



# A randomized-controlled trial of therapy for children and adolescents with anxiety disorders and OCD

Dear PADC families,

Thank you for considering participating in our child anxiety and OCD treatment study. If you are interested in beginning therapy in the Pediatric Anxiety Disorders Clinic (PADC) for child or adolescent anxiety or obsessive compulsive disorder (OCD), you may be eligible to participate in our study. The study has two parts and you can participate in one or both parts. We know participating in research will take time and effort, so we will pay you depending on how much of the study you participate in.

**Part 1. Measuring Progress.** The first part of the study will help us learn how successful our treatment program is at reducing childhood anxiety and OCD symptoms. If you participate in this part of the study kids and parents will complete a) the same questionnaires you completed for your initial evaluation in the PADC (20 to 30 minutes) and an interview (5 to 10 minutes) three times, as well as b) record your weekly progress in therapy with a brief checklist. We will pay you \$25 if you complete all of the assessments.

Time 1: The day of your first therapy appointment (\$5)

Time 2: After the sixth session or six weeks after starting treatment (\$10)

Time 3: 12 weeks after starting therapy (\$10)

**Part 2. Comparing treatment components and options.** The second part of the study will help us learn how well different parts of therapy work and compare once weekly to intensive treatment. All treatments are effective, real treatments. If you participate in this part of the study you must select at least two of the treatment options and agree to be randomly assigned to one of them. We will pay you \$15 if you select two options and \$10 more if you select all three options.

Option 1: Six to 12 weekly sessions of individual Parent Coached Exposure Therapy

Option 2: Six to 12 weekly sessions of individual Cognitive Behavioral Therapy

Option 3: Nine sessions of group-based Parent Coached Exposure Therapy delivered within a span of five days (Monday through Friday), followed by 5 weeks of self-care

If you participate in Part 2, you must do the assessments in Part 1. However, you can participate in Part 1 without doing Part 2. All families, in Part 1, Part 2, or outside the study will receive effective treatment for childhood anxiety and OCD as early as can be scheduled.

If you are interested in participating please talk with your PADC therapist or contact our study coordinator, Deanna Hofschulte at 507-255-2972 or [hofschulte.deanna@mayo.edu](mailto:hofschulte.deanna@mayo.edu).