



INFORMATION SHEET FOR PARENTS/CARERS

Ethics Reference (R66068/RE001)

Your child's school has agreed to take part in a research project called iCATS-i2i. We would like to invite **you and your child** to be part of this research, but first we will explain what the research is about. It is important that you understand what the research is about and what it involves. If you have any questions, please get in touch.

iCATS-i2i Team

Chief Investigator:

Professor Cathy Creswell

Trial Manager:

Lucy Taylor

University of Oxford
Department of Experimental
Psychology,
Anna Watts Building, Woodstock
Road,
Oxford OX2 6GG

Website:

<https://osiresearch.org.uk/icats/>

Email: ICATS@psych.ox.ac.uk

Telephone number: 01865 618175

This information is available in additional languages on our website: <https://osiresearch.org.uk/icats/family-info>

What is iCATS-i2i?

iCATS-i2i - 'identifying Child Anxiety Through Schools – identification to intervention' is a research project. Anxiety problems are common in children, but many children who experience anxiety problems don't receive professional support. We have worked with parents/carers, children, and school staff to develop a new way of identifying and supporting children with anxiety problems through schools. In this project we want to compare this new approach with existing, usual practice. We will compare children's anxiety, mood and behaviour in schools that do and do not receive this new approach, and find out if it is good value for money.

Why have my child and I been invited to take part?

We asked your child's school to invite all **Year 4 children in your child's class and their parents/carers** to take part. We would like as many children as possible to be involved – **including children who worry a lot, children who rarely worry, and those in between.**

Do my child and I have to take part?

No. You and your child do not have to take part in this research. You can choose whether you both take part. If you change your mind later, you can withdraw from the research at any time, without giving a reason. You can also choose to withdraw some or all of yours and your child's information from the study, but if you wish to do this, you must tell us by the end of the project.

What will my child and I be asked to do?

1. PARENT OPT-OUT

If you **DO NOT** want your child to take part please return the OPT-OUT form to school.

2. INITIAL PARENT QUESTIONNAIRES

We will ask you to complete a short questionnaire about how much your child experiences anxiety, and to provide some background information about your family and your contact details so we can get in touch. Once we receive these questionnaires, we will then ask you to complete some additional questionnaires about your child's health, feelings, behaviour, and about your health and your own and your child's use of services.

We will also get in touch to arrange a short call with you to welcome you to the research and answer any questions you may have about next steps.

3. INITIAL CHILD & TEACHER QUESTIONNAIRES

We will ask your child and your child's class teacher/support staff to complete a questionnaire about how much your child experiences fears, worries, or anxiety, either using a secure website or on paper. We will also ask your child to answer some questions about other feelings, behaviours, and their health, and we will collect some information about your child from their school record. You can see a copy of the child and teacher questionnaires here: <https://osiresearch.org.uk/icats/family-info>, and information we collect from schools are detailed in our privacy notice: <https://osiresearch.org.uk/icats/privacy-notice/>

4. SCHOOL RANDOMISED

We will randomly allocate your child's school to one of two options:
FEEDBACK AND INTERVENTION or **USUAL SCHOOL PRACTICE**
(more information is provided overleaf)

A computer will determine which group your child's school is in and therefore the group your family are in

5. FOLLOW-UP QUESTIONNAIRES

We will ask you, your child, and your child's teacher to complete similar questionnaires again in about 6 months, 1 year, and 2 years.

We may also ask you and/or your child to take part in separate interviews to get feedback on the project and to find out about families' experiences of being involved. We will audio-record these sessions to make sure we capture all of the discussion

What happens if my child's school is allocated to the 'Feedback and 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.
- The intervention programme is called **OSI (Online Support and Intervention for child anxiety)**. OSI provides parents/carers with strategies and activities to help them to support their child with anxiety-related difficulties. You can find more about OSI, and hear about some families' experiences of OSI here: <https://osiresearch.org.uk/icats/osi>
- We will also provide a lesson on recognising and managing anxiety for children in participating Year 4 classes.
- We will ask you, your child and your child's teacher to complete **follow-up questionnaires 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 usual support through school and other services.
- We will ask you, your child and your child's teacher to complete **follow-up questionnaires 6 months, 1 year and 2 years later.**
- After the 2 year follow-up questionnaires (at the end of the project), we will offer you written (electronic) versions of the online intervention.

What happens to information we provide?

Your child will be given a unique ID number and we will use this to label all information we collect about your family. All information we collect will be kept secure and in confidence (please read the Privacy Notice [<https://osiresearch.org.uk/icats/privacy-notice/>] for more information). Once the research project is finished, we may release some of the project data for other researchers to use, but only in a way that it is impossible for them to tell who has taken part.

If your child's school is allocated to the 'Feedback and Intervention' group and your initial questionnaire responses suggest your child may experience problems with anxiety, with your permission, we will let your child's school know. We won't tell schools who takes part in the online intervention, unless parents ask us to.

We will not share what you or your child tell us with anyone else without your permission, unless you or your child chose to tell us something that made us think your child or someone else may be at risk of serious harm. If this happens we may need to tell someone about this, but we would always try to talk to you about it first.

Who has checked this research project?

This project has been checked by the University of Oxford Central University Research Ethics Committee.

All researchers working on the project have been subject to disclosure and barring checks and have been approved by the University of Oxford to work with children.

What are the advantages of taking part?

By taking part, your family 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.

You 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.

What are the disadvantages of taking part?

You will need to spend some time completing questionnaires on four separate occasions (approximately 30 minutes each). If you take part in an interview later, this will also take some time (approximately one hour). We work with families to try to make sure the questions we ask are as acceptable as possible. But some of the questions we ask may address thoughts and feelings that may be upsetting. If the questions raise any concerns about your child's mental health, there are people you can talk to for help or advice, including your GP and national organisations such as Young Minds (Parent helpline: 0808 802 5544

<http://www.youngminds.org.uk/>). You can also find more information and resources for families on our

website: <https://osiresearch.org.uk/icats/resources-for-families/>

To say thank you

We will offer all families a £10 gift voucher after completing each of the following:

- *initial child and parent/carer questionnaires
- *6 month, 1 year and 2 year follow-up questionnaires
- *an interview

What should I do next?

- **If you do not want your child to take part in the research:** please complete the attached **opt out form** and return it to school in the attached envelope. *Please be aware that if you opt out you will not have the opportunity to access support for child anxiety in the study at a later stage.*
- **If you are happy for your child to take part and you are happy to take part yourself:** please complete the parent consent form and initial parent questionnaires (either on paper or online). Please return paper questionnaires to your child's school in the envelope provided and we will collect them from there. Once you complete the initial questionnaires, we will send you the additional questionnaires to complete (either on paper or online).
- **If you are happy for your child to take part, but do not want to complete the parent questionnaires** you do not need to do anything. We will invite your child to take part, ask your child's teacher to complete questionnaires about your child, and collect information about your child from the school records.

FUNDED BY

NIHR | National Institute
for Health Research

This study is funded by the National Institute for Health Research (NIHR) (RP-PG-0218-20010). The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.



UNIVERSITY OF
OXFORD



Oxford Health
NHS Foundation Trust

What if I have a question or concern?

Contact the project team (details overleaf), and we will do our best to answer any questions and deal with any concerns. 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 Chair of the Medical Sciences Research Ethics Committee at the University of Oxford who will seek to resolve the matter as soon as possible:
Email: ethics@medsci.ox.ac.uk; Address: Research Services, University of Oxford, Wellington Square, Oxford OX1 2JD.

Who is paying for the research project?

This project is being paid for by the National Institute for Health Research, an organisation that pays for research to improve health.

Website: <https://osiresearch.org.uk/icats/>

Email: iCATS@psych.ox.ac.uk

Telephone number: 01865 618175