



## Parents and Young Children under Extreme Stress Information Sheet for Children 6-8

### **What is a research study?**

You do a research study when you want to learn about something or find out something new.

### **Why is this study being done?**

We are doing this study (called PYCES2) to find out 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 for short.

### **Do we have to take part?**

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

If you change your mind and want to stop taking part at any point, that is also fine. You don't even have to tell us why. You will not be treated any differently by doctors or anyone else if you decide not to take part.

### **Who is taking part?**

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

### **What will happen if I say yes?**

First, we will ask you to play some games and answer some questions that help us to understand how you are feeling. This will take about half an hour.

We will also talk to your parent(s) about the frightening event, and any problems you have had since it happened. This chat will take about an hour. They will also have some questions to answer on the computer. These questions will be about how you have been feeling and thinking since the event happened.

After this, you will either have the treatment called TF-CBT, with us for 12 weeks, or you will carry on being looked after by your GP or doctor. The reason that not all children will be given the treatment is so that we can see the difference between how children feel after our treatment and how other children feel after care from their GP.

After 12 weeks we will ask you and your parent(s) more questions to see how you are feeling and thinking.

**What happens during the treatment?**

We will meet with you and your parent(s) once a week for about 12 weeks. Each time will be for about one hour and a half. We will talk about the frightening event that happened to you and how it made you feel. We would also talk about how you can learn to feel better.

Sometimes, children say that at first it can be upsetting to talk about a frightening event like this. But we think that most children find that after talking about it, they feel a little bit better.

**Will I receive anything as a thank you for helping?**

Yes, we will give your parent(s) £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?**

Lots of different people are working together on this study. This includes doctors and scientists from universities and NHS organisations.

**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. We won't tell anyone what you say, and we won't share your name or where you live.

We will keep all the information you give us safe on a secure computer. Only the people working on the study will be able to see it.

We might use all the things that you and other children tell us to help other children in the future, but we will never use your name, and no one will know it was you.

**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: XXXXXX). These people check our study to make sure it is safe for us to do our research and for you to take part.

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

Your parent(s) or carer have also got lots of information about the study. If you have more questions, you can speak to Alicja Podgorski, who is running this study.

Her address and contact details are:

Address: MRC Cognition and Brain Sciences Unit,  
15 Chaucer Road, Cambridge, CB2 7EF

Direct line: 01223 769906

Email: [alicja.podgorski@mrc-cbu.cam.ac.uk](mailto:alicja.podgorski@mrc-cbu.cam.ac.uk)

Website: <https://c2ad.mrc-cbu.cam.ac.uk>

**Thank you very much for reading this information sheet about the PYCES2 study - we hope you decide to take part in this study!**