You and your child are invited to participate in a stand-alone trial comparing different ways of reducing fear of public speaking among children aged 8-12 years old. This research will investigate cutting edge techniques to improve the treatment of fears of public speaking in children based on the latest evidence in experimental neuroscience. This research has exciting potential to improve the way we treat anxiety problems among youth.

WHAT DOES THE STUDY INVOLVE?

INITIAL ASSESSMENT
Before the treatment session, one of our researchers will contact you via phone to ask you some questions about how your child has been feeling lately. You will also complete some questionnaires about your child’s mood, anxiety, and experience with public speaking.

TREATMENT SESSION
You and your child will attend the Centre of Emotional Health Clinic (CEH) at Macquarie University, and your child will be randomly assigned to one of three different methods of treating public speaking fears.
- In one of the three groups, the assessment session will occur 7-9 hours before the treatment session (i.e., the assessment session will occur in the morning and the treatment session will occur in the afternoon).
- In two of the three groups, the assessment session will be completed immediately before the treatment session. Treatment will be in a three-hour block.
This will be followed by a one-hour session one day after the treatment session at the CEH to assess how your child’s fear of public speaking has changed.

FOLLOW-UP
One month after the initial treatment, your clinician will contact you by phone to ask you about how your child has been feeling since the session. Your child will also attend a one-hour follow up session at the CEH.

BENEFITS OF PARTICIPATING
- Your child will receive gold-standard treatment for public speaking anxiety. There are no costs associated with receiving this treatment.
- Your child may experience a reduction in their fear about public speaking.
- Your family will receive $50 for completing the study to reimburse you for your time.

COVID-SAFE PROTOCOL
All adults involved in the project will be double or triple vaccinated and wearing surgical masks. All individuals will be socially distanced. Sanitiser will be provided, and all surfaces will be cleaned.
We request that participants over 12 wear surgical masks while in the clinic. Please contact the research team for more information.

HOW TO GET INVOLVED
If you would like your child to be involved or you would like further information about the study please contact the research team at publicspeakingfears@mq.edu.au or on +61 (2) 9850 8596 to determine whether this study would be suitable for your child.
Please note the participation in this study has no bearing on taking part in the Cool Kids program.