

Do you know a young person who has been involved in a **terrifying event**, like a car accident, an assault, or something potentially life threatening?

Did the event occur within the **past 5 months**?

Is that young person aged **8-17**?

Are you **worried** about how that young person is doing?

If the answer to these questions is “yes”, please think:

ASPECTS: Acute Stress Programme for Children & Teenagers

WHAT IS ASPECTS?

ASPECTS is a clinical trial funded by the Medical Research Council. It has been approved by Cambridgeshire 1 NHS Research Ethics Committee (study number 10/H0304/11). This trial is looking at whether we can help young people who have recently been in a traumatic event (e.g. a severe accident, violence, a sudden injury or illness, witnessing something terrible) and have developed post-traumatic stress disorder (PTSD). *The trial will run until 31st August 2013.*

WHAT IS PTSD?

PTSD is an anxiety disorder. It can be chronic and disabling in young people, and can affect academic performance, social functioning, and general mental health. Its symptoms include:

*Memories of the event popping into mind • Nightmares • Trouble concentrating • Feeling irritable
Problems sleeping • Not enjoying things • Avoiding certain places or situations*

WHAT TREATMENT ARE YOU TESTING IN THIS TRIAL? WHAT DOES IT INVOLVE?

- We are looking at whether a psychological treatment called cognitive behavioural therapy (CBT) is effective for young people with PTSD. This treatment will be delivered by clinical psychologists. CBT has been shown to be effective in adults. It does **NOT** involve medication.
- Trial participants will receive a course of CBT straight away *or* after a 10-week wait.
- The treatment will involve meeting one of our psychologists for 5-10 weekly sessions. These sessions would take place at our clinic at the Addenbrooke’s hospital site, or a local CAMHS clinic or GP surgery across the East of England.
- We can get in contact with families at an early stage to monitor how they are doing; we will then conduct an assessment at 2-5 months post-trauma to see if the trial is appropriate.

FOR QUESTIONS OR REFERRALS, PLEASE CONTACT:

Dr Richard Meiser-Stedman on 01223 273624 (email: richard.meiser-stedman@nhs.net)

or visit the trial website at: **www.aspects-study.org**

We are always happy to discuss possible referrals to the ASPECTS trial. Thank you.