

Improving Families' Access to Child Anxiety Support Team

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Website: <https://osiresearch.org.uk/icats/improving-families-access-to-child-anxiety-support/>

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Improving families' access to child anxiety support Summary for parents/carers, V1 26.06.2026

Ethics Reference: MS IDREC 2619829

We invite you to take part in this research study. It is important that you understand why we are doing this research and what it involves.

Please take time to read the following information carefully and discuss it with others if you wish. If you have any questions, please get in touch (icatsinpractice@psych.ox.ac.uk).

What am I being asked to do?

We are inviting parents and carers living on low incomes to talk to us about a new way to help children with anxiety problems.

In previous research, we developed and tested a new way to identify and support children with anxiety problems in primary schools. In a large study we found that it reduced anxiety problems.

We now want to find out how to better support families living on low incomes to access this support.

Why have I been invited to take part?

We are working with schools and organisations to invite parents and carers to talk to us. We want to talk to parents and carers who are living on low incomes and have children aged 8-11 years old.

It is up to you to decide if you want to take part. You can change your mind and stop taking part at any point, without giving a reason.

How do I take part?

Contact us by email: icatsinpractice@psych.ox.ac.uk.

In the next pages you can read more details and important information.

Improving families' access to child anxiety support

Principal Investigator: Dr Tessa Reardon

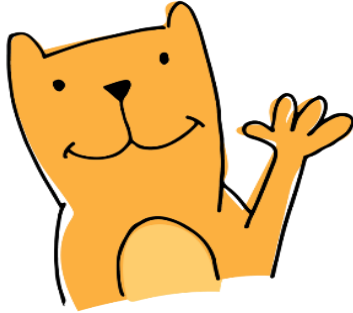
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Improving families' access to child anxiety support Information sheet for parents/carers V1 26.06.2026

Ethics Reference MS IDREC 2619829

We would like to invite you to take part in a research study. Before you decide it is important that you understand why we are doing this research and what it involves.

Please take time to read the following information carefully and discuss it with others if you wish.

If you have any questions, please get in touch: icatsinpractice@psych.ox.ac.uk

Background

In previous research, we developed a new way to identify and support children with anxiety problems in primary schools. All parents were invited to complete a short questionnaire to help spot children with anxiety problems. Parents were then offered a short online and telephone support programme to help their child. 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 this study, **we want to find out what may help families living on low incomes to access child anxiety support.**

Why are we doing this research?

We want to find out how to make a child anxiety support programme work well for families living on low incomes. To do this, we want to talk to parents and carers living on low incomes.

We will use findings from this study to:

- Develop new resources for schools to use in the future
- Provide recommendations on ways to support families on low incomes to access mental health support.

Why have I been invited to take part?

We are working with schools and organisations to invite parents and carers to talk to us. We want to talk to parents and carers who are living on low incomes and have children aged 8-11 years old.

We are keen to hear from parents with a range of experiences and from different backgrounds.

Do I have to take part?

No. It is up to you to decide whether to take part.

If you change your mind later, you can withdraw from the research at any point. You do not need to give a reason.

You can also choose to withdraw some or all of your information from the research. But if you wish to do this you must let us know within 2 weeks of taking part in a discussion. If you ask to withdraw your information from a group discussion, we will remove your information from the transcription – but we will keep the audio-recording of the session until we have made the transcription.

Who is funding the research?

The research is funded by the Prudence Trust.

Who has reviewed this research?

This research has received ethics approval from a subcommittee of the University of Oxford Central University Research Ethics Committee. (Ethics reference: MS IDREC 2619829).

What does taking part involve?

1. Tell us you are interested

Email our research team and we will send you a short expression of interest form.

In the form, we will ask for some contact details and whether you would prefer to take part:

- in a 1:1 or group discussion
- by telephone, video call, or in person (at the school/organisation that shared this study with you).

2. We will contact you

After you complete the expression of interest form, a member of the research team will contact you.

As we want to speak to a range of parents, we may not be able to invite everyone to take part. If this happens, we will let you know.

If you are invited, we will arrange a suitable time and format for your discussion.

3. Complete a short sign-up form

Before your discussion, we will ask you to complete a short sign-up form. This includes:

- A consent form
- Some questions about you and your child.

You can complete this on paper or online.

4. Take part in the 1:1 or group discussion

The discussion will take place by telephone, video call or in person.

During the discussion we will:

- explain the approach we have developed for identifying and supporting children with anxiety problems in primary schools
- ask for your views on how this approach may work for families living on low incomes, including anything that might make it easier or harder to participate

The discussion will last 1 to 1.5 hours. With your permission, we will audio-record the discussion so we do not miss anything important. You can take a break or stop taking part at any time.

5. Thank you

To thank you for your time, we will offer you a £30 voucher after the discussion. We will also reimburse reasonable travel expenses for in-person discussions.

We will also offer to send you a summary of the findings after the study is finished.

Are there any benefits in taking part?

There is no direct personal benefit from taking part. You would be helping us learn how to make child anxiety support programmes more accessible and supportive for families living on low incomes.

What are the possible risks or disadvantages of taking part?

We understand that experiences related to living on a low income and access to mental health support for children are sensitive topics. You will be able to choose how much you want to share and you will be able to stop the discussion at any point.

If you are looking for support, you may find these helpful:

- **Free and confidential helpline for parents and carers concerned about their child's mental health:** <https://www.youngminds.org.uk/parent/parents-helpline/>
- **Information about parent and carer support groups:** <https://charliewaller.org/accessing-parent-carer-peer-support-groups>
- **Information on the links between money and mental health and where to find practical and financial support:** <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/money-and-mental-health/#Wheretofindpracticalsupport>

If you did choose to tell us something that made us think your child or someone else was at risk of serious harm, we may need to tell someone about this. If this did happen, we would always try to talk to you about it first.

What information is being collected and why?

- We will collect your name, email address and/or telephone number so we can contact you about the research, arrange the discussion, send you a thank you voucher and reimburse any travel expenses. IP address will also automatically be collected on the online forms.
- We will collect some information about you to help make sure we include people with a range of backgrounds and experiences, and to help understand the findings. This will include asking you for information about your age, gender, ethnic background, education and experience of living on a low income. We will also ask some questions about your child (including their age, gender, and experience of anxiety), your household (e.g. type of housing, number of adults and children in your household) and where you live (your postcode).
- We will collect some further information about the area where you live and your child's school or the organisation that shared the study information with you from publicly available information.
- If you opt to receive forms, your thank you voucher or summary of findings in the post, we will collect your postal address to allow us to post this to you.

How will we keep your personal information safe?

We will collect contact details, consent, and background information using a secure website. Once we have recruited all participants, we will save this information (without your IP address or postcode) on a restricted access folder on a University provided storage system and permanently delete this information from the secure website.

We will keep consent and background information collected on paper in a locked room in our office. We will turn the paper forms into digital versions and save them on a restricted access folder on the University storage system. We will then destroy the paper forms.

We will give you a unique ID number and we will use this to label the information about you. We will store your name and contact details (linked to your unique ID number) and consent forms separately from the other information we collect from you.

Discussions will be audio-recorded using an audio-recorder. As soon as is practically possible, we will save the audio-recording on a restricted access folder on a University provided storage system, and permanently delete the file from the audio-recorder.

We will transcribe discussions, and we will not include information that directly identifies you in the transcriptions. Once the transcriptions have been carefully checked, we will permanently delete the audio-files.

Who will have access to your personal information?

We will take all reasonable measures to ensure that all data remain confidential, and access to information that could identify you will be on a need-to-know basis.

If you take part in a group discussion, we will ask you not to share anything disclosed in the discussion that could identify someone with anyone outside the group. If you participate in an online group discussion, your name and email address may be visible to other participants. You can opt to take part in a 1:1 discussion to avoid this.

We may use an external transcriber to transcribe the discussions. The external transcriber will be approved by the University and sign a confidentiality agreement. We will provide them with temporary access to the audio-files on a University provided storage system, and they will share transcriptions with us using the same system.

We will use the Evoucher platform (<https://www.evouchers.com/>) to distribute vouchers and if you opt to receive a digital voucher we will provide them with your name and email address or phone number so that they can send you the voucher directly.

If you are taking part through your child's school and they are a member of the WISDOM Research Network (led by a team at the University of Oxford), we will share with the team leading the WISDOM Research Network that the school is involved in the study and the total number of participants recruited from the school. We will not share any information with the WISDOM Research Network that will identify any individual participants.

How long will we keep your information?

We will only store your personal information for as long as it is required for research purposes, and appropriate safeguards are in place.

- We will store consent forms for 3 years after the findings from the research have been published. We will then permanently delete the consent forms.
- We will store a file with your name, contact details, and the name of your associated school or organisation, linked to your unique ID number until all data has been collected, carefully checked, the main analysis is complete and we have shared findings with participants, schools and organisations. We will then permanently delete this file.
- We will store other research data (transcriptions of the discussions and background information about participants) for at least 3 years after the research findings have been published.
- With your permission, we will keep your name, email address and phone number on a separate secure database to send you information about future studies. This is optional.

Will the research be published, and could I be identified from any publications or other research output?

We will write-up and share findings from this research study in various ways, including in academic publications, talks and summaries for websites. We may use direct quotations from the discussions in research outputs, but these quotes will not include information that would identify you to others.

Who is responsible for protecting your personal information?

The University of Oxford is the data controller with respect to your personal data, and as such will determine how your personal data is used in the research. The University will process your personal data for the purpose of the research outlined above. Research is a task that is performed in the public interest. Further information about your rights with respect to your personal data is available from the University's Information Compliance web site at <https://compliance.admin.ox.ac.uk/individual-rights>.

Who do I contact if I have a concern about the research or I wish to complain?

If you have a concern about any aspect of this research, please contact Dr Tessa Reardon (tessa.reardon@psych.ox.ac.uk), and we will do our best to answer your query. We will acknowledge your concern within 10 working days and give you an indication of how it will be dealt with. If you remain unhappy or wish to make a formal complaint, please contact the University of Oxford Research Governance, Ethics & Assurance (RGEA) team at rgea.complaints@admin.ox.ac.uk or on 01865 616480.

If you remain unhappy or wish to make a formal complaint, please contact the Chair of the Research Ethics Committee at the University of Oxford who will seek to resolve the matter as soon as possible

**If you would like to take part,
please email us:
icatsinpractice@psych.ox.ac.uk**

