

Improving families' access to child anxiety support

Principal investigator: Dr Tessa Reardon
Department of Experimental Psychology
Life and Mind Building, South Parks Road, Oxford, OX1 3EL
Website: <https://osiresearch.org.uk/icats/improving-families-access-to-child-anxiety-support/>
Email: icatsinpractice@psych.ox.ac.uk



Improving families' access to child anxiety support Information for schools and organisations, V1 26.06.2026

Ethics Reference: MS IDREC 2619829

We are inviting your school/organisation to share information about our research study with parents and carers. The study is called 'Improving families' access to child anxiety support'.

We have provided information about the research and what would be involved for your school/organisation below.

Please do get in touch if you may be interested or would like to discuss the study (icatsinpractice@psych.ox.ac.uk).

Summary of the research study

In previous research, we developed a new way to identify and support children with anxiety problems in primary schools. We tested this in a large study and found it reduced the number of children with anxiety problems. This is good news!

But in this large study, we also found that the number of families that took part varied across schools. In schools where lots of families were living on low incomes, only a small number of parents took part. This shows that we did not get it quite right for these families. It may be that families living on low incomes need different or extra support to make sure they have the opportunity to take part.

In the current study, **we want to find out what may help families living on low incomes to access child anxiety support**. To do this, we want to talk to families living on low incomes. We are hoping schools and community organisations can help us connect with families who may be interested in taking part.

You can find out more about what is involved for parents and carers [here](#).

Partnering with schools and organisations

We are looking for primary/junior schools and voluntary and community-sector organisations in England that support children (aged 8-11) and families living on low incomes. Our aim is to work with:

- Primary/junior schools in areas where there is a high level of deprivation and where a high proportion of pupils are eligible for free school meals.
- A range of voluntary and community-sector organisations that provide different types of support for children and families.

We are hoping these schools and organisations can help us invite parents and carers living on low-incomes to take part.

What will be involved for schools?

1. Confirm your school/organisation's involvement

If your school/organisation would like to support the study, we will first ask your headteacher or an appropriate organisational lead (e.g. CEO, team leader) to complete a short online agreement form. Your school/organisation may withdraw their involvement at any time without giving a reason.

We will also ask your school/organisation to nominate a member of staff to act as the main point of contact for the research team.

2. Planning meeting

We will arrange a meeting with your nominated contact to:

- Discuss how best to invite parents and carers to take part in a way that fits with your setting
- Agree practical arrangements for sharing information
- Agree procedures for managing any risks or safeguarding concerns

The meeting could take place in-person, online, or by phone.

3. Share information with parents and carers

We will provide a study advert and more detailed information for you to share with parents and carers.

Sharing the study information could look like:

- Sharing digital and/or paper versions of the study advert or study information in ways you usually communicate with families.
- Letting parents/carers know they can talk to the research team about the study.
We could arrange for a member of the research team to attend an event or activity in your setting so any parents and carers who are interested in taking part could come to speak to us about the study.

4. Parents/carers take part

The study information directs parents and carers who are interested to contact the research team. They will be invited to take part in a 1:1 or group discussion and can choose whether to take part by phone, video-call or in-person.

If parents/carers opt for an in-person discussion, we will ask for your permission to use a space in your school/organisation setting. We understand that this may not be possible.

5. Thank you payment and feedback

To thank the member of staff who supports recruitment, we will offer a £30 gift voucher after they finished sharing study information with families.

We will also provide your school/organisation with a summary of the research findings.

What information is collected about schools and organisations and why?

We will collect the following information:

- Your school/organisation name
- Name and email address of the headteacher/an appropriate organisational lead
- Name and email address of member staff who can be the main point of contact for the research team

We will collect some further information about your school/organisation from publicly available information to help us understand the findings, including:

- For schools: information about the pupil population (e.g. percentage of pupils eligible for free school meals) and school structure (e.g. number of classes), area level deprivation and wealth
- For organisations: the type of organisation, the nature and scope of its work and how it supports or works with families living on low incomes, area level deprivation and wealth

We will use the Evoucher platform (<https://www.evouchers.com/>) to distribute vouchers and we will provide them with the name and email address for the member of staff who is the main point of contact for the research team so that they can send them the thank you voucher.

Next Steps:

If your school/organisation would like to support the project, please get in touch with:

- the name and email address of your headteacher/appropriate organisational lead
- the name and email address of your nominated main point of contact for the research team

We will then get in touch directly to provide further information and share the agreement form.

If you have any questions or would like to discuss the study further please get in touch.

icatsinpractice@psych.ox.ac.uk

