



The aim of our research is to explore the relationship between anxious, panicky feelings and how adolescents think and what they do.

We hope that our research will help us understand more about adolescents' experience of panicky feelings, to then help us develop and improve treatments for panic disorder in this age group.



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The results of this study will form part of Hannah's clinical psychology doctorate

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The questionnaires will ask your child about fears, worries, mood and behaviour. If this raises any concerns, there are people you/they can talk to for advice and support:

- Your GP
- The Principal Investigator (Dr Polly Waite) can provide appropriate contacts
- National organisations such as Young Minds (<http://www.youngminds.org.uk>); Parent helpline: 0808 802 5544)

You can also find information and resources on the following website:
(<https://andyresearchclinic.com/parents/>)

The University of Birmingham
Research Ethics Committee has
reviewed this study

What happens to adolescents when they experience panic?



Understanding how adolescents think and what they do when they feel panicky

Information for Parents & Guardians



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Who can take part?

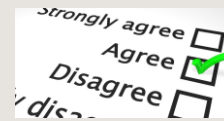
We are inviting **adolescents aged 13-18** to help us understand what young people feel when they experience **panicky** symptoms, by **filling in some questionnaires**

We are looking for a range of young people to take part – including those who do not experience panicky feelings

Their participation in this study is **entirely voluntary**. If they change their mind about taking part, they are **free to withdraw at any time**. If your child has already completed the questionnaires, they can still **withdraw** their data up to **two weeks after completing the study**.

All investigators on this project have had criminal records checks and have been approved by the School to work with children.

What will your child be asked to do?



1. Answer a set of **6 multiple-choice questionnaires** which will take around **20 minutes**. Questionnaires ask about different fears and worries, how they feel and what they may think or do if/when they feel scared or worried.
2. Provide some **background information** such as their date of birth and gender.

Who will see their responses?

All personal data will be **kept confidential** and will only be seen by the researchers..

All questionnaire and background data will be **completely anonymised**.

Data collected will be **stored securely** at the University (unless you or your child chooses to withdraw the data. If this happens, your child's data will be removed and destroyed).

Everyone's results will be grouped together, included in publications of scientific journals and be presented to other interested academics and clinicians.

What next?

- As your child is aged 15 or younger, we **require your consent** before they can take part.
- Please **email** the researcher Hannah on hxr833@student.bham.ac.uk or phone **[insert phone number]**.
- Hannah will answer any questions you have and then, if you are happy for your child to take part, you will be sent a link to give your consent online.
- Once we have received this, we will send a link for your son/daughter to provide their agreement to take part and to complete the questionnaires online.

On completion everyone who takes part will be able to enter a prize draw to win a £50 Amazon voucher

Your son/daughter's responses will be anonymised and may subsequently be made available to other authenticated researchers if they agree to hold the data securely.