
PARTICIPANT INFORMATION SHEET: YOUNG PEOPLE (AGES 12 to 16)

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

We are asking if you would like to take part in a research study to find the answer to this question.

Before you decide if you want to take part, it is important to understand why the research is being done and what happens in the project. So please read this leaflet carefully. Talk to your family, friends, doctor or nurse if you want to.

What is a specific phobia?

A specific phobia is a big fear of a thing or situation. It is normal for everyone to have some fears, but a phobia is different as it is a much bigger fear and can cause a person to be stressed, or unhappy, and avoid things.

People have phobias of all sorts of things. Some of the things people have said they are afraid of include:

- Animals (cats, dogs, mice, snakes)
- Insects (spiders, bees, wasps, butterflies)
- Places (lifts, stairs, small rooms, being high up)
- Doctors or dentists (plasters, needles, blood)
- Objects (dolls, balloons)

Lots of children and young people try to cope with their phobia by avoiding the thing or situation that they are afraid of, but this is not always possible (like seeing a balloon while at school) or can mean they miss out on things (like not going to their friend's house because the friend has a dog). When a phobia stops you doing or enjoying things in life, this is when it can be useful to get some help from professionals.

Why are we doing this research?

We would like to find the best way to help children and young people who have phobias. We already know that talking therapy is helpful but we want to know if just one special session of therapy is just as good as lots of sessions. We are comparing two different types of therapy: Cognitive Behavioural Therapy (CBT) and One Session Treatment (OST) **to see if OST is as good as CBT.**

What does the therapy involve?

Cognitive Behaviour Therapy

- Used in the NHS to help people with phobias
- Usually takes 6-12, one hour sessions
- Uses talking and activities to help understand about your fear and practice coping strategies
- Being gradually exposed to your fear with the help of a therapist
- Practicing at home between sessions

One Session Treatment

- A new type of therapy to help people with phobias
- Takes just 1, three hour session
- Uses talking and activities to help understand about your fear and practice coping strategies
- Being gradually exposed to your fear with the help of a therapist

Why have I been invited to take part?

We have asked you to take part because you have a specific phobia. We are asking 286 young people aged between 7 and 16 who have a specific phobia to take part in our study.

Do I have to take part?

No! It is your choice whether or not you want to take part. If you decide to join in but then change your mind, you are free to stop taking part at any point and we will not ask you to give a reason for this. If you decide that you do not want to be involved in the research you will still be able to receive any help you need for your phobia.

What will happen if I want to take part?

A member of our team will speak to you and your parent/guardian to tell you more about the research and to find out more about your phobia. If you want to take part we will ask you to sign a form saying you agree (consent) to be involved. We will also ask your parent/guardian to sign a form as well saying that they are happy for you to take part.

If your phobia can be included in the study (based on what your phobia is, how much it affects you, and if we will be able to provide suitable help for you), we will arrange to visit you and your parent/guardian at a place and time that suits you. This could be at your school, clinic or even at home.

At this visit we will ask you and your parent/guardian to answer some questions about your phobia and how it affects your life. We will ask you some of the questions and for others you will be able to answer them by ticking boxes. We will also do a test to see how able you are to be near the thing you are afraid of. **You will never have to do anything you do not want to do. If you cannot go near the thing you are afraid of, that is ok.** We will never make you go near it or surprise you with it, everything will be your own choice and at your own pace.

We will decide randomly (like tossing a coin) whether you receive OST **or** CBT. We will let you and your parent/guardian know which one it is and arrange some appointments with you to attend the sessions.

We will also ask some young people if they are happy to have an extra, short interview with a researcher about what they thought about the treatment they have received.

Six months after you start the research we will visit you and your parent/guardian to ask you some more questions and fill in some questionnaires. We will compare these to the ones at the beginning of the research to see if the therapy has helped. We will also check how you are feeling after treatment. We can give you with further information about getting more help if you need it.

Are there any benefits of taking part?

Taking part in this project may help you overcome your phobia. You will also be helping other children and young people by helping us find out the best possible treatments for others who have a phobia now and in the future

As a thank you for taking part, and with your parent/guardian's permission, you will be given a £10 Love to Shop voucher after the first visit and then another £10 Love to Shop voucher after the second meeting.

What are the side effects, risks or disadvantages of taking part?

Talking about and facing your fear may cause you to feel uncomfortable or worried, but the therapy will be at your pace and you will only do things when you feel ready. You will never be asked to do something that you do not want to. Each part of the therapy will require your permission and you can stop at any time you want. If you do get upset at all during the research there will always be someone there for you to talk to.

If you do take part, we will visit you twice to ask you some questions about your phobia and ask you to fill in a number of forms. We think answering the questions will take about an hour and a half although it may take longer. You can have as long as you like to answer the questions and a member of the research team will always be available to answer any questions you might have.

What will happen after I finish?

Once we have collected all the results we will write about the study; this will be published in a medical magazine. Your name or any other details personal to you will not be included in anything we write.

Will my information be kept confidential?

Yes! Your information for this research will be kept private. If we were ever worried that you or anyone else was at risk of any harm, we might need to tell someone who can help you, such as your parents, doctor (GP), or a primary mental health worker or NHS clinician if you have one,

but we will always talk to you about what we are going to do. Apart from this, we will only share your information with people in the research team. We will never use your name on any documents; we will use a number so no one will know what answers you have given.

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 your name on anything we write so no one will be able to see what you have said.

We will send a letter to tell your GP and any other people involved in your healthcare that you are taking part. We will ask for your agreement to do this. We also need to send a copy of your signed consent form to the central study team based in Sheffield.

Who is organising and paying for 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 checked the study?

Before any research goes ahead, it has to be checked by a research ethics committee to make sure 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?

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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Thank you for taking the time to read this leaflet
