

WOWSI update

WOWSI is our Working on Worries Support and Intervention project. The project gives schools access to an evidence-based online intervention to address child fears, worries, and anxiety. The intervention is delivered to parents and carers and follows a cognitive behaviour therapy model, as developed by Prof Cathy Cresswell at Oxford University.

Currently 79 primary schools are involved in the project and have a member of staff who has received training to facilitate the intervention.

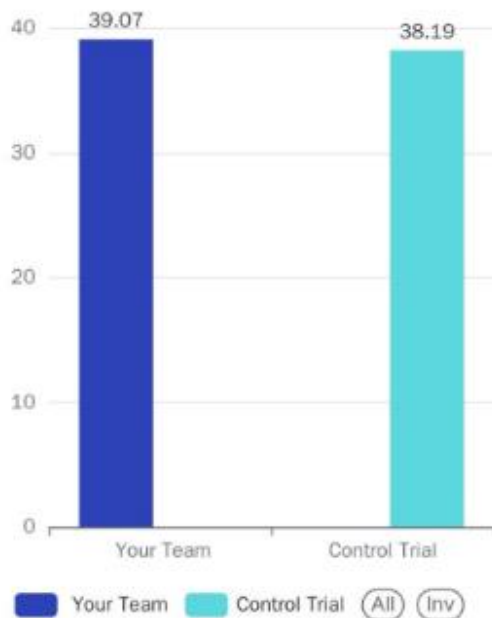
Early indicators of success are very positive and both the quantitative and qualitative data are showing that the intervention is making a positive difference to children and families.

The Child Anxiety Interference Scale (CAIS) is used to measure the impact anxiety is currently having on a child's life. The data collected so far shows that children whose parents complete the intervention are seeing an average of 30% reduction in the level of impact anxiety is having on their functioning. This is comparable to data collected in control trials of the intervention.

Goal Based Outcomes (GBOs) measure progress children make towards goals that they themselves have chosen. Parents and children are asked to measure their progress towards meeting their goals on a weekly basis, giving a score from 0 (not met at all), to 10 (goal completely met). As you can see from the graph, our cohort of children make extremely positive progress towards meeting their goals, slightly above and beyond the results shown in the control trial.

Relationships are key to therapeutic interventions, and as part of the data collection parents are asked to rate their experience of the weekly check-ins they have with their school-based facilitator. The feedback so far (indicated below) shows that parents rate these sessions extremely highly, a real testimony to the work that our WOWSI facilitators are doing.

SRS - Average Scores



The **Session Rating Scale** is a simple, 4 visual analog scale, designed to assess key dimensions of effective therapeutic relationships.

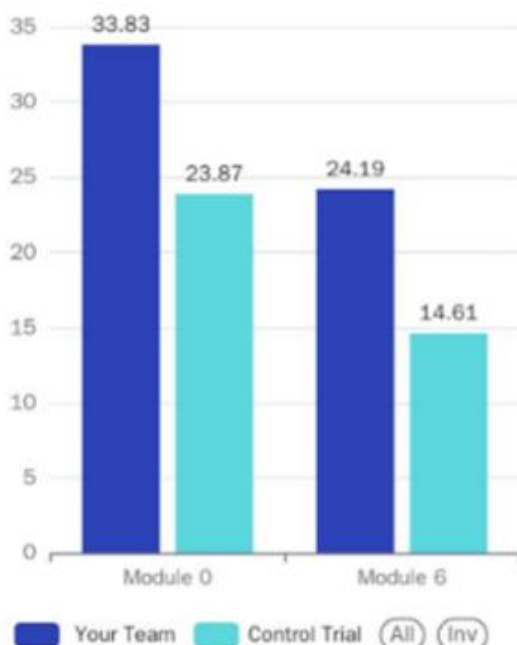
- Relationship:** Quality of the therapeutic bond.
- Goals and Topics :** Agreement on the focus of the session.
- Approach or Method:** Suitability of the therapist's methods.
- Overall :** General sense of the session's effectiveness.

Each item is scored from 0 (low) to 10 (high),

A sum of the 4 item scores, with a maximum possible score of 40.

Ref. for the the [Randomised Control Trial](#)

CAIS - Average Scores



The **Child Anxiety Impact Scale** is a 27 -item parent and child self -report questionnaire that assesses the impact of anxiety symptoms on the psychosocial functioning of children and adolescents.

The CAIS items are initially categorized into three main areas:

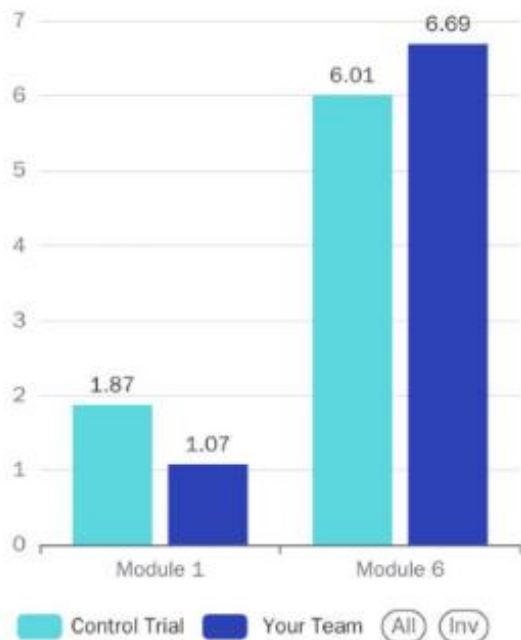
- Academic impairment**
- Social impairment**
- Home/Family impairment**
- Friends**

Each item is scored on a **4 -point Likert scale**, from "0" = Not at all to "3" = Very much

A **total score** is calculated by summing the scores of all items, with a **maximum possible score of 81**

Ref. for the the [Randomised Control Trial](#)

GBOs - Average Scores



© The Goal-Based Outcomes Scale is a method for evaluating progress towards goals in clinical work with children, young people, and their families and carers.

The GBO assesses how far a child or young person feels they have progressed towards achieving a goal they set for themselves at the beginning of an intervention.

Progress is measured on a scale from 0 to 10, providing a clear and straightforward way to track and evaluate their journey.

Ref. for the the [Randomised Control Trial](#)

A huge thank you to everyone in schools who is working with us on WOWSI, as well as to our Early Help Dedicated Schools Team, Thought-Full, Educational Psychology, and West Sussex Parent/Carer Forum colleagues who are supporting the project.