


444 participating families

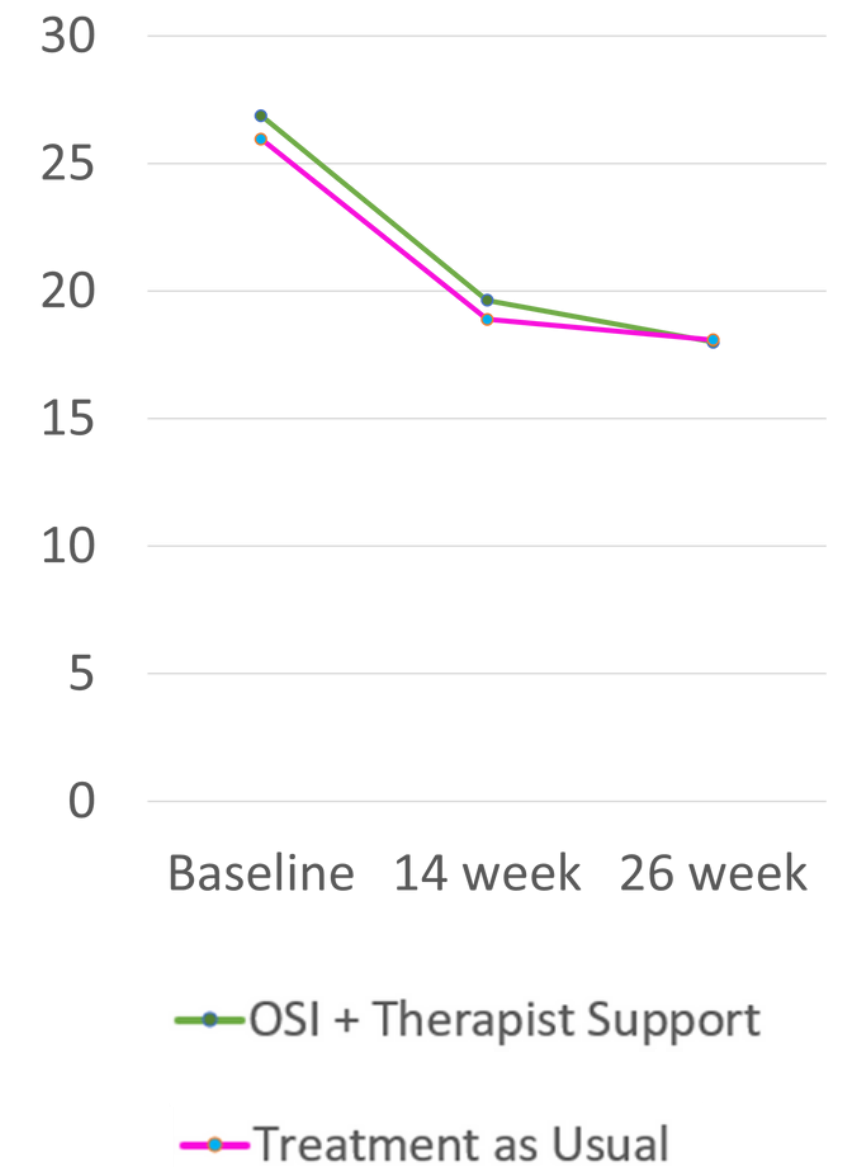


Background

Previous research



Interference caused by child anxiety (parent report)



Background

Previous research



Time to deliver treatment with OSI was **< 60%** of the time to deliver usual treatment



With **no negative impact** on

- Child outcomes - which indicated substantial improvements
 - Parent satisfaction - which was high
 - Therapist satisfaction - which was high



Background

Previous research



Parent feedback about OSI from the Co-CAT study

I'm a complete techno idiot. I'm not smart or savvy at all when it comes to tech. And if I can do it, anybody can do it.

I feel confident enough that I now have the tools that if that happens with anything in life, not just the person receiving the treatment, for myself and for my other child, it's changed my concept on how to deal with life as well.

Background

Previous research



Clinician feedback about OSI from the Co-CAT study

*I think it's a really great way of working and I think it **breaks down lots of barriers** for families struggling to access treatments.*

*I think it was really it was a great parent-led treatment definitely, and it **works**. And so, you know, I've **really enjoyed**, really enjoyed, delivering it to be quite honest.*

Background

Previous research



Previous research has shown that OSI is effective and acceptable

Autistic children have typically not been included in previous studies



Co-design project at the University of Manchester to develop adaptations to OSI
(CHAAMPS Study)

Background

Previous research



CHAAMPS: Childhood Anxiety in Autism Managed by Parents Study






DOI: 10.1002/jcv2.12255

ORIGINAL ARTICLE

JCPP Advances 

The process of co-design for a new anxiety intervention for autistic children

Tasha Cullingham¹  | Una Rennard² | Cathy Creswell³  | Damian Milton⁴ |
Karen Leneh Buckle⁵ | Lucie Godber² | Kate Gordon⁶ | Michael Larkin⁷ |
Jonathan Green^{1,8} 

¹Manchester University NHS Foundation Trust, Manchester, UK

²Expert by Experience

³Departments of Experimental Psychology and Psychiatry, University of Oxford, Oxford, UK

⁴Tizard Centre, University of Kent, Canterbury, UK

⁵Division of Psychology, Communication and Human Neuroscience, Faculty of Biology, Medicine and Health, University of Manchester, Manchester, UK

⁶Department of Neuropsychology, Berkshire Healthcare NHS Foundation Trust, Bracknell, UK

Abstract

Background: Mental health difficulties are common for autistic people; however, almost no interventions have been co-designed with the autistic community. Co-design has the potential to add important insights from lived experience into intervention design, but there are currently limited examples of how rigorously to undertake this practice. This paper details a worked model of co-design and its process, focussed on adapting an evidenced parent-led intervention for non-autistic child anxiety (HYC), to meet the needs of young autistic children. The aim is to provide an example of co-design, integrating autistic, parental, academic, clinical, experience and expertise.

Background

Previous research



CHAAMPS: Childhood Anxiety in Autism Managed by Parents Study

Following the CHAAMPS study, the following key changes were made to OSI:

✦ Edits to the language used

✦ Two additional modules

✦ Edits to the module content

✦ New videos

This adapted version of OSI, called OSI-A, will be evaluated in a new clinical trial.

OSI-A



CBT

Neurodiversity based
autism information

*Key insights from
the co-design*

Recognition of
pressure to confirm
to neurotypical
expectations

Personalisation

The importance of
being understood

OSI-A



	Topic	Key content	Throughout:
0	Welcome and introduction to OSI-A	Rationale for the programme and how it works Common concerns/ benefits	<p>Being an advocate for your child</p> <p>Review, maintain and problem solve core content</p>
1	Understanding what makes my child anxious Goal setting	What anxiety is and its impact Causes of anxiety problems Why anxiety is common among autistic children- being autistic in a nonautistic world, sensory experiences, interoception, understanding unspoken social rules, alexithymia, understanding and being misunderstood by others, styles of thinking (black and white, intolerance of uncertainty, perfectionism, threat bias)	
2	Helping my child feel safer and calmer	Recognising the impact of daily stressors Reducing stress Creating opportunities to recharge	
3	'Have a go thinking'	Exploring what your child is thinking (acknowledgement, normalizing, curiosity, holding back reassurance) and different communication strategies for doing this What does my child need to learn?	
4	Testing fears in manageable ways	Rationale for testing out fears Step by step approach to test predictions Identify support needed Managing safety seeking Rewards to encourage and recognise effort Reflecting on learning against predictions	

OSI-A

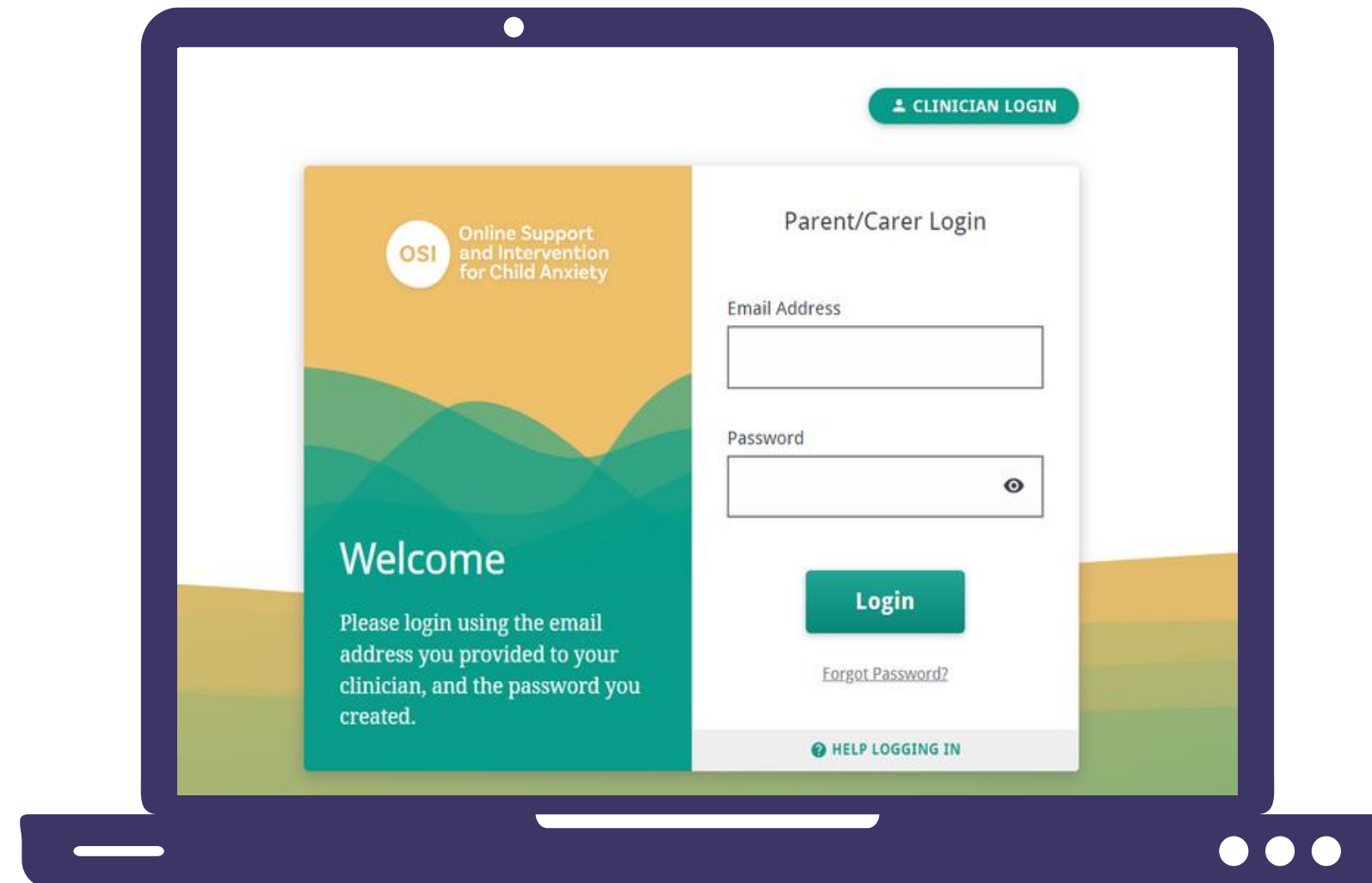


	Topic	Key content	Throughout:
5	Problem solving	Systematic approach to problem solving	Being an advocate for your child Review, maintain and problem solve core content
6	Review and check in		
7	Building confidence and independence Managing worry	Encouraging independence to build confidence and a sense of control Taking control of worry (record to discuss later so can give it the time it needs, discover what happens when don't discuss immediately, problem solve if required)	
8	Keeping it going	What worked and planning for the future	
Follow-up	Review and keeping it going	What worked and planning for the future	

OSI-A



Sneak preview of the parent platform



Home

Modules

Therapy Sessions

Progress

Notes & Bookmarks

Resources

Help Guides

Contact us

Account Settings

Log out

Good afternoon, Ashley

Module 3 - Have-A-Go Thinking 0%

VIEW MODULES



This module takes about 30 minutes to complete

Complete the questionnaires in this module before your follow-up therapy session. This will help your therapist see how your child is getting on.

Begin Module

COMMENTS

MODULE PDF

Therapy Session

VIEW ALL

NEXT APPOINTMENT

12:30pm – 12:50pm

Thursday 12th September

Latest Bookmark

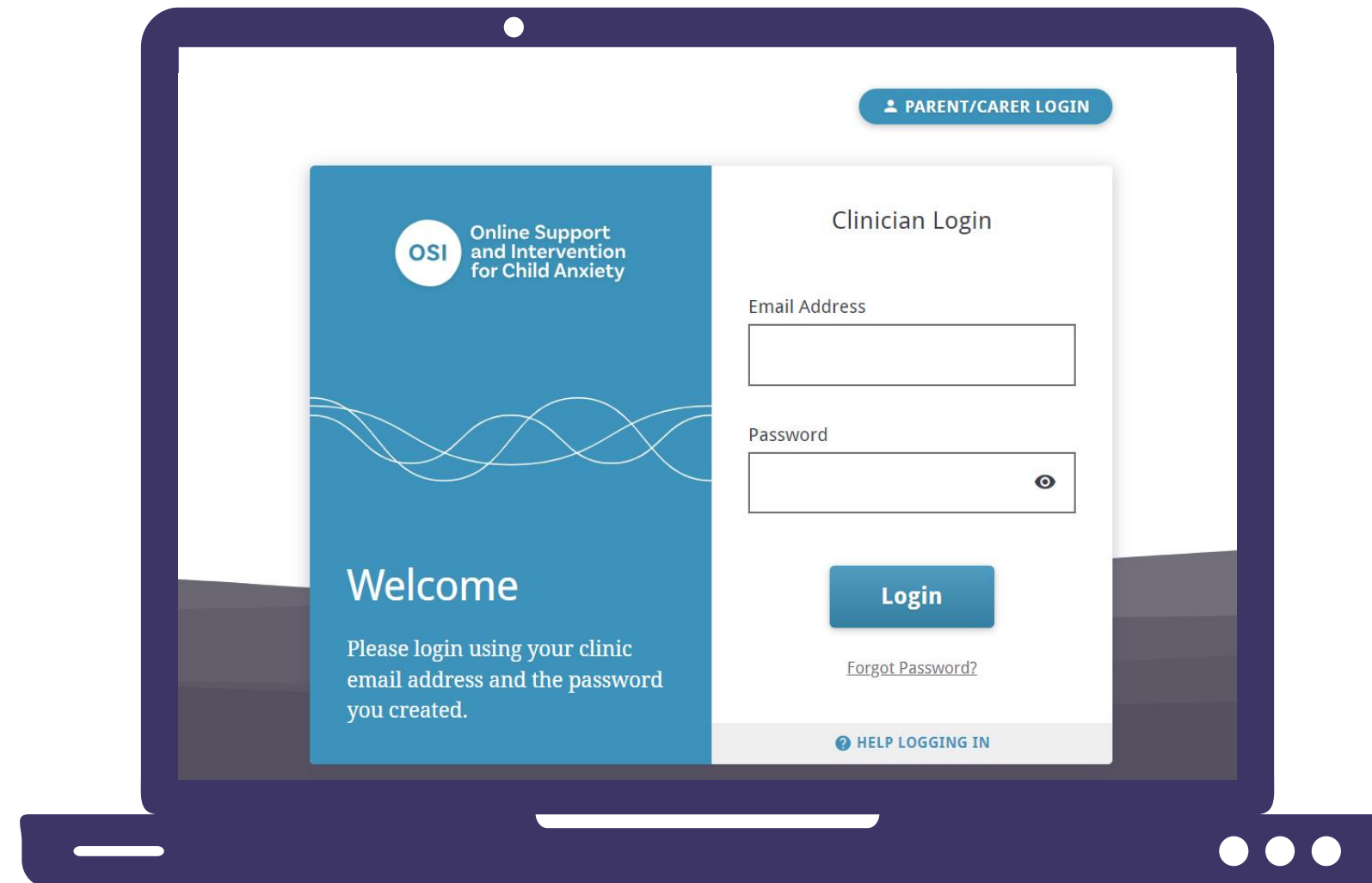
VIEW ALL

03/09/2024

[Types of anxiety](#)

OSI-A

Clinician Platform



OSI-A



Clinician Platform

Client List

Good morning, Data2

Client List

[Add client](#)

Search by Child Name

[Active Clients](#) [Archived Clients](#)

View Clients of:

RISK	NAME	HOMEWORK	MODULE	APPOINTMENT DUE
	Samual Johnson (8y) TEST: Joe Johnson	 Not completed	6 (0%)	Mon 10:10 14/08/23
	Helen Smith (6y) TEST: Sarah Smith	 Not completed	6 (0%)	Tue 09:00 26/09/23
	Sally Smyth (7y) TEST: Test Test	 Not completed	3 (0%)	Thu 09:00 09/11/23

[Account Settings](#)

[Log out](#)

Dashboard

Clinician Platform

- Client List
- Calendar
- Help Guides
- View Treatment

Daniel Greene (4y) [Discharge Client](#)

Risk Level
▲ Green [CHANGE RISK LEVEL](#) [TRANSFER CLIENT](#)

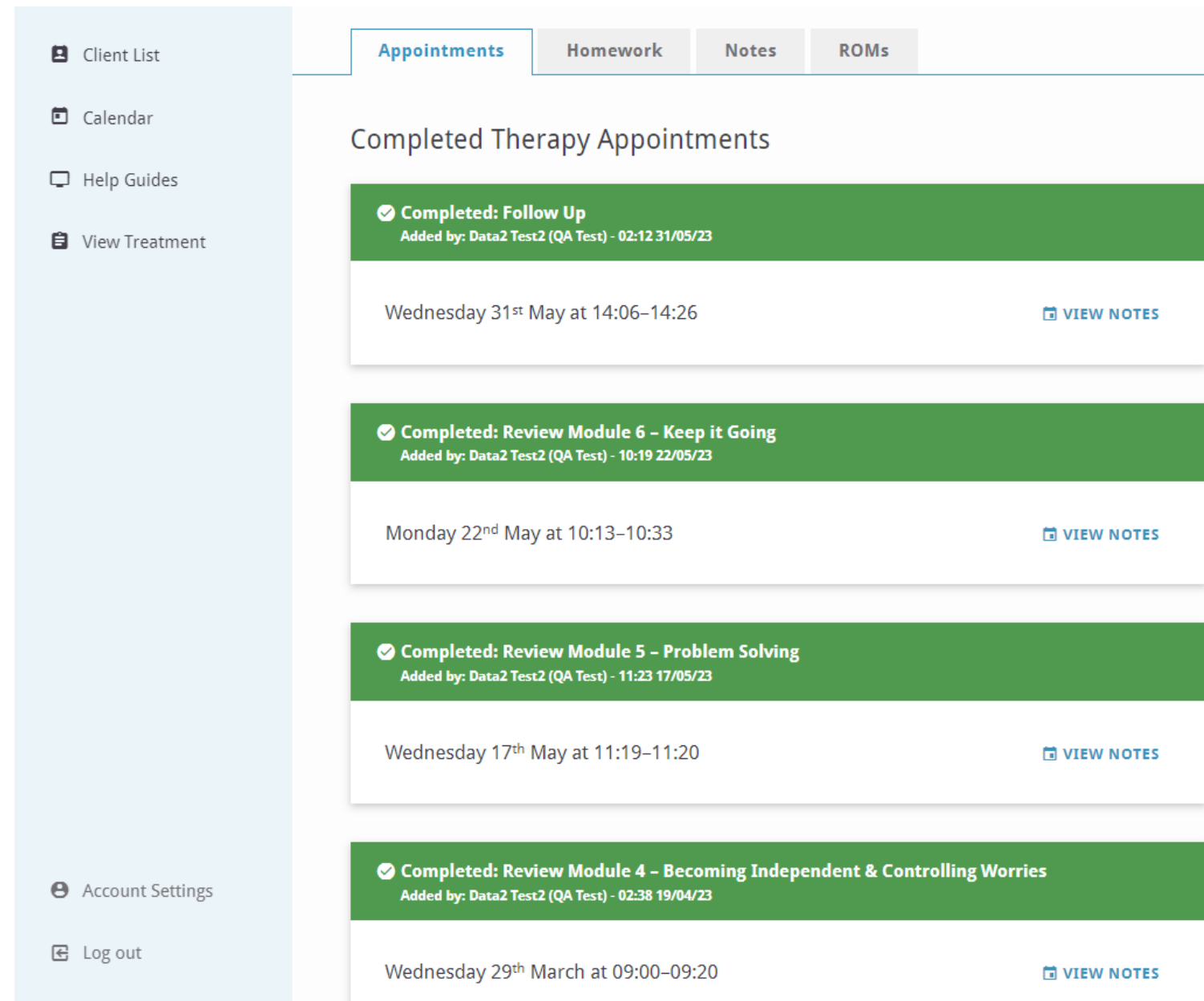
OSI ID	Study Type	Numeric ID
TEST	Co-CAT	303
Preferred Name	Gender	Parent/Carer's Name
Dan	male	Emily Test
Date of Birth	School Year	Parent/Carer's Relation
06/10/2018	0	Mum
Primary Difficulty	1 st Contact Number	0000000000
Specific Phobia	2 nd Contact Number	not provided
Additional Information	Observer Account	No
Diagnosed or Suspected Neurodevelopment Conditions	Observer Account Name	na
No	Observer Relationship	na
Additional Information		
Main Presenting Symptom		
not provided		

[EDIT CLIENT DETAILS](#)

Current Progress

Child profile

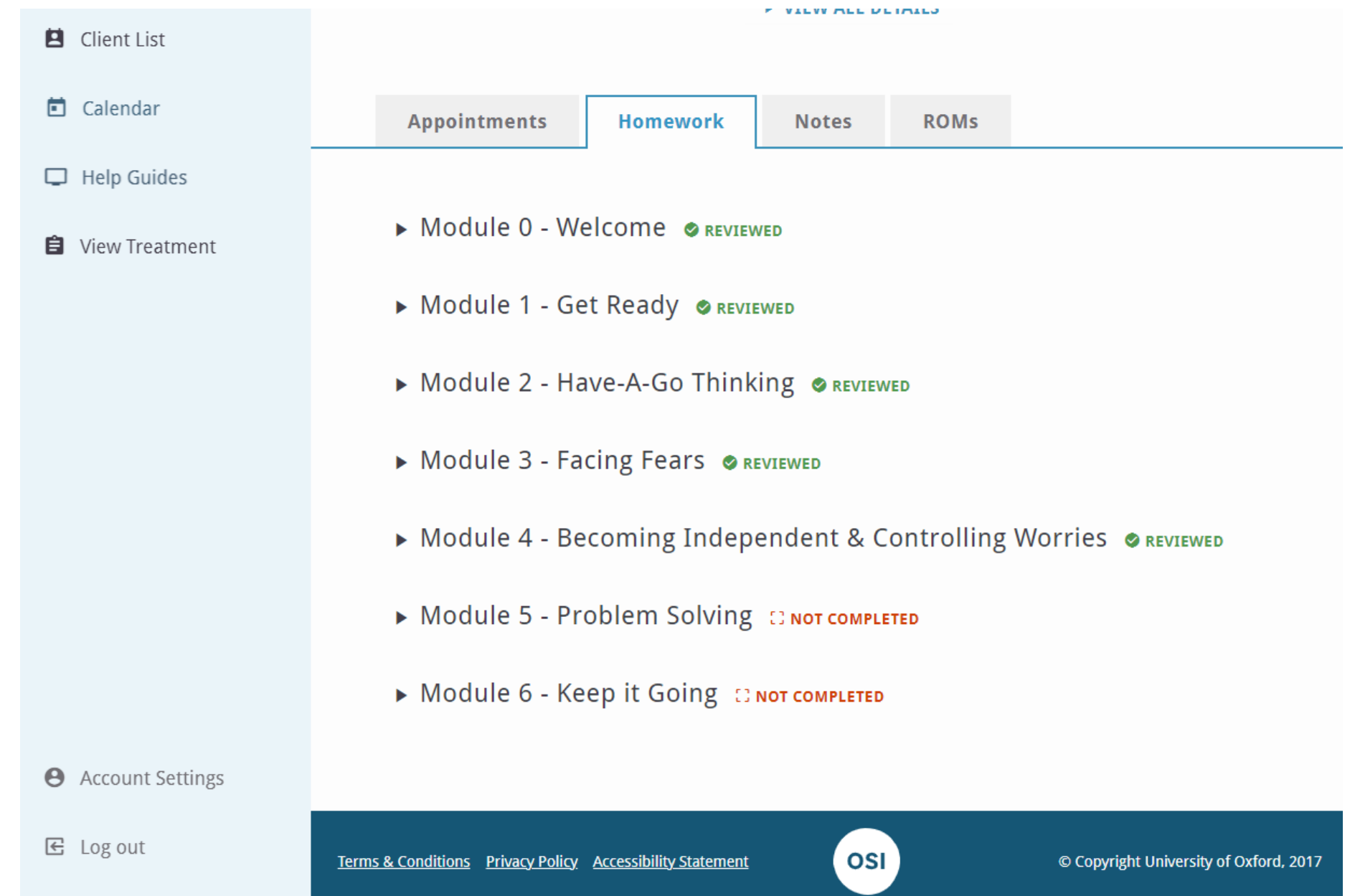
Clinician Platform



The screenshot shows the 'Appointments' tab selected in the top navigation. The left sidebar contains: Client List, Calendar, Help Guides, View Treatment, Account Settings, and Log out. The main content area is titled 'Completed Therapy Appointments' and lists four completed sessions, each with a green header bar, a date and time, and a 'VIEW NOTES' button.

Appointment Title	Date & Time	Action
Completed: Follow Up Added by: Data2 Test2 (QA Test) - 02:12 31/05/23	Wednesday 31 st May at 14:06-14:26	VIEW NOTES
Completed: Review Module 6 - Keep it Going Added by: Data2 Test2 (QA Test) - 10:19 22/05/23	Monday 22 nd May at 10:13-10:33	VIEW NOTES
Completed: Review Module 5 - Problem Solving Added by: Data2 Test2 (QA Test) - 11:23 17/05/23	Wednesday 17 th May at 11:19-11:20	VIEW NOTES
Completed: Review Module 4 - Becoming Independent & Controlling Worries Added by: Data2 Test2 (QA Test) - 02:38 19/04/23	Wednesday 29 th March at 09:00-09:20	VIEW NOTES

Appointments



The screenshot shows the 'Homework' tab selected in the top navigation. The left sidebar contains: Client List, Calendar, Help Guides, View Treatment, Account Settings, and Log out. The main content area shows a list of modules with their completion status, each preceded by a right-pointing triangle icon.

- ▶ Module 0 - Welcome ✔ REVIEWED
- ▶ Module 1 - Get Ready ✔ REVIEWED
- ▶ Module 2 - Have-A-Go Thinking ✔ REVIEWED
- ▶ Module 3 - Facing Fears ✔ REVIEWED
- ▶ Module 4 - Becoming Independent & Controlling Worries ✔ REVIEWED
- ▶ Module 5 - Problem Solving ❌ NOT COMPLETED
- ▶ Module 6 - Keep it Going ❌ NOT COMPLETED

At the bottom of the page, there is a footer with links for Terms & Conditions, Privacy Policy, and Accessibility Statement, the OSI logo, and the copyright notice: © Copyright University of Oxford, 2017.

Homework

Clinician Platform

- Client List
- Calendar
- Help Guides
- View Treatment

- Account Settings
- Log out

Appointments

Homework

Notes

ROMs

Progress Notes

Add progress note

Will not be shared with Client

🕒

Appointment Rescheduled: Follow up

Added by: Data2 Test2 (QA Test) - 14:06 31/05/23

Rescheduled from: Thursday 1st June at 10:00–10:20

Rescheduled to: **Wednesday 31st May at 14:06–14:26**

Reason for reschedule: Client wants to reschedule

Actioned on Electronic Records System

✅

Appointment Attended: Follow up

Added by: Data2 Test2 (QA Test) - 02:12 31/05/23

Clinician Progress notes (Not Shared)

Follow Up - 14:12 31/05/2023

Summary of contact: Emily Test (Mum) attended a telephone session with Data2 Test2 on Wednesday 31st May 2023 at 02:06 pm. The aim of the session was to review

Notes

- Client List
- Calendar
- Help Guides
- View Treatment

- Account Settings
- Log out

▼ RCADS full (Module 0, Module 6 and Follow Up)

RCADS subscale raw scores at Module 0, 6 and Follow up

[↓ DOWNLOAD](#)

Subscale	Before Treatment (11/01/24)	After Treatment (11/01/24)	Follow Up (11/01/24)
Separation Anxiety	15	10	15
Generalised Anxiety	10	5	5
Panic	20	15	5
Social Phobia	15	15	10
OCD	5	10	10
Depression	10	20	20
Total Anxiety	60	50	45
Total Anxiety & Depression	70	70	65

▶ RESULTS TABLE

[TO SEE HOW THESE SCORE WERE CALCULATED CLICK HERE](#)

RCADS subscale (Parent/carers see this as 'How things are with my child: specific anxiety symptoms')

▼ RCADS subscale (Module 0-Follow Up)

Routine Outcome Measures (ROMS)

OSI-A



Game app for children



Monster's Journey:
Facing Fears

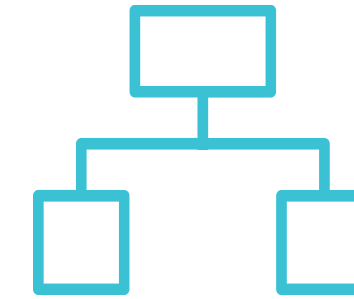


About the trial



Trial design

Two-arm, non-inferiority randomised controlled trial



Participants

Children aged 5-12 years old, with either diagnosed autism or suspected autism, about to receive treatment of anxiety problems



Intervention

OSI-A

OSI

Comparator

Usual treatment services offer to autistic children with anxiety problems

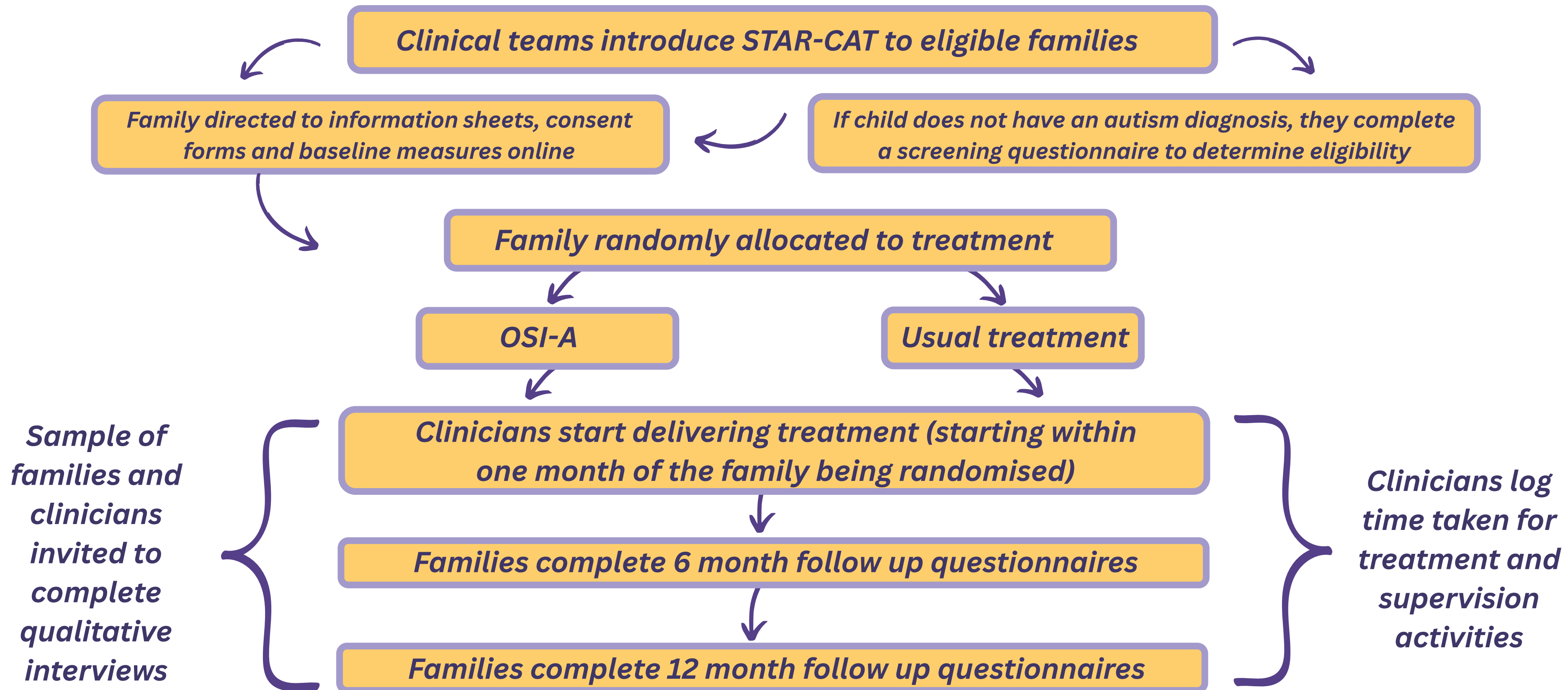


Outcomes

Primary outcome measure is interference caused by the child's anxiety, as measured at 48 weeks post-randomisation by the CAIS-P



About the trial



About the trial



Starting in October 2024, we will be aiming to recruit 650 families from across the UK. We are now offering the opportunity for clinical services to be trial sites and recruit participants.

Requirements for trial sites:

- ✦ Service delivers treatment for anxiety problems to autistic (or likely to be autistic) children aged 5-12 years old.
- ✦ Service does not deliver the original, unadapted version of OSI as usual treatment for autistic children with anxiety problems.

About the trial



Inclusion and exclusion criteria - child



is aged 5-12 years at consent



autism diagnosis or positive screen on autism questionnaire (SCQ)



primary problem is anxiety, and there is the intention to begin treatment within the following month







has co-morbid conditions that mean therapeutic strategies are clinically inappropriate (diagnosed profound or severe intellectual disability, suicidal intent/ recurrent or potentially life limiting self-harm)



is identified by social services due to child protection concerns

About the trial

Inclusion and exclusion criteria – parent/carer

-  has sufficient English language, or available assistance, to complete measures/access interventions
-  has access to the internet
-  is willing and able to provide consent
-  diagnosed profound or severe intellectual disability or severe mental health problem that is likely to interfere with treatment delivery

About the trial



Including families where there is not a confirmed diagnosis of autism:

- ★ As there can be long waits for an autism assessment it is not a requirement for the child to have a formal autism diagnosis.
- ★ If children do not have a diagnosis of autism, but you believe they are likely to be autistic, they can be introduced to the study. However, families should have already had discussions about a potential autism diagnosis before being invited to take in STAR-CAT.
- ★ Parents of these children will complete the screening measure (the Social Communication Questionnaire) and the child will need to score positive for autism on it in order to continue to participate in the trial.

Benefits to taking part



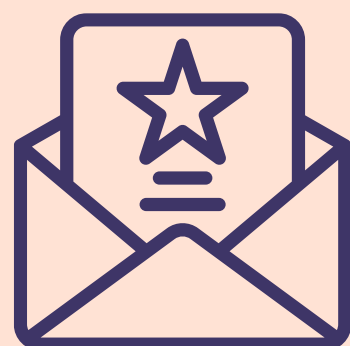
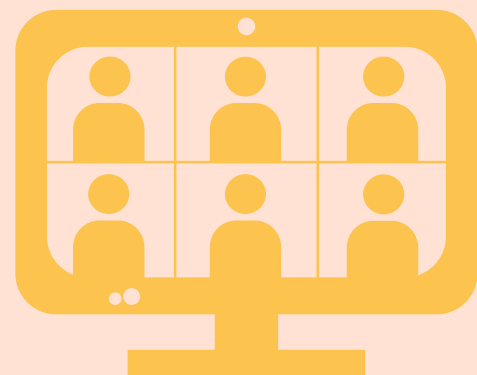
Opportunity to be part of one of the largest trials in child mental health services

Opportunity to contribute to research that aims to make treatment for anxiety problems among autistic children more accessible without compromising children's outcomes



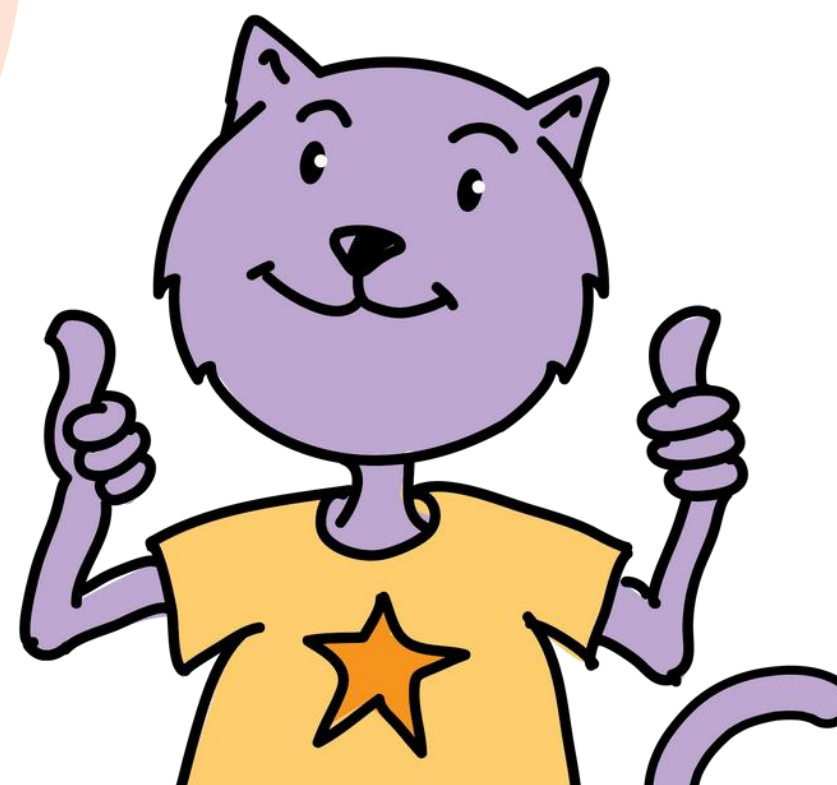
Training in the new online intervention (OSI-A) for all staff in your service who will be trial therapists

Training in trial procedures and ongoing support with recruitment, including twice weekly question & answer sessions, weekly newsletters, additional training events / webinars, and merchandise to help promote the study to families



Ongoing support and technical assistance with OSI-A for the duration of the trial

Opportunity to use OSI-A for free for families randomised to OSI-A as part of the STAR-CAT trial



Next Steps

Timeline of the project:

- ✦ **July – Sept 24:** Sites register their interest; process to join the trial starts
- ✦ **September 2024 onwards:** Training in trial procedures and OSI-A take place
- ✦ **October 2024 (provisional):** Trial goes live; sites start recruiting participants
- ✦ **October 2024 – March 2027:** Recruitment continues; clinical teams deliver treatment to participating families
- ✦ **March 2027:** Recruitment finishes

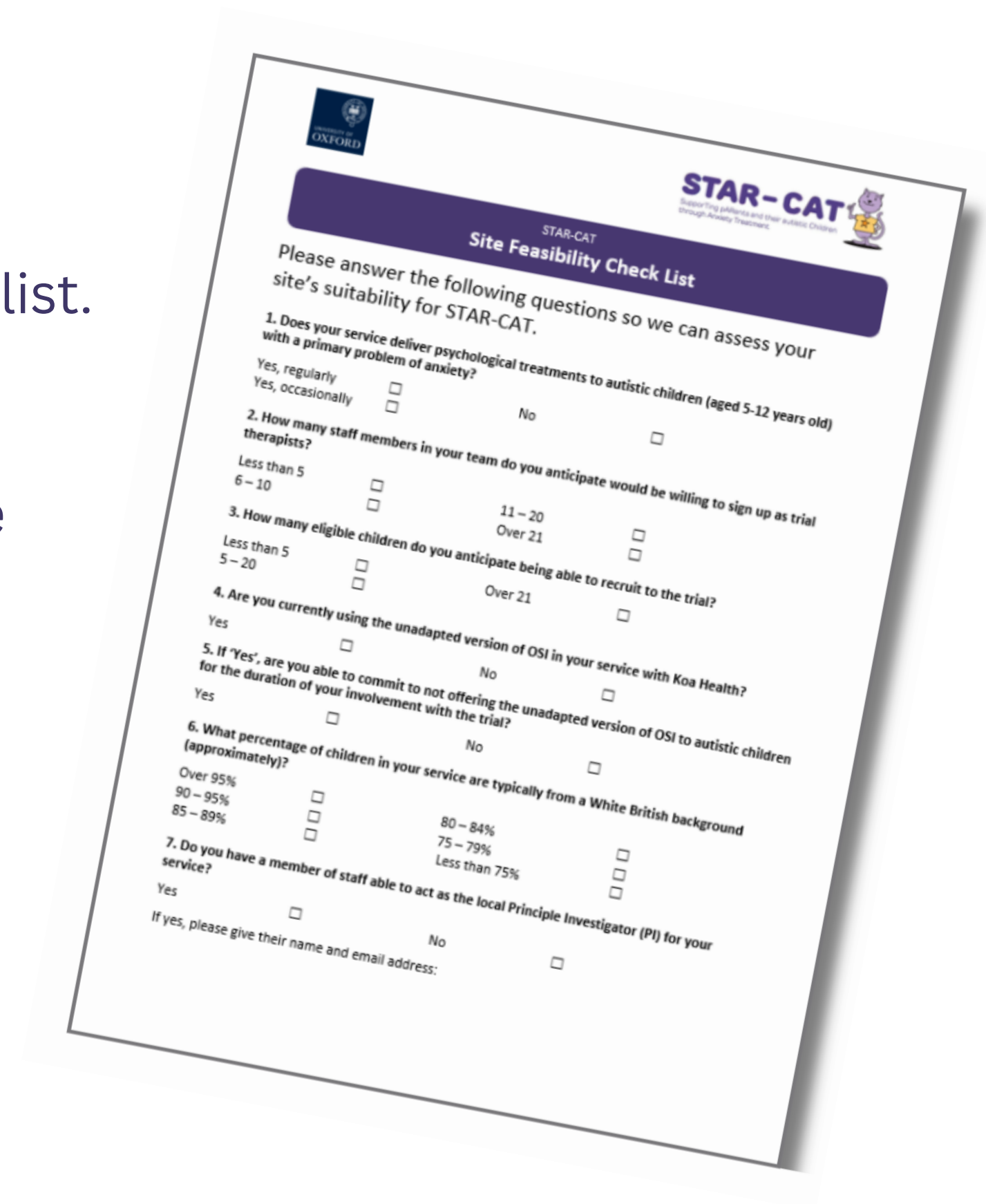
Next Steps

Completing Feasibility Form

✦ Next steps will involve completing a feasibility check list.

✦ We will email the form to all attendees. It can also be downloaded from our website.

[Click to download the Feasibility Form](#)

STAR-CAT
Supporting children and their autistic friends through anxiety treatment.

Site Feasibility Check List

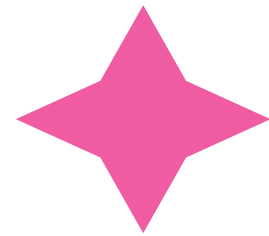
Please answer the following questions so we can assess your site's suitability for STAR-CAT.

1. Does your service deliver psychological treatments to autistic children (aged 5-12 years old) with a primary problem of anxiety?
 Yes, regularly No
 Yes, occasionally
2. How many staff members in your team do you anticipate would be willing to sign up as trial therapists?
 Less than 5 11-20
 6-10 Over 21
3. How many eligible children do you anticipate being able to recruit to the trial?
 Less than 5 Over 21
 5-20
4. Are you currently using the unadapted version of OSI in your service with Koa Health?
 Yes No
5. If 'Yes', are you able to commit to not offering the unadapted version of OSI to autistic children for the duration of your involvement with the trial?
 Yes No
6. What percentage of children in your service are typically from a White British background (approximately)?
 Over 95% 80-84%
 90-95% 75-79%
 85-89% Less than 75%
7. Do you have a member of staff able to act as the local Principle Investigator (PI) for your service?
 Yes No
 If yes, please give their name and email address:

Further Information



OSI Research website



We've recently updated the [STAR-CAT section](#), including FAQs and a recording of the Introductory Event



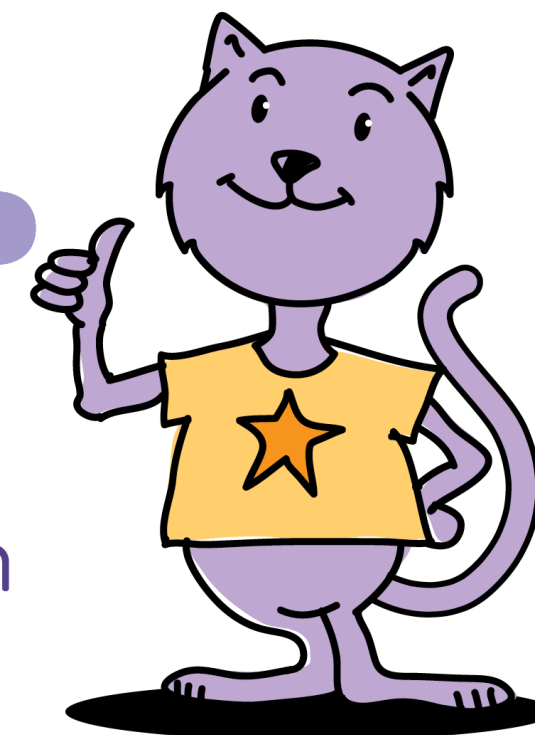
Other areas of the website contain further information about OSI and previous studies

www.osiresearch.org.uk





STAR-CAT



Supporting pARents and their autistic Children
through Anxiety Treatment



starcats@psy.ox.ac.uk



osiresearch.org.uk/star-cat



[@STARCAT_Study](https://twitter.com/STARCAT_Study)

Thank You!

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