

Cool Kids Online

PARENT-LED ONLINE ANXIETY TREATMENT FOR KIDS (AGES 7-12 YRS*)

Cool Kids Online is based on the world renowned Cool Kids program which has been running at Macquarie University since 1993. The Cool Kids program is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Results show that children who complete Cool Kids experience fewer worries and fears, less family distress and life interference.

THE CENTRE FOR EMOTIONAL HEALTH

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

Using the outcomes of this research, the Centre for Emotional Health Clinic (CEHC) provides cutting edge assessment and treatment services across the lifespan. Families who seek help at the CEHC will receive state of the art assessment and treatment based on research that has been conducted by our team over the past 25 years.

BENEFITS OF COOL KIDS ONLINE

- Families can access Cool Kids Online in the comfort of their own homes.
- The interactive online format is easy to navigate and engaging for children.
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.
- Cool Kids Online is currently being offered as part of a research program. Your time completing research means treatment is **free**.

** For teens aged 13-17 years and for children aged 12 years who are in high school please read the information on Chilled Out on our website.*



COOL KIDS ONLINE

Cool Kids Online consists of 8 online lessons for parents and children to complete **together** over 10 weeks. Topics covered in the program include:

- Learning about feelings and anxiety
- Fighting fear by facing fear (stepladders)
- Learning to think realistically (detective thinking)
- Building assertiveness and dealing with teasing
- Helpful ways of coping when upset

Parents take the role of their child's coach helping them put skills into practice, and most importantly, give their child support and encouragement along the way. Coaches also learn about helpful ways of responding to anxiety.

THE COOL KIDS ONLINE RESEARCH PROGRAM

This research program will evaluate the effectiveness of the Cool Kids Online Program with different types of therapist support (i.e. self-guided, therapist-supported or optional therapist support).

WHO IS THE COOL KIDS ONLINE RESEARCH PROGRAM FOR?

Cool Kids Online is suitable for your child if:

- They are 7 to 12 years old,
- Anxiety significantly affects your child's day-to-day life
- They are not involved in other psychological treatment (except medication). NOTE: Medication should be stable (same type and dose) before starting and during treatment
- You and your child are proficient in English (e.g., able to read and comprehend one page of an English newspaper)
- You and your child live in Australia and have access to Internet within your family home
- You and your child are willing to participate in follow-up assessments for our research

Cool Kids Online is *not* suitable if a child:

- Has a significant learning delay, developmental or intellectual disorder,
- Has an autism spectrum or related disorder,
- Has significant behavioural problems, or
- Has identified risks such as suicidal ideation, self-harm or school refusal.

WHAT DOES THE RESEARCH PROGRAM INVOLVE?

ONLINE & TELEPHONE ASSESSMENTS

Assessments are conducted before your family commences treatment and at various points throughout the research program. All assessments involve you and your child being interviewed over the telephone by a therapist and completing online questionnaires about thoughts, feelings and behaviours.

The purpose of the initial assessment is to determine if our program is suitable for your child. After the initial assessment, if you decide that you do not want to proceed with treatment you will have 3 months to take up the offer before needing to complete another initial assessment. It is important for us to have current information about your child. If the program is not considered to be suitable for your child, you will be provided with alternative referral options that would best suit your needs.

Follow-up assessments are conducted after 10 weeks, and 6 months after treatment. The purpose of these assessments are to determine if there have been changes in your child's anxiety.

TREATMENT

If the program is suitable for your child and you decide to participate, you and your child will be randomly assigned to one of four groups below.

1. Immediate access to the Cool Kids Online Program with scheduled therapist support (4x 30min phone calls over the 10-week program)
2. Immediate access with optional therapist support (you decide if and when to contact your therapist)
3. Immediate access with no therapist support (i.e. self-guided)
4. One group involves waiting 10 weeks before gaining access to the Cool Kids Online program with optional therapist support.

WHO DECIDES WHICH GROUP WE ARE IN?

The condition to which you are assigned is decided randomly, like drawing names out of a hat. The decision as to which therapist you will have is also decided randomly.

WHO WILL BE THE THERAPIST?

All therapists at the CEH are undertaking specialised training in child and adolescent anxiety and receive ongoing supervision from senior clinical psychologists who have expertise in this area.

COST OF COOL KIDS ONLINE

In return for your participation in our research, there are **no costs** associated with assessment and treatment for the Cool Kids Online Research Program. (For your information, an initial assessment for Cool Kids Online would typically cost \$115 and accessing the program privately would cost \$630).

The Cool Kids Online Research Program is funded by Australian Rotary Health.

HOW TO GET INVOLVED

If you would like your child assessed for Cool Kids Online please complete the online registration form. We will then contact you to set up the initial assessment. You can access the registration form [HERE](#).

For further information about the program please contact the friendly Cool Kids Online Research team at coolkids.online@mq.edu.au or on (02) 9850 8832.

FIND OUT MORE

Cool Kids Online Research Program
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8832
E: coolkids.online@mq.edu.au
W: mq.edu.au/ceh-clinic
CRICOS Provider 00002J



MACQUARIE
University