

## Childhood Anxiety in Autism Managed by Parents Study

### Individual Interviews and Focus Groups

**Call for research participants:** We are looking to adapt the parent-led programme '*Helping your child with fears and worries*' to meet the needs of autistic children. To do this we want to talk to autistic children with anxiety problems and parents of autistic children with anxiety problems to understand more about their difficulties and what we need to change about the programme.

#### **We are looking for:**

- 1) Parents of autistic children (aged 5-12) with anxiety problems.
- 2) Autistic children (aged 5-12) with anxiety problems.

**The original programme:** *Helping your child with fears and worries* is a brief intervention that works through parents. Parents are provided resources and support from a therapist to help them help their child. Children do not need to attend therapy sessions as support is provided to the parent.

**Types of participation:** You or your child can participate in either an individual interview or focus group.

#### **Parents:**

**Parents individual interview:** 1-2-hour interview over (either in-person or virtually) with a researcher. The interview will focus on understanding your experience of your child's anxiety and what type of information you think would be helpful.

**Parent focus group:** 2.5-hour focus group with 2-3 other parents. This will be completed in the coming months once we have a draft of the intervention. You will be shown the draft materials and some of the resources and we will ask for your opinions on the resources. This will be conducted in person, unless COVID restrictions require the groups to be held virtually.

**Children:**

**Children Individual interview:** 1-2-hour interview (either in-person or virtually) with a researcher. The interview will focus on understanding your child's experience anxiety and things that help them with their anxiety.

**Children focus group:** 2.5 -hour focus group with 2-3 similar aged children. This will be completed in the coming months once we have a draft of the intervention. Your child will be shown the draft materials and some of the resources and we will ask for your child for their opinions on the resources. This will be conducted in person, unless COVID restrictions require the groups to be held virtually.

**You can choose how you would like to participate.** We are currently recruiting for interview participants but if you would rather participate in the focus groups please get in touch and let us know. However, you cannot participate in both the focus group and the interview.

**Your child does not need to be interested in participating for you to take part as a parent participant.**

**If you or your child are interested in participating,** please contact one of the researchers for further details:

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