

COOLKIDS

ANXIETY PROGRAM

Research and Program Background Flyer



The Cool Kids Anxiety Suite

The Emotional Health Clinic (EHC) at Macquarie University offers state of the art assessment and treatment based on internationally recognised research, much of which has been conducted by our team over the past 25 years. The EHC has developed a suite of treatment programs for children and young people with anxiety disorders, the Cool Kids program.

The world-renowned Cool Kids program is a cognitive-behavioural skills-based program that has been running at Macquarie University since 1993. The program teaches children, teenagers, and their caregivers how to better manage anxiety. Cool Kids has established an international reputation – being run in over 25 countries and translated into more than 15 languages. It is already recognised as the primary mental health method for anxious youth in Denmark, Finland and Sweden.

The original program focuses on teaching skills to manage anxiety to children and teens between 7-17 years of age. Cool Kids has been developed to involve parental support throughout the program with parents being shown how to support their child in the use of the new skills and providing them with strategies to encourage their children to self-manage anxiety.

The Cool Kids suite of programs include a range of variations that support different delivery contexts or particular presentations.

The original program includes options for:

- face-to-face or telehealth therapy sessions using workbooks,
- group or individual formats, and
- school or clinic contexts.



In addition, variations of the program are available for:

Home-based online programs with remote therapist support

Cool Kids & Chilled Out Online



An adaptation designed for autistic children and teens

Cool Kids Autism Spectrum Adaptation



A prevention and education program for caregivers of children aged 3 - 6 years

Cool Little Kids



In recent years research on new variations which will be released publicly in the future have included

- an extended program that targets low mood as well as anxiety.
- an adapted program that targets health anxiety.

FIND OUT MORE ABOUT COOL KIDS AND THE RESEARCH BEHIND THE PROGRAM

Emotional Health Clinic, Macquarie University NSW 2109 Australia

W: mq.edu.au/coolkids

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Cool Kids at the EHC

Cool Kids is made available to clients, families and health professionals through the Emotional Health Clinic (face-to-face; online or via telehealth) or through the growing network of Cool Kids accredited health professionals around the world.

To learn more about Cool Kids services provided to clients at the Emotional Health Clinic,

[Click Here](#)

To learn more about training and accreditation in Cool Kids for mental health professionals,

[Click Here](#)

To search for a Cool Kids Accredited Provider within Australia or internationally,

[Click Here](#)

Cool Kids Anxiety Research

The Cool Kids programs have shown to be effective in face to face, bibliotherapy and online delivery methods. A recent review (Mychailyszyn, 2017) identified 16 studies that have evaluated Cool Kids programs, with additional studies published since (e.g., Haugland et al., 2020; McLellan et al., 2017; 2024; Rapee et al., 2017; 2023; Stjerneklar et al., 2018; 2019).

This research indicates that most young people who complete Cool Kids experience significant improvements and diagnostic remission, with decreases in worry, fear, family distress and life interference.

In recognition of the high-quality of our work, we were awarded the 2016 NSW Mental Health Matters Award for Excellence in Service Delivery, and Cool Kids has been showcased as part of the NSW Universities Impact and Engagement Publication (2019).

On the next pages you will find references for the extensive evidence base for the Cool Kids Suite.

THE ORIGINAL COOL KIDS ANXIETY PROGRAM

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COOL KIDS SUITE IN SPECIFIC POPULATIONS

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