
PARTICIPANT INFORMATION SHEET: PARENTS/GUARDIANS

Is One-Session Treatment (OST) helpful in treating specific phobia (fear) in children and young people in comparison to routinely offered Cognitive Behaviour Therapies?

What is a specific Phobia?

A specific phobia is an overwhelming fear and avoidance of a thing or situation (e.g. a dog, spider, going on a bus). It is thought that between 5% and 10% of children have a specific phobia that affects their everyday lives. If children and young people don't get help for these phobias they can carry on into adulthood and can last for an average of about 20 years.

What is the purpose of this study?

Cognitive Behaviour Therapy (CBT) is currently the main treatment for specific phobias within the NHS. CBT usually involves 6 to 12 sessions, each lasting around an hour. This means CBT is time consuming for therapists, patients and parents, making it difficult for people with phobias to access CBT. There is a need to find alternatives to CBT that help with phobias, and can be provided quicker and more efficiently. One promising alternative is One Session Treatment (OST), which uses similar techniques to CBT; OST is done in one main, 3-hour session. We need to test whether specific phobias can be successfully treated using OST. The aim of this study is to find out if OST can have a similar impact on specific phobias in children and young people aged 7 to 16, as more routinely used CBT. If it can, it will mean children and young people with specific phobias can be treated more quickly and efficiently, this in turn will mean that more children and young people needing help will be able to get it.

Why have I been approached?

You have been approached as the parent/guardian of a young person (aged between 7 and 16). We want to involve children within this age range who have a specific phobia and to invite you and your child to take part. Overall we hope to involve 286 children and young people who have a specific phobia.

Does my son/daughter have to take part?

No, there no obligation whatsoever to take part in the study. Participation is entirely voluntary and you and your son/daughter can withdraw at any point without needing to give reason. This will not affect any future treatment received in any way. If you do withdraw, we will use research information gathered up until that point with your consent (however, if you would prefer us not to use your data we will not and will destroy it immediately). If you and your son/daughter decide to withdraw before the end of the research, the research team may still ask you if you are happy to complete the 6 month follow up assessments.

How do I take part in this research?

If you and your son/daughter would like to take part, please complete the expression of interest form included in this letter and return it to the research team. This can be done by returning it to the address at the bottom of the form or giving it back to the person who gave it to you who will pass it on to the researchers. Alternatively, you can email or call the contact details provided at the end of this information sheet to get more information, or to register your interest.

What will happen next?

When we have received your expression of interest form (or you have spoken to the research team), one of our researchers will contact you to discuss the research in more detail. They will also ask you a few questions over the phone to help us find out more about your child's phobia. You will also be able to ask any questions you might have. If your child is eligible for the research (based on what the phobia is, how much it affects them, and if we will be able to provide suitable help), we will arrange to visit you and your child at a time and place convenient to you. This could be your son/daughter's school, your local Child and Adolescent Mental Health Service (CAMHS), or even your home if you wish. Once we have answered all your questions, if you still want to take part a researcher will take written consent from you (and if possible, your son/daughter) to take part. Please feel free to discuss the research with other family members, health professionals involved in your son/daughter's care or your GP if you wish.

If your son/daughter is not eligible for the research we will provide you with some further information about alternative forms of support in your area.

What happens after we have consented to the study?

The researcher will ask both yourself and your son/daughter more about the phobia and how much it affects them. To do this we will ask you some questions and ask you to complete some questionnaires. We will also ask your son/daughter to see how close they can get to confronting their phobia before they feel they do not want to go any further. Your son/daughter does not have to do anything they do not want to do.

Following this meeting your son/daughter will be randomly assigned (like tossing a coin) to receive either OST or CBT. A member of the research team will contact you let you know which it is and provide you with further details about appointment times and locations.

A small number of participants, and their parent/guardian, may also be asked if they are happy to have an extra, short interview with a researcher about their experience of the treatment they have received.

Six months after your son/daughter entered the study the research team will visit you both again to complete some more interviews and questionnaires. This is very important to see if the treatment has worked. We can also provide you with information about additional support if necessary.

What are the possible benefits of taking part?

- Your son/daughter will receive a psychological therapy (OST or CBT) from a trained professional to help with their phobia. It is hoped that the therapy will be successful in reducing the severity of their phobia and the impact it has on their day-to-day life.
- As a thank you for taking part in the research, and with your permission, your son/daughter will receive a £10 Love to Shop voucher on completion of the first set of questionnaires and another £10 Love to Shop voucher when they complete the six month follow up visit.

What are the possible risks or burdens of taking part?

- There are very few risks in taking part in this research. All therapies will be delivered by trained professionals. We will never put you or your son/daughter in danger and both OST and CBT for phobias have been used many times before and each is very safe.
- If at any point during the research your son/daughter becomes distressed in any way, there will always be someone available to offer support and provide further information about alternative support available if necessary. Your son/daughter is free to withdraw from the research at any point without having to give a reason.
- Participation in this research will involve the completion of a number of questionnaires and assessments at the beginning of the research and again 6-months later. The questionnaires and assessments will take approximately 90 minutes to complete, but this can vary depending on the individual completing them. All participants will be able to complete these measures in their own time and a member of the research team will always be available to answer any questions they have. You and your son/daughter may also be asked if you would like to take part in an interview with a member of the research to discuss your thoughts and opinions about the research; however this is voluntary and you are not required to do so.

Is the study confidential?

Yes, participation in this study is entirely confidential and anonymous. You and your son/daughter will not be named in any research or reports produced from this study. Confidentiality will be maintained throughout the study, and any information kept will be done so using participant numbers rather than names. If you take part in an interview this will be audio recorded and what has been said will be written up. Sometimes we may use direct quotes that you have made. However, we will not write yours or your son/daughters name on anything we write so no one will be able to see what you/ they have said.

We will follow national and local safeguarding procedures to make sure your child is safe at all times. We will write to your family GP to inform them that your son/daughter is taking part in this study and we will ask for your permission to do this. We also need to send a copy of your signed consent form to the central study team based in Sheffield. All data will be securely stored and can only be accessed by those in the study team. All study data will be destroyed after five years.

Who is organising and funding the research?

The research has been organised by Leeds and York Partnership NHS Foundation Trust and The University of Sheffield. It has been funded by a special research grant provided by the Health Technology Assessment Programme which is part of the National Institute for Health Research.

Who has reviewed the study?

Before any research goes ahead, it has to be checked by a research ethics committee to ensure the research is safe and fair. This research has received ethical approval from North East-York Research Ethics Committee (reference: 17/NE/0012). It has also been reviewed by the Health Research Authority.

Who can I contact if I want to learn more about the study or make a complaint?

If you want to ask us anything you can speak to Catarina or Alex using the details below;

<p>Dr Catarina Teige (York)</p> <p>Phone: 01904 294 826 Email: c.teige@nhs.net</p>	<p>Dr Alex Scott (Sheffield)</p> <p>Phone: 0114 222 0674 Email: alex.scott@sheffield.ac.uk</p>
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If you would like to make a complaint about this research, please contact The Patient Advice and Liaison Service (PALS). To find your local PALS please visit: [www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-\(PALS\)/LocationSearch/363](http://www.nhs.uk/Service-Search/Patient-advice-and-liaison-services-(PALS)/LocationSearch/363)

**Thank you for taking the time to read this leaflet.
If you have any questions please do get in touch.**
