

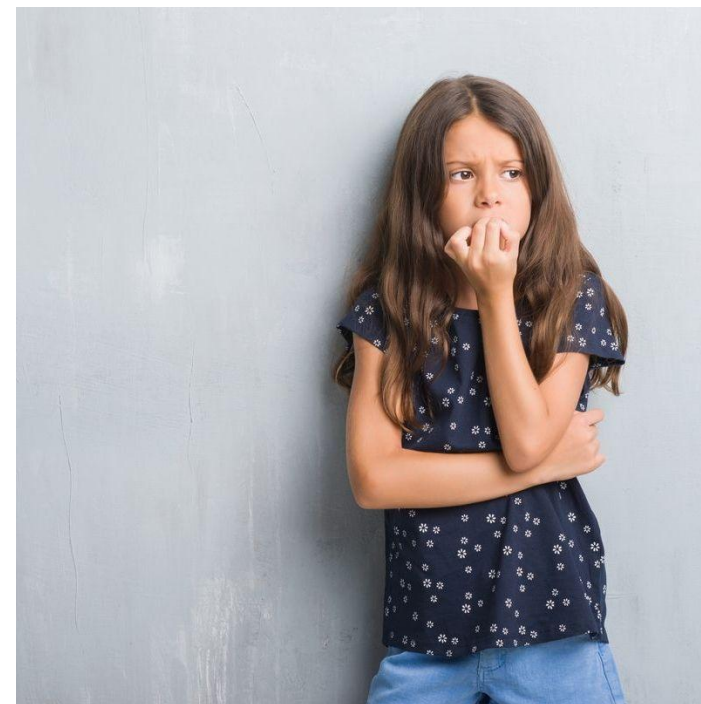


HOW TO GET INVOLVED

To find out if this study is suitable for your child or to learn more, please contact the research team at SMART@mq.edu.au or (02) 9850 8596.

FIND OUT MORE

Emotional Health Clinic
Macquarie University, NSW 2109 Australia
T: 02 9850 8596
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Strengthening Memory and Anxiety Reduction Trial (SMART)

Six **FREE** Treatment Sessions for Anxious Children (Aged 8-12 Years)





You and your child are invited to participate in a study aimed at finding the best way to treat child anxiety.

This research investigates cutting edge techniques combined with gold-standard treatment to improve the treatment of anxiety in children. This research has potential to enhance the way we treat anxiety in young people, to facilitate long-lasting change.

WHO IS THIS STUDY FOR?

Children aged between 8-12 who experience anxiety.

Common fears or worries include:

- Fear of specific objects or situations (e.g., animals, dark)
- Fear of speeches
- Fear of social situations (e.g., talking to new people)
- Fear of being away from a parent
- Worry about lots of little things

WHAT DOES THE STUDY INVOLVE?

INITIAL ASSESSMENT

Before treatment begins, we will contact you by phone to ask you a few questions about how your child has been feeling lately.

If your child may benefit from participating, you will be asked to complete a 1-hour parent phone interview with our clinician. After that, your child will be asked to complete a 2-hour assessment with our clinician at the Emotional Health Clinic (EHC) at Macquarie University.

You and your child will also complete some questionnaires about your child's mood and anxiety.

TREATMENT SESSIONS

If your child is eligible for treatment, you and your child will attend the EHC for six weekly 1-hour treatment sessions. Your child will complete a range of activities designed to help them overcome their main fear.

Each week following your session, you will be sent three reminders to your phone via SMS to complete brief memory training tasks with your child.

POST-TREATMENT SESSION

One week after the final treatment session, you and your child will each complete a 1-hour interview and questionnaires to assess how your child's anxiety has changed.

THREE-MONTH FOLLOW-UP

Three months after the final treatment session, you and your child will each complete a 1-hour interview and questionnaires to discuss how your child has been feeling recently.



BENEFITS OF PARTICIPATING

- Your child will receive gold-standard treatment for anxiety.
- There are no costs associated with receiving this treatment.
- Your child may experience a reduction in their anxiety.
- Your family may receive up between \$150 and \$202.50 to reimburse you for your time, depending on the number of assessments and memory training tasks completed.