

Cool Kids Taking Control Online Program for Children Experiencing Bullying and Anxiety.

ACTRN12618001793202

| | |
|------------|----------------------|
| Status | RECRUITING |
| Sponsor | Macquarie University |
| Enrollment | 128 participants |

Plain Language Summary

Being bullied at school is a painful experience, and for many children it can lead to or worsen anxiety. This study is testing an online program called Cool Kids — Taking Control, which is specifically designed for children aged 7–12 who are being bullied and who also have significant anxiety. The program consists of eight interactive online lessons that parents work through with their child at home, with the parent acting as a supportive 'coach'. A therapist is also available by phone each week to provide guidance.

The program draws on proven cognitive-behavioural therapy techniques to help children understand anxiety, develop coping skills, and build confidence in handling bullying situations. Children are randomly assigned to start the program immediately or to a waitlist, and both groups are assessed for anxiety and bullying experiences before, during, and after the program.

Your child may be eligible if they are aged 7–12, have been bullied at least three times in the past school term, and meet clinical criteria for an anxiety disorder. Your family will need access to a computer or tablet and a phone. Children with severe suicidal thoughts, significant intellectual impairment, or autism spectrum disorder are not eligible.

Key Eligibility Criteria

Inclusion (2)

- The sample will consist of children aged 7-12 years from across Australia, including from both regional and rural areas. Children will be included in the study if they report being bullied “three or more times” in the previous school term (10-weeks) and simultaneously meet the DSM-5 criteria for a diagnosis of an anxiety disorder as their primary, and therefore most interfering, disorder. Participants receiving pharmacological treatment will be included in the study if their medication has been stable for two months prior to the assessment and there are no foreseeable plans for a medication change before commencing treatment.
- Participants must be willing to provide informed consent (parent consent and child assent) and comply with the requirements of the study will be included. Anxiety diagnosis will be assessed using the ADIS-IV-C/P child and parent versions. This amended form of the ADIS-IV has already been provided to the ethics committee (Ref #: 5201100542).

Exclusion (2)

- We will exclude children if they are exhibiting life threatening suicidal ideation; considered to be at risk of harm due to abuse; have a significant intellectual impairment; have a diagnosis of Autism Spectrum Disorder; have unmanaged psychotic symptoms; or are additionally receiving therapeutic treatment for victimisation and anxiety outside of school. Children excluded from the study will be referred to an appropriate health professional.
- We will exclude families that do not have access to an electronic device suitable for engaging with the Cool Kids - Taking Control Online program. They will also be excluded if they do not have access to a telephone or cannot commit to weekly 20 minute phone calls over the course of the intervention.

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001793202>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.