



**Dr Eleanor Leigh**

**Department of Experimental Psychology**

Anna Watts Building, ROQ, Woodstock Road, Oxford, OX2 6GG

Email: [eleanor.leigh@psy.ox.ac.uk](mailto:eleanor.leigh@psy.ox.ac.uk)

## Young Person aged 16-18 years Screening and Triage Information Sheet

### Go-OSCA Trial

We'd like to invite you to take part in an assessment to see if you might be eligible for our research study on treatment of social anxiety disorder in young people. Before you decide, it is important that you understand why this is being done and what it would involve. Please take time to read this information and discuss it with others if you wish. If there is anything that is not clear or if you would like more information, please ask us.

### Summary

We would like to invite you to **answer some questions with a member of our research team to see whether you might be eligible** for our treatment trial called the Go-OSCA trial.

This would involve answering **5 questions** in or out of schooltime. Three questions briefly screen for symptoms of social anxiety, one asks whether you would like treatment for social anxiety, and the last asks whether you would be happy to speak with a member of the research team about the Go-OSCA treatment study. **If you might be eligible** based on this initial questionnaire, **a member of the research team would speak to you to ask some more questions to see whether you are eligible for the study** (triage). If you are, we would **ask you whether you would like to be referred to a local NHS service for treatment** with a trained NHS clinician **and participation in the Go-OSCA trial**.

If we refer you to your local service and they decide you are eligible too, you will be given more information about the trial, but briefly: The **Go-OSCA trial** is a project to **compare a new online therapy to treatment as usual for treating social anxiety disorder in young people**. The new therapy is a type of Cognitive Behaviour Therapy (CBT) called Online Social anxiety Cognitive therapy for Adolescents or OSCA and treatment as usual is graded CBT. You would receive one of these evidence-based treatments with a clinician in the NHS service you are referred to, and complete several assessments (packs of questionnaires) before, during, and after treatment.

### Purpose of the Study

We would like to identify young people who may have social anxiety disorder and be eligible for our treatment trial. We know there are lots of reasons that young people with social anxiety disorder might not ask for help, for example because of feeling embarrassed or being unsure how to access help. We also know social anxiety is often not spotted by teachers, families and GP's. We are trying to spot young people who might be eligible for our study and who might benefit from the treatments offered in it. This will contribute to research which is needed to improve the care families receive in the NHS. More information about the trial can be found on our website <https://camy.web.ox.ac.uk/osca-evaluation>.

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IRAS Project number: 339554

Chief Investigator: Eleanor Leigh

Study title: Go-OSCA Trial: Examining the Efficacy of OSCA for the Treatment of Social Anxiety Disorder in Adolescents

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## Why have I been invited?

You have been invited because you:

- are between 11 and 18 years of age
- go to one of the schools we are working with to recruit young people for the Go-OSCA trial

In total we are aiming to recruit 220 young people into our Go-OSCA trial.

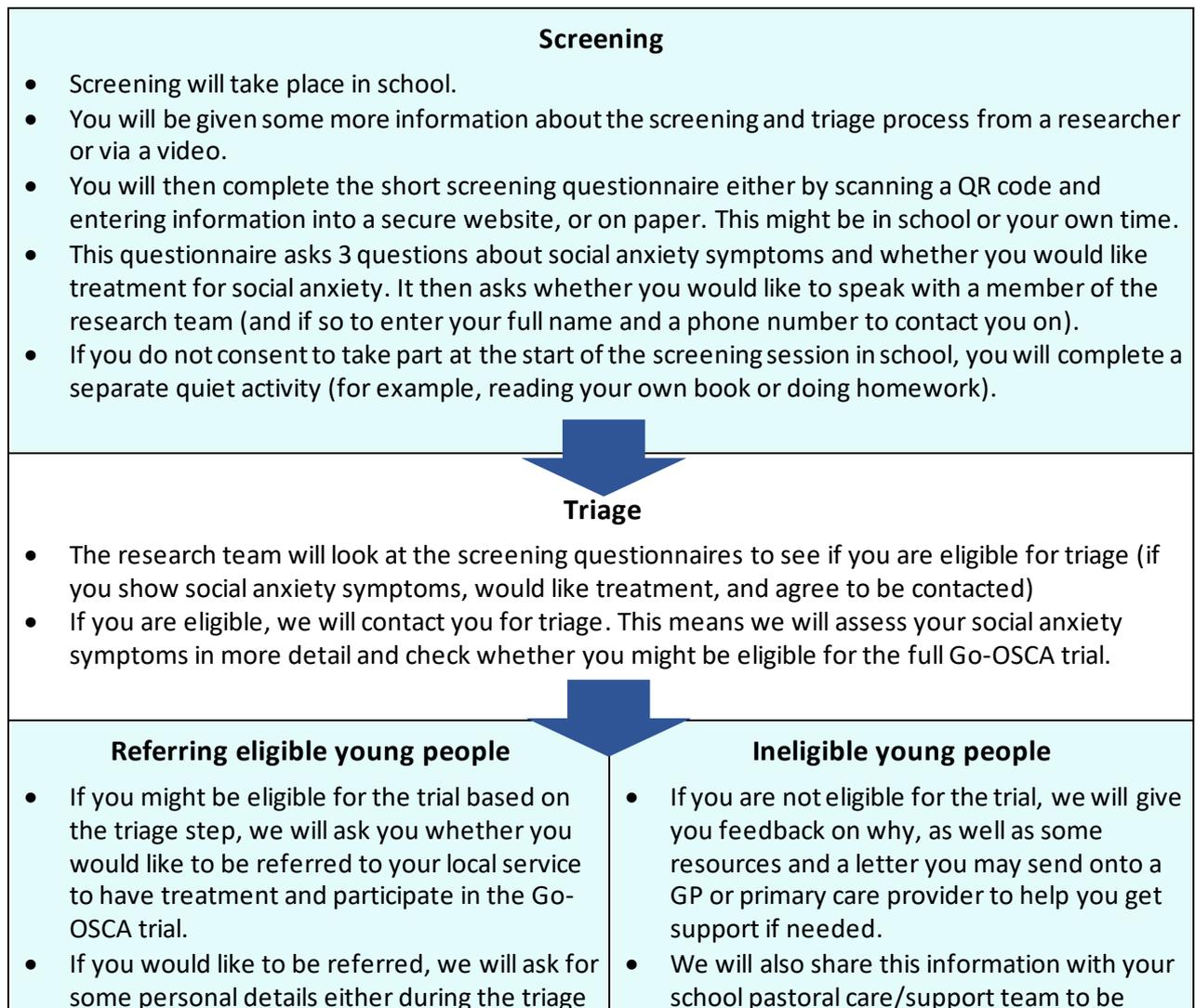
## Do I have to take part?

**You do not have to take part!**

If you decide you don't want to take part, that is okay and you will just have a different activity during the screening session in your school. If you do decide to take part, you can withdraw without giving a reason if you change your mind.

## What will happen to me if I decide to take part?

The screening, triage and referral will take approximately 30 minutes in total across up to 12 weeks.



call or in a follow-up contact to pass onto the clinic who would be in touch directly.

followed up and can share the information with your parent/carer if you wish.

### **Are there any possible disadvantages or risks from taking part?**

- There is no guarantee that you will get treatment because of taking part in this screening and triaging, but we will do our best to provide you with feedback and information and resources to help you ask for support if you want to.

**We don't expect you to experience any harm as a result of taking part in this screening and triaging.** The study is led by a Clinical Psychologist and all researchers involved are experienced and have been approved to work with children and vulnerable adults.

### **What are the possible benefits of taking part?**

- If this screening and triaging suggests that you are socially anxious and might be eligible for the study, you will be referred to your local NHS clinic which is working with us on the Go-OSCA trial. There, you would receive evidence-based therapy for social anxiety.
- By taking part, you would be helping to contribute to important research which is trying to improve NHS care for young people with social anxiety disorder in the future.

### **Will my General Practitioner (GP) be informed of my participation?**

No, your GP will not be informed of your participation in the screening and triage process.

### **Will my taking part in the study be kept confidential?**

Yes, **confidentiality will be maintained as far as it is possible**, unless you tell us something which implies that you or someone you mention might be in significant danger of harm. In this case, we would have to inform the relevant agencies, but we would try to discuss it with you first.

All study records will be identified only by a code. We will only use names where this is necessary to contact you. Information that can identify you will only be held securely by the study team for the purposes of the study. Responsible members of the University of Oxford, and the relevant NHS Trust(s) may be given access to data for monitoring and/or audit of the study to ensure that the research is complying with applicable regulations.

### **Will I be reimbursed for taking part?**

No, you will not receive payment for taking part in the screening and triage process.

### **What will happen to my data?**

Data protection regulation requires that we state the legal basis for processing information about you. In the case of research, this is '**a task in the public interest**'. The University of Oxford is the sponsor for this study. It is the data controller, and is responsible for looking after your information and using it properly.

We will be using information from you and may also use information from your school in order to undertake this study. We will use the minimum personally-identifiable information possible. We will also delete the information you give us once we have finished working with your school for recruitment. The only data we will keep are the total numbers of students who take part in the different steps of screening and triaging.

We will store any **research documents with personal information**, such as consent forms, **securely at the University of Oxford for 3 years after publication of the study findings** as part of the research record.

Data protection regulation provides you with control over your personal data and how it is used. When you agree to your information being used in research, however, some of those rights may be limited in order for the research to be reliable and accurate. Further information about your rights with respect to your personal data is available at <https://compliance.web.ox.ac.uk/individual-rights>

You can find out more about how we use your information by contacting [eleanor.leigh@psy.ox.ac.uk](mailto:eleanor.leigh@psy.ox.ac.uk).

### **What will happen if I don't want to carry on with the study?**

**Participation is entirely voluntary.** You can **change your mind at any time** and withdraw from screening and triaging. If you withdraw before any referral/signposting has taken place, we will destroy all of the data we have that could identify you as well as any other information you have given us. You will not continue through the process of screening and triaging.

### **What will happen to the results of this process?**

The numbers of young people who have been identified at each stage of this process, will be shared with participating schools and services, presented in journal articles, at conference presentations, and to policy makers and stakeholders.

### **What if there is a problem?**

**If you have a concern** about any part of this screening and triaging, please **speak with the research team**. We will do our best to answer your questions.

If you wish to complain about any aspect of the way in which you have been approached or treated, or how your information is handled during the course of this study, contact Dr Eleanor Leigh (01865 271444 & [eleanor.leigh@psy.ox.ac.uk](mailto:eleanor.leigh@psy.ox.ac.uk)) or you may contact University of Oxford Research Governance, Ethics & Assurance (RGEA) at [rgea.complaints@admin.ox.ac.uk](mailto:rgea.complaints@admin.ox.ac.uk).

### **How have patients and the public been involved in this study?**

Potential participants were involved in all aspects of this study including deciding the research questions and study design and developing study materials. Our Young People's Advisory Group meets regularly to discuss all of our research activities and two members sit on our trial steering committee which oversees this particular project. A charity called McPin helps us to monitor and continually improve our young people involvement.

### **Who is organising and funding the study?**

The University of Oxford is sponsoring the study which is funded by Medical Research Council and Oxford Health Biomedical Research Centre. The study is also funded by the National Institute for Health and Care Research (NIHR) through the NIHR i4i and OLS Real World Evidence Programme.

### **Who has reviewed the study?**

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect participants' interests. This study has been reviewed and given a favourable opinion by the London Riverside Research Ethics Committee.

### What should I do now?

**If you would like to take part:**

- You will be asked to fill out a consent form to say you are happy to take part at the start of the screening session in your school.

**If you do not want to take part:**

- You don't have to do anything else! You will be able to say you don't want to take part at the start of the screening session in school and will be given a different activity to complete in this time.



**Further information and contact details:**

Please contact Dr Eleanor Leigh

Email: [eleanor.leigh@psy.ox.ac.uk](mailto:eleanor.leigh@psy.ox.ac.uk)

Email: [go.osca@psy.ox.ac.uk](mailto:go.osca@psy.ox.ac.uk)

Our website: <https://camy.web.ox.ac.uk/osca-evaluation>

*Thank you for considering taking part.*