**WP3 Information about the project for children 12-15 years**

**Project title: Mental health in children with epilepsy trial**

We work at the Institute of Child Health and Great Ormond Street Hospital. We are asking you and your parents/carer to take part in a project. This leaflet will tell you about the project.

Please read about the project with someone in your family or your carer. Take your time to decide if you want to take part.

Ask me if you have any questions.

**What is this project and why are we doing it?**

We know that having epilepsy can often be difficult. Lots of children who have epilepsy sometimes feel sad or worried or angry. Some children feel sad or worried or angry quite a lot. We would like to help children who have epilepsy and feel sad or worried or angry quite a lot.

There are treatments that can help children who feel sad or worried or angry to feel better. We would like to see if these treatments can help children with epilepsy who feel sad or worried or angry feel better too. The treatments have worksheets that children and their parents/carer can read together. They give children some special fun tasks to do to help with their feelings. There are no medicines or injections. If you want to, we can talk to you about the treatment.

**Why have I been asked to take part?**

We are asking children who come to the epilepsy clinic at [site name] to take part in our study.

**Do I have to take part?**

No, you do not have to take part. If you decide not to take part in this study, you do not have to give a reason and no one will be upset or cross. You can stop being in the study even if you said yes at the beginning or if you have started the treatment. You can change your mind at any time.

**What will I be asked to do if I take part?**

1. If you and your parents/carer decide that you would like to take part, your parents/carer, and you if you want to, will fill in a questionnaire that will help us to know if you feel sad or worried or angry a lot of the time. There are no right or wrong answers to the questions. If you do not feel sad or worried or angry a lot of the time we won’t ask you and/or your parents/carer to do anything else.





1. If you do feel sad or worried or angry a lot of the time, we will ask you and/or your parents/carer if you would like to take part in the next stage of the study. If you do, a computer will put you ‘randomly’ (by chance) into group A or group B. We do not decide who goes into which group. We will also ask you and/or your parents/carer to tell us a bit more about you.
2. **If you are put into group A** you will be asked if you want the new treatment. This means that you and/or your parents/carer will speak to the therapist over the telephone and perhaps meet with them sometimes too. They might ask you to read some information, watch videos, or to complete some tasks at home. Usually, children find the treatment fun. Sometimes, only your parents/carer need to speak to the therapist.

Before you start the treatment, we will ask you and/or your parents/carers to talk to a therapist about how you are feeling.

As well as getting the new treatment, we might ask you and/or your parents/carer some questions before and after you have the new treatment, to find out about how you are feeling and what you think about the new treatment. There are no right or wrong answers.

1. **If you are put into group B**, we won’t ask you if you want to have the new treatment.
2. At about 6 months after the start of the study, we will ask you and/or your parents/carer to speak to us about how you are feeling. We will also ask you to talk to us about this at around 12 months after the start of the study.

**Will getting the new treatment help me?**

If you get the new treatment, we don’t know if it will help you. But we do know that this treatment using special workbooks has helped other children to feel better and if you have this treatment, we hope that it will help you too.

**Is there anything to be worried about if I take part?**

Other children have told us that they enjoy the workbook treatments. Sometimes the tasks might be difficult or make you worried. If this happens, you should talk to your parents/carer or therapist. They will always talk to you about this. No one will make you talk about anything that you don’t want to, or make you do anything that you don’t want to.

If you are upset by taking part in the study, please speak to your parents/carer to begin with. If you would like to speak to someone else, your parents/carer know how to contact us and our address and phone number is at the end of this sheet. Your existing treatment will not be changed by taking part.

**Who will know I am taking part in the study?**

We will write about the study but no names will be used. We would keep your name, address and the scores from the questionnaires private. But if you said anything to us that made us think you or someone else could be harmed, we would have to tell others.

If you agree to take part in the study then we will write to your doctors to let them know you are taking part. We will tell them the scores from the questionnaires. If you are put into group A, we will also tell them about the new treatment.

**What will happen to the results of the study?**

When the project is finished we will write a letter to you to tell you about what we found.

**Who has approved the research?**

Before any research goes ahead, it has to be checked by a Research Ethics Committee. They make sure the research is fair. This project has been checked by the South Central – Oxford A Research Ethics Committee.

**Who do I speak to if I have more questions or worries?**

Your parents/carer also have information about the research project, so you can ask them if you have any questions or worries about the study. You can also contact the research team if you have any other questions.

Contact: Professor Roz Shafran

Address: UCL Great Ormond Street Institute of Child Health, 30 Guilford Street, London, WC1N 1EH

Email: gos-tr.mice@nhs.net

Telephone: 0207 905 2232

**ENTER SITE PALS DETAILS BELOW**

Contact: Patient Advice and Liaison Service (PALS)

Address:

Email:

Telephone:

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