



Online Support  
and Intervention  
for Child Anxiety

## *Module 0:*

# *Welcome*

This module gives you an overview of what the treatment involves and how to use this website.

# Contents

Hello – and welcome to OSI .....	3
What’s it all about?.....	3
What does the treatment programme involve? .....	3
Who can use the treatment?.....	3
What part will my child play? .....	4
Why work through me?.....	4
What do parents think of this approach?.....	5
Why an online programme? .....	5
What parents say .....	6
Will it work? .....	6
What if it doesn’t work? .....	6
Who we are and how we developed the programme .....	7
Need to know .....	7
What happens next?.....	8

## **Hello – and welcome to OSI**

If your child – or a child you're caring for – has problems with anxiety this six-week online programme can help you to help them reduce or overcome them. It is for parents – and carers – of children aged 5 to 12 years. It is called OSI: Child Anxiety – short for Online Support and Intervention for child anxiety.

### **Features include:**

- Easy-to-read, bite-sized chunks of information
- Videos and animations to show you how to do activities
- An app with a children's game to help engage your child
- Easy access anytime, anywhere

## **What's it all about?**

The programme is based on a type of talking therapy called CBT – short for Cognitive Behavioural Therapy, which is recommended as the best way to treat anxiety problems in children.

CBT looks at the links between how we think, how we feel and how we behave. You'll learn how to use the techniques of CBT to help your child break what we call the cycle of anxiety.

## **What does the treatment programme involve?**

There are six modules with activities to work through with your child. You will be asked to complete one module every week.

You lead the programme, which means you work with your child rather than a therapist working with your child.

At the end of each module your therapist will call you for a 20-minute session. This gives you a chance to talk about how you're getting on and ask any questions. It's important that you have your therapist telephone session in a quiet space and at a time when you won't be disturbed.

## Who can use the treatment?

It usually works best if one person takes the lead but if there is another carer who can get involved too just let us know. We can give them their own log-in and discuss how they can take part in the phone calls.

## What part will my child play?

Your child will be involved every step of the way as you work through the programme. There is a game – available for all devices – with lots of fun activities to encourage them to take part. You will find out more about this game and how you can get it in Module 3.

## Why work through me?

Research suggests that it can be as helpful for a child to work through a parent or carer, as it is for them to see a therapist. You know your child best and are the one managing their problems day to day. And if you're anything like other parents we see you're looking for strategies. There are other benefits too:

### **For you...**

- You spend more time with your child so are in a better position than a therapist to put strategies in place
- You can appreciate how your child will benefit in the long-term which will help you encourage them to make changes – children often focus on the short-term difficulties of changing their behaviour
- Delivering the programme helps you remember strategies so you have them up your sleeve for future use
- Once the strategies are under your belt you can use them with other children or family members who have problems with anxiety

### For your child...

- Your child is less likely to be anxious about doing the treatment with someone familiar
- They won't have to miss school or after-school activities
- It avoids the distress – or sometimes finger pointing – some children experience when they have to take time out for appointments

### What do parents think of this approach?

Here is what some of the parents we have worked with have said:

*"At first I thought my child should be the one seeing a therapist, but now I can see it makes a lot of sense for me to know how I can help my child"*

*"I still use the skills I learnt about years ago when worries have popped up again. I feel like I can do something about it rather than have to go back to professionals for help."*

*"I now understand how I can make a positive difference to how my child feels."*

### Why an online programme?

This online programme is based on a face-to-face programme that we have offered for several years. This involved working through a book with therapy sessions in person or over the phone to back this up.

But it didn't suit everyone. Some people found it hard to attend appointments due to work, childcare or other commitments. And books aren't everyone's cup of tea.

The online programme is less time consuming and easier to fit in around everyday life.

## What parents say

Here is what some of the parents we have worked with have said about the website:

*"It's very user friendly"*

*"Even if you're not very IT savvy then you could still use it well"*

*"The pitch and tone of the modules is sensitive, encouraging and confidence building"*

*"The modules took a reasonable amount of time to read – everyone can find that time"*

*"It's self-explanatory"*

## Will it work?

Up to 75% of children who have gone through a parent-led CBT programme no longer have problems with anxiety six months later. And we've done lots of studies on the face-to-face treatment on which this online programme is based, which show it is successful in reducing anxiety.

## What if it doesn't work?

Don't give up if you don't see changes in your child straightaway. It can take time. Your therapist will help you keep track of your child's progress and can discuss any concerns.

**Remember:** The programme takes place over about two months. Lots of children do really well during this time. But others take a bit longer to achieve all their goals.

## Who we are and how we developed the programme

We are Dr Claire Hill and Professor Cathy Creswell from the University of Reading (<https://research.reading.ac.uk/andy/>), clinical psychologists with expertise in treating children with anxiety problems.



Dr Claire Hill



Professor Cathy Creswell

We developed this online treatment with the help of many parents, children and clinicians experienced in treating childhood anxiety.

The National Institute for Health Research (NIHR) funded the programme's development. The NIHR is a government-funded organisation that aims to improve the health of the nation through research.

Red Ninja built the website based on feedback from parents, children, clinicians and the research team.

## Need to know

### **Is the programme safe to use?**

We've found the face-to-face treatment this online programme is based on to be safe.

### **Is my personal data secure?**

- The online programme meets NHS Information Governance standards for data security and privacy

- The healthcare professionals supporting you are the only people who will know what you have written
- Your therapist is bound by confidentiality just as if you were meeting them face to face – they'll discuss this with you at your first session.

### Who will have my personal data?

The research team at the University of Oxford will receive data you enter online. This enables them to help assess whether the programme is helpful and if any changes are needed to improve it. The data you enter will be made anonymous – meaning it will be turned into a form that doesn't identify you or your child.

### How can I make a complaint?

If you have a concern about any part of this project, please speak to the iCATS team on 01865618614 or [icats@psych.ox.ac.uk](mailto:icats@psych.ox.ac.uk) who will do their best to address your concern. The researcher should acknowledge your concern within 10 working days and give you an indication of how he/she intends to deal with it. 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 (Chair, Medical Sciences Inter-Divisional Research Ethics Committee; Email ([ethics@medsci.ox.ac.uk](mailto:ethics@medsci.ox.ac.uk)); Address: Research Services, University of Oxford, Wellington Square, Oxford OX1 2JD). The chair will seek to resolve the matter in a timely manner.

### What happens next?

Your therapist will call you to answer any questions you may have. You can see the agenda for your therapy session on the Therapy Sessions page within the website. Feel free to add anything else that you would like to talk about.