



Yong Person 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 to take part in a **project to compare a new therapy (called OSCA) to usual treatment (called Graded CBT) for treating social anxiety** in young people.
- **OSCA** is a type of Cognitive Behavioural Therapy (CBT) developed to treat **social anxiety disorder in adolescents specifically**
- **Graded CBT** is a type of CBT which was developed to treat **anxiety disorders in general** (not social anxiety specifically).
- You will have the **same therapist whichever treatment you receive**. Both treatments take the **same amount of time in total** and you will spend the **same amount of time with your therapist**.
- Both treatments are the **same kind of therapy (CBT)**, but they are a bit **different in how they try to change anxious thoughts and feelings**.
- You will be **receiving a therapy which has evidence showing it is effective for treating social anxiety** whichever you are have.
- If you take part, you will complete some extra questionnaires while you take part in the study. **You will be compensated for time completing research questionnaires that are not part of routine care with shopping vouchers**.
- **You do not have to take part!** If you decide not to take part, that will not affect your future treatment in any way! You can stop taking part in the study at any point in the study and this won't affect your future treatment.

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.