



PYCES: Parents and Young Children under Extreme Stress Information Sheet for Children

What is a research study?

In a research study we make a careful experiment to find out the answer to a question.

Why is this study being done?

This study is to see if we have a good way of helping children who have been in a frightening event. This way of helping children is called "trauma focused cognitive behavioural therapy" or TF-CBT.

Do we have to take part?

No, it is up to you and your family to decide!

You can decide to come out of the study at any point, and you do not have to tell us why. You will not be treated any differently by any hospital staff or doctor if you decide you do not want to take part in this study.

Who is taking part?

We are asking lots of children who have been in a frightening event to take part in this study.

What happens in the study?

In this study we would first like to ask you to do some puzzles that help us to understand how you are feeling.

These tasks will last for about 1 hour, but you can have breaks during them.

We will also be talking to your parents about the frightening event, and any problems you have had since it happened. Each time we will talk to them for about an hour. They will also have a number of questions to answer on the computer. These questions are to do with how you have been feeling and thinking since the event happened.

After these questions you will either have TF-CBT with us for 12 weeks, or we will ask you to wait for 12 weeks. If you had to wait and still feel bad after 12 weeks we will invite you to have TF-CBT then.

After the TF-CBT or waiting time we will ask your parent more questions to see how you are feeling.

The reason for asking some children to wait before having treatment is so that we can see who does better, children who were treated or those who waited for 12 weeks.

We're also looking at whether certain genes affect how children feel after being involved in a frightening event. Genes are found all throughout your body. They make your body work properly. We can measure genes from your spit, which we will collect when we see you if you agree to this.

Your genetic information may also be used in other studies that we will be doing in the future. You don't have to do this if you don't want to.

What happens during the TF-CBT?

We would like to see you once a week, for 12 weeks, for about an hour and a half each time. We would talk about the frightening event that happened to you, and how you have been feeling since it happened, and how you can learn to feel better. Sometimes, children say that at first it can be upsetting to remember a frightening event like this. But we think that most children find it helps to talk about the frightening event.

Will I receive anything as a thank you for helping with this research?

Yes, we will give your parent £30 to share with you when you come to see us at the beginning of the study and each time you come to see us after the treatment is finished. This is to say "thank you" for your time.

Who is running this study?

In this study many places work together. The places are the hospital and some places in the city of Cambridge where scientists work. They are called the "Medical Research Council Cognition and Brain Sciences Unit" and the "University of Cambridge."

Who will know I am taking part in this study?

We will let your GP (family doctor) know that you are helping with this study.

No one else will know about you taking part in this study. We won't tell anything about you to anyone else.

We will use all the things that people tell us to try and help other children in the future, but we won't tell your name and address to anyone else.

Has this research study been checked by an ethics committee?

Yes, this study has been checked by the NRES Committee East of England - Cambridge South Research Ethics Committee (Study reference: 12-EE-0458). These people have your best interests at heart and they check our study to make sure it is safe for you to participate, and they are happy for the research to take place.

I have some questions about this study, who do I contact?

You can speak to Dr Ben Goodall at the MRC Cognition and Brain Sciences Unit, who is the Clinical Psychologist running this study.

His address and contact details are:

Address: MRC Cognition and Brain Sciences Unit,
15 Chaucer Road, Cambridge, CB2 7EF
Direct line: 01223 760 673
Email: ben.goodall@mrc-cbu.cam.ac.uk
Website: www.pyces.org

Thank you very much for reading this information sheet about the PYCES study - we hope you decide to take part in this study.