

## What are the advantages of taking part?

To say thank you, we will provide schools with:

- £5 for each set of complete questionnaires and interviews
- a report to show how your school compares to other schools in the research on questionnaire and interview responses.

And we will provide families with:

- a £20 voucher to thank you for your time
- an assessment report and information on accessing support for child anxiety problems in case this is helpful

## What are the disadvantages of taking part?

You will need to spend some time completing questionnaires (about 15 minutes) and taking part in the interview (about an 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 involve discussing 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/>)

## What should I do next?

If you are happy for your child to take part, complete the attached consent form and questionnaires, and return to school. We will contact you to arrange a time for the interview.



**iCATS Team**

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## 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 has been approved by the University of Oxford to work with children.



identifying Child Anxiety Through Schools

**INFORMATION SHEET FOR  
PARENTS/CARERS**

Ethics ID (R64592/RE001)

In partnership with researchers at the University of Oxford, your child's school has agreed to take part in a research project called iCATS. 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 (contact details overleaf).

## What is iCATS?

**iCATS** – identifying Child Anxiety Through Schools - is a research project. **We want to develop a short questionnaire that can help identify which children experience problems with anxiety and which don't.** Anxiety problems can be hard to spot, and many children who experience difficulties with anxiety don't receive support from professionals. A short questionnaire would help families and schools identify children who may benefit from support. **This project will help us find out what questions we should include in the short questionnaire.**

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

We asked your child's school to invite all children in year 4 to 6, and their parents, 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.**

We are hoping about 800 families from schools across England will take part.

## 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 1st April 2020.

## 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.

## What will my child and I be asked to do?

### 1. CONSENT.

We will ask if you agree to you and your child taking part.

We will also ask for your permission to collect some information about your child from their school record, and from the National Pupil Database, held by the Department for Education.



### 2. PARENT/CARER QUESTIONNAIRES.

We will ask you to complete some questionnaires about how much your child experiences fears, worries, and anxiety, and about their behaviour. We will also ask you to provide some information about your family and your contact details so we can get in touch to arrange the next stage. One or two parents/carers can each complete the questionnaires independently. You can return questionnaires to your child's school using the envelope provided (or directly to the research team using stamped addressed envelopes available at school)



### 3. CHILD & TEACHER QUESTIONNAIRES

We will visit your child's school, and ask your child and your child's class teacher/support staff to complete similar questionnaires about your child, either using encrypted tablets or on paper.



### 4. PARENT INTERVIEW AND CHILD INTERVIEW.

We will ask you and your child to take part in a more detailed assessment of your child's anxiety. This is a separate interview with you and your child. We will contact you directly to arrange a time for your interview – you can choose to complete the interview on the phone or face-to-face. We will interview your child at school.

We will ask you and your child a standard set of questions about anxiety your child may or may not be experiencing. To help us check the interviews are always carried out in the same way, we will ask for your permission to make audio recordings of the interviews.

## 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 see the Privacy Notice on our website ([www.i-cats.co.uk](http://www.i-cats.co.uk)) for more information about how we keep your information safe. Once the research project is finished, we may release 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.

We will not share what you or your child tell us without your permission, unless you or your child chose to tell us something via telephone, email, letter, face-to-face or on a questionnaire that made us think your child or someone else may be at risk of serious harm. If this happened, we may need to tell someone else about it, and we would always try to talk to you about it first.

## 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.

If you would like to find out more, your child's teacher has a more detailed information sheet, or you can find it on our website: [www.i-cats.co.uk](http://www.i-cats.co.uk).