

**Please direct enquiries to your local ASPECT
Research Assistant;**

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An invitation to take part in a NHS funded research project aiming to reduce the impact of phobias in children

Dear parent/guardian,

I am writing to inform you about a research study that is taking place in your area, and to see whether it is something yourself and your son/daughter may be interested in taking part in. Researchers from Leeds and York Partnership NHS Foundation Trust and the University of Sheffield are investigating a new treatment for specific phobias in children and young people. A specific phobia is an overwhelming fear and avoidance of a thing or situation (e.g. a dog, spider, blood, the dark etc.). It is thought that between 5% and 10% of children have a specific phobia that affects their everyday lives.

This study is called ASPECT (Alleviating Specific Phobias Experienced by Children Trial) and will investigate the effectiveness of a type of psychological therapy called One Session Treatment (OST) in comparison to routinely used Cognitive Behavioural Therapy (CBT) based treatments for specific phobias.

If you think your son/daughter might have a specific phobia, and is interested in taking part in this study, please read the enclosed information sheet which provides further details about the research, then complete the expression of interest form attached to this letter.

This can be returned to us using the address provided, alternatively you can email or call us on the details provided. Once this has been received by our research team, your interest will be logged and we will contact you to provide further information. Participation in this study is voluntary and will not affect any care or services your child already receives.

Yours Sincerely,



Barry Wright (Consultant Child and Adolescent Psychiatrist)