



# *Treatment Program*

## *Abstract*

### *Summary*

*HELPING YOUR ANXIOUS CHILD (HYAC)* is a bibliotherapy outreach program based on a group cognitive-behavioral treatment program, the *Cool Kids Child and Adolescent Anxiety Management Program*. *HYAC* uses a parent-as-therapist model to assist children between 6 and 12 years of age in learning to manage their anxiety; including phobias, generalized anxiety, separation anxiety, social anxiety, obsessive-compulsive disorder, and panic attacks.

*HYAC* materials (book for parent and workbook for child) contain a structured course of readings and activities to help parents better understand child anxiety and teach their child to manage his or her anxiety. Children's activities and practice tasks cover skills such as cognitive restructuring, gradual exposure, problem solving, social skills, assertiveness, and dealing with teasing. The program also covers more effective parenting strategies. Over 10-12 sessions, the parent and child work on the program in tandem over a 3 to 4 month period (some families require more time to master the skills). It is recommended that therapists monitor and assist with implementation of the program via telephone, email, or personal consultation.

*HYAC* has been evaluated in two published randomized controlled trials. In the first study use of the bibliotherapy materials with no additional support was evaluated in a randomized comparison of bibliotherapy, standard face-to-face group treatment and a no treatment control. Findings indicated that bibliotherapy (26% anxiety diagnosis free) was better than no treatment (7% anxiety diagnosis free), however, bibliotherapy was not as efficacious as face-to-face treatment (61% anxiety diagnosis free).

The most recent study (and the focus of this replication kit) investigated the additional benefit of therapist contact with a family during bibliotherapy. The study was conducted with 100 anxiety disordered children, ages 6-12, and their parents from rural and remote communities. Families were randomized into one of four conditions: telephone contact, email contact, client-initiated contact, and waitlist control. Treatment conditions and waitlist lasted for a 12-week period. Assessments were conducted at baseline, post-treatment, and 12 months after the post-treatment assessment.

## Treatment Program Abstract (continued)

---

At post-treatment, compared to waitlist children, a significant reduction in symptoms was shown for children in all three of the study conditions, with the telephone sessions resulting in a greater reduction in symptom severity rating. Post-treatment comparisons also found that 79% of children in the telephone condition were free of an anxiety disorder compared with children in the email (33%) and client initiated (31%) conditions; and the percentage of children who returned to normal range of scores was greater for treatment groups compared to waitlist groups.

The study authors concluded that bibliotherapy with therapist contact is effective in the treatment of anxiety disorders in primary school children and provides a realistic service option for rural families who would normally not be able to access services without significant time and resource commitment.

It should be noted that the descriptions and instructions below have been updated to reflect the second edition of the treatment materials released in 2008. The treatment authors have advised that the second edition reflects minor changes to the original program that were based on therapist experiences in the two studies described above. Changes included increased number of examples, increased detail on applying anxiety management skills to complex presentations and one additional session of therapist time.

### *Treatment Participants*

- Child
- Parent
- Child-parent dyad
- Family (minimum 3 family members including at least 1 parent)
- Teacher
- Other

### *Treatment Length*

<i>Number of Sessions</i>	<i>Length of Session</i>	<i>Number of Weeks</i>
10 weekly modules completed at home	up to 2 hours	12 weeks
10 telephone sessions with a therapist	Up to 30 minutes	12 weeks

### *Treatment Provided by*

- Licensed Professionals
- Trainees (Graduate Student, Intern, Post-Doc)
- Others (Parents)
- Unknown

## Treatment Program Abstract (continued)

---

Age Group	<input checked="" type="checkbox"/> 6-10 years	<input checked="" type="checkbox"/> 11-14 years	<input type="checkbox"/> 15-18 years
Problem Area	<input checked="" type="checkbox"/> Specific Phobia <input checked="" type="checkbox"/> Social Phobia <input type="checkbox"/> School Refusal <input type="checkbox"/> Depression <input type="checkbox"/> Suicidality or Suicidal Ideation <input type="checkbox"/> Avoidant Disorder <input type="checkbox"/> Over-Anxious Disorder <input checked="" type="checkbox"/> Generalized Anxiety Disorder <input checked="" type="checkbox"/> Separation Anxiety Disorder <input checked="" type="checkbox"/> Obsessive-Compulsive Disorder <input type="checkbox"/> Post Traumatic Stress Disorder (or symptoms) <input type="checkbox"/> Sexual Abuse-Related Trauma (or symptoms) <input checked="" type="checkbox"/> Other: Panic Disorder		
Original Intervention Sample	Age, N = 100 Age = 6-12 years Gender Male = 51 Female = 49 Race/ Ethnicity Australian = 90%, European = 6%, Asian = 1%, Other = 3%		
Original Intervention Components	<input checked="" type="checkbox"/> Adult/Family Involvement <input type="checkbox"/> Individual Therapy <input type="checkbox"/> Group Therapy <input checked="" type="checkbox"/> Bibliotherapy <input type="checkbox"/> Intersession Assignment (homework) <input type="checkbox"/> Video <input type="checkbox"/> Other: _____		
Staffing Requirements/ Training	<p><i>It is intended that this program be implemented by mental health professionals with appropriate education, training, credentialing, and experience treating the target population.</i></p> <p><b>HELPING YOUR ANXIOUS CHILD</b> is administered by the parents of anxious children.</p> <p>Therapeutic support can be provided by: Licensed professionals or clinical trainees under direct supervision of licensed professionals. There is no specific training required to implement this treatment program, but it is strongly recommended that therapists be trained</p>		

## Treatment Program Abstract (continued)

---

in cognitive behavioral procedures and experienced in working with children and families.

### *Treatment Program Materials*

This CEDETA program package contains a copy of *Helping Your Anxious Child: A Step-by-Step Guide for Parents*, and the therapist manual. It also contains a reference copy of the child workbook.

In addition, the replication kit includes:

- ◆ reference copies of the available evaluation instruments used during the original study of *HYAC* (see blue poly-string envelope);
- ◆ and a reference copy of the age-appropriate *PedsQL*<sup>™</sup> instruments (see blue paper envelope).

### *Notes about Evaluation*

The replication kit includes reference copies of the available evaluation instruments used in the original evaluation of the treatment program. Please refer to the “Instrument Packet” in the blue poly-string envelope. (Note that these instruments cannot be photocopied.) In addition, the Young Child (ages 8-12) version of the *PedsQL*<sup>™</sup> has been included in the blue paper envelope.

These evaluation materials are included as a starting point for evaluating your program, should you choose to do so. Most program evaluations can benefit from expert help in designing and carrying out such an evaluation. Sociometrics can offer help in evaluating your implementation of this program for a fee. For further information, call Sociometrics staff at 1-800-846-3475.

### *Treatment Program Acquisition & Implementation Cost*

The cost of this CEDETA program package includes one complete set of materials needed to implement this program, and the resources for evaluation, all described above (call CEDETA staff; see below). Implementation costs depend on the number of clients, staff, and the nature and extent of the services you offer.

### *Contact Information*

Children’s Emotional Disorders Effective Treatment Archive (CEDETA)  
Sociometrics Corporation  
201 Main Street, Suite 100  
Los Altos, CA 94022-2933  
Tel. (650) 949-3282, ext. 214 Fax (650) 949-3299  
E-mail: [socio@socio.com](mailto:socio@socio.com)

## *Treatment Program Abstract (continued)*

---

### *Bibliography*

Lyneham, H. J., & Rapee, R. M. (2006). Evaluation of therapist-supported parent-implemented CBT for anxiety disorders in rural children. *Behaviour Research and Therapy, 44*, 1287-1300.

Rapee, R. M., Abbott, M. J., & Lyneham, H. J. (2006). Bibliotherapy for children with anxiety disorders using written materials for parents: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 74*(3), 436-444.

Rapee, R. M., Wignall, A., Spence, S. H., Cobham, V., & Lyneham, H. J. (2008). *Helping your anxious child: A step-by-step guide for parents* (2<sup>nd</sup> ed.). Oakland, CA: New Harbinger Publications.