



Parent/Carer Go-OSCA Trial Brief Summary Sheet

This is a brief summary about the Go-OSCA Trial. It is not intended to replace the full Information Sheet, and all the information in this summary as well as further information and contact details are also in the full information sheet.

- We would like to invite you and your child to take part in a **project to compare a new therapy to treatment as usual for treating social anxiety** in young people. We would like to understand if one of the treatments is more effective than the other.
- This **new therapy** is a type of Cognitive Behaviour Therapy (CBT) called **OSCA**. This is a type of CBT developed to treat **social anxiety disorder in adolescents specifically**
- **Treatment as usual** is called **graded CBT**. This is a type of CBT which was developed to treat **anxiety disorders in general** (not social anxiety specifically).
- Your child will have the **same therapist whichever treatment they receive**. Both treatments take the **same amount of time in total** and include the **same amount of contact between your child and their therapist**.
- Both treatments are the **same kind of therapy (CBT)**, but they use **different methods** to try to change some of the unhelpful thoughts and behaviours which contribute to social anxiety.
- Your child will be receiving an **evidence-based therapy** for social anxiety whichever arm they are allocated to.
- Young people and families will take part in several **assessments** while taking part. This will include standard outcome measures used in NHS treatment, and additional assessments of social anxiety symptoms and processes, functioning, and use of health care services as part of the research project. **You and your child will be compensated for the additional time completing research questionnaires that are not part of routine care with shopping vouchers**.
- You and your child **do not have to take part!** If you and your child decide not to take part, this **will not affect your child's treatment in the NHS at all**. Participation is **entirely voluntary**. You/your child can change their mind at any time and withdrawal will not affect the care your child receives from the NHS.

Please now read over the full information sheet which provides more detail about the Go-OSCA trial and what will happen if you and your child take part.