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Young Person aged 11-15 years INFORMATION SHEET

Go-OSCA Trial

We'd like to invite you to take part in our research study. Before you decide, it is important that you understand why the research is being done and what it would involve for you. 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.

What is the study about?

We are **comparing a new online therapy (called OSCA) to usual treatment (called graded CBT) for treating social anxiety disorder in young people**. Both are the **same type of therapy which is called talking treatments** but they are a bit **different in how they try to change anxious thoughts and feelings**. Also, for one, sessions with your therapist would be online by phone or videocall with messages from your therapist in between, and for the other, sessions are either face to face or via video call.

People who take part in the project **can't choose which treatment they will get**. This decision will be **random**.

If you take part, you will complete some **extra questionnaires** while you take part in the study.

Why have I been invited?

You have been invited because you:

- Are between 11 and 18 years of age
- have been diagnosed with Social Anxiety Disorder
- have been offered treatment for social anxiety.

Do I have to take part?

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.

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

The project will last **just over a year in total**.

Starting treatment	<ul style="list-style-type: none"> You will be told whether you are going to receive OSCA or graded CBT. This decision is totally random, and will be done with a computer programme.
Treatment	<ul style="list-style-type: none"> One of the therapists at the clinic you are already coming to will deliver your treatment. They are all giving both treatments, so you will have the same trained and experienced therapist whichever treatment you have. You will meet with your therapist before your treatment starts so they can explain how your treatment will work and you can ask any questions you have. You will complete questionnaires to guide therapy. Both treatments take the same amount of time in total and you will spend the same amount of time with your therapist, but OSCA lasts 14 weeks with 3 monthly follow-up calls and graded CBT lasts 12 weeks (see below for more details of the therapies).
Assessments	<ul style="list-style-type: none"> You will complete some questionnaires at the following times after starting the project: 6 weeks, 16 weeks, 26 weeks (about 6 months), and at 40 (about 9 months) weeks. If we are able to, we will also ask you to complete questionnaires at 66 weeks (about 17 months) after the start of the project. Questionnaires can be completed online or on paper. They do not require in person visits.

Here is some more information about the two treatments:

Graded CBT	OSCA
<ul style="list-style-type: none"> This is a type of CBT which was made to treat anxiety disorders in general. 	<ul style="list-style-type: none"> This is a type of CBT which was made to treat social anxiety disorders in young people specifically.
<ul style="list-style-type: none"> In Graded CBT, you will have 7 scheduled sessions lasting about 1 hour over 12 weeks. The first 4 sessions are weekly, the next 2 sessions are fortnightly, and the last session is one month later. Your sessions with your individual therapist will be face-to-face in clinic or by video call. 	<ul style="list-style-type: none"> In OSCA, you will have scheduled weekly phone or video calls lasting around 20 minutes with your individual therapist. In the first 2 weeks, there are 2 calls per week. OSCA takes 14 weeks, as well as 3 monthly follow-up calls which are offered afterwards. In-between calls, your therapist will message you to help your progress, and you can message them. You will also use an online programme on an app and a website between calls.
<ul style="list-style-type: none"> Your therapist will work with you in sessions to learn ways to manage anxious feelings, change negative thoughts and gradually face your fears You will also have homework tasks to help you carry on this learning between sessions. You will go over these with your therapist in sessions. 	<ul style="list-style-type: none"> You will work through personalised online modules that help you to understand what keeps your social anxiety going and then to test out your fears in order to build your confidence. There are some 'core' modules that all young people work through, as well as modules which are focused on specific concerns or

problems, so the treatment can be personalised to you and your needs.

- Modules include **information to read, videos to watch, and exercises** for you to try.
- **Your therapist will check** how you are getting on using the modules **throughout the week**, and you will **talk about them together in your weekly call** to help continue learning, agree plans for the next week and practice behaviours or techniques to **make sure you get the most out of the treatment.**

Your questionnaires will ask about:

- Social anxiety
- General wellbeing
- Your bond with your therapist
- Social relationships
- Your daily life
- How you found therapy.

What are the possible disadvantages from taking part?

- Some of the **questionnaires may ask about things which you find upsetting**. These questionnaires are **similar to the ones that are used in usual treatment**.
- You will be **completing more measures than in usual treatment** which you may find frustrating or tiring, but you will be **paid in vouchers for your time**.

What are the possible benefits of taking part?

- You will be **receiving a therapy which has evidence showing it is effective for treating social anxiety** whichever you are have.
- You may **learn more about your social anxiety**.
- You will take part in **more thorough assessments for longer after treatment which could be helpful**.
- **Other young people could be helped** because we will improve our understanding of how to treat social anxiety in young people.

How will you keep my information safe?

The information you give us won't have your name on it. It will have a number so that we don't know whose information it is.

We keep the information (including your video or audio recordings) on the computer in a place that needs two passwords to get to it. Only the people in the research team will have these passwords.

Any data that has your personal information on it will be stored at the University of Oxford but data that cannot be traced back to you will be looked at by those at different universities. Information will not be saved on personal computers.

What if there is a problem?

If you have a concern about any aspect of this study, please speak with your clinician or the research team. They will do their best to answer your questions.

If you take part and at any point want to make a complaint, contact Dr Eleanor Leigh (01865 271444 & 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.

The Patient Advisory Liaison Service (PALS) is a confidential NHS service that can provide you with support for any complaints or queries you may have regarding the care you receive as an NHS patient. PALS is unable to provide information about this research study. If you wish to contact the PALS team please contact by phone: 0118 904 3467 or by email: PALS@berkshire.nhs.uk.

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.
- Your **parents will also need to agree that you can take part**. They have a form to fill in too.

We will then contact your GP to let them know that you are taking part in the study

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

- You don't have to do anything else! You will continue to receive care in the NHS as normal.



Further information and contact details:

Please contact Dr Eleanor Leigh

Email: eleanor.leigh@psy.ox.ac.uk

Email: go.osca@psy.ox.ac.uk

Thank you for considering taking part.