



## **ASPECTS: Acute Stress Programme for Children and Teenagers**

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

A research study is a careful experiment to find out the answer to a question.

### **Why have I been asked to do this research study?**

You have recently been in something scary.

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

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

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

No, it is up to you and your family!

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 or doctor if you decide you do not want to take part in this study.

### ***What happens in the study?***

First we would like to ask you questions about how you are feeling. We would also like you to do some special tests.

After this you will either have CBT sessions for 10 weeks, or you will wait for 10 weeks. If you still need help to feel better after the waiting period, then you can have CBT.

After the CBT or waiting time we will ask you more questions to see how you are feeling, and do the special tests again.

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 10 weeks.

### **What happens during the CBT?**

We would like to see you once a week, for 10 weeks, for about an hour and a half each time.

We would talk about the accident, 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 that it helps to talk about the frightening event.

### ***Who is running this study?***

The study is a joint project between Addenbrooke's hospital and some other 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 is taking part?***

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

***What happens during the special tests?***

During the special tests we will ask you more questions. For these tests you just have to try and concentrate. For one test we will ask you to tell us about what happened to you in the frightening event. We will measure how fast your heart is beating during one of the tests, but this will not hurt you at all.

These tests and questions will last for about 2 hours, but you can have breaks during them. As these experiments are not what people normally do if they have help after a frightening event, we will give your parent £30 to share with you.

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. If you have not already done so, we would like you to return a spit sample in a special container. You don't have to do this if you don't want to. We will ask you to give us more spit on the day you come to visit us, so that we can measure one chemical that is in spit.

***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 Cambridgeshire 1 Research Ethics Committee (Study No. 10/H0304/11) and they are happy for the research to take place.

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

You can contact the person who wrote to you.

You can also contact Dr Richard Meiser-Stedman at the MRC Cognition and Brain Sciences Unit who is in charge of this project. His address and contact details are:

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

Direct line: 01223 273624

Email: [richard.meiser-stedman@mrc-cbu.cam.ac.uk](mailto:richard.meiser-stedman@mrc-cbu.cam.ac.uk)

Website: [www.aspects-study.org](http://www.aspects-study.org)

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