

# Project 2: Implementing Parent-Led CBT



## Success stories

NIHR MHIN  
Thursday 27<sup>th</sup> March 2025

NIHR ARC National Priorities Programme: Mental Health Implementation Network (MHIN)



## Working on Worries project

Successfully implemented parent-led CBT in 1/3<sup>rd</sup> of all primary schools in Norfolk, supporting 230 families. High engagement from rural and socioeconomically-deprived school areas which had little other mental health support.

Understood the value of regular 'CLASS' sessions to engage school staff and trainers throughout the process.

Recognised preference for online support (OSI) as a method of reducing operational implementation barriers in schools and families.



## ARC NWC led studies

- **Evaluation of the implementation of parent-led CBT in CWP** – interviews with service providers to evaluate how parent-led CBT intervention has been implemented in Cheshire and Wirral Partnership NHS Foundation Trust.
- **Spin-off study (research internship): People's experiences implementing parent-led CBT at home** (ongoing).
- **Evaluation of the parent-led CBT implementation toolkit** - To understand stakeholders' experiences of using the toolkit and whether refinements are required before it is rolled out at scale (ongoing).



## Scoping review

Collaborative piece of work across NWC, KSS, London

Opportunity for those new to research and systematic reviews to undergo training and gain experience

Opportunity to be involved in manuscript writing and submission

Opportunity for knowledge mobilisation and PPIE – forthcoming consultation with children and young people

New links with UCLan expertise e.g., Centre for Children and Young People's Participation



## PPIE

MHIN team: valued discussion and input from the central team.

PCAG in Norfolk: Engaged and passionate advisors to the project who felt they were making a really meaningful contribution to something of great value.

ARC NWC: public advisor involvement, PPI groups, forthcoming consultation with children and young people.



## Outputs

- PPIE-produced Animation about parent-led CBT.
- Implementation guide for school staff, health professionals and commissioners to support nation-wide implementation of parent-led CBT.



## Publications

**Published:** Nowland R, Christian DL, Aspinall G, Berzins K, Khalid S, Ahuja S, Gallagher L, Gee B, Mickleburgh E, Fernandes B, Kelsall A. Children's involvement in the development and evaluation of parent-focused mental health interventions: a scoping review protocol. JBI Evidence Synthesis. 2025 Feb 1;23(2):408-15.

**Submitted:** Evaluating the implementation of a novel approach to increasing access to evidence-based treatment for child anxiety difficulties through enhancing collaboration between the health and education systems. *Emotional and Behavioural Difficulties*

Abstract BACBT conference: Children's involvement in the development and evaluation of parent-focused mental health interventions

**In preparation:** Nowland R, Christian DL, Aspinall G, Berzins K, Khalid S, Ahuja S, Gallagher L, Gee B, Mickleburgh E, Fernandes B, Kelsall A. Children's involvement in the development and evaluation of parent-focused mental health interventions: a scoping review.

Service provider perspectives on the implementation of parent-led CBT for anxiety in primary school aged children: a qualitative interview study. Berzins, K., Christian, D., Aspinall, G., Lowther-Payne, H.J., & Nowland, R.

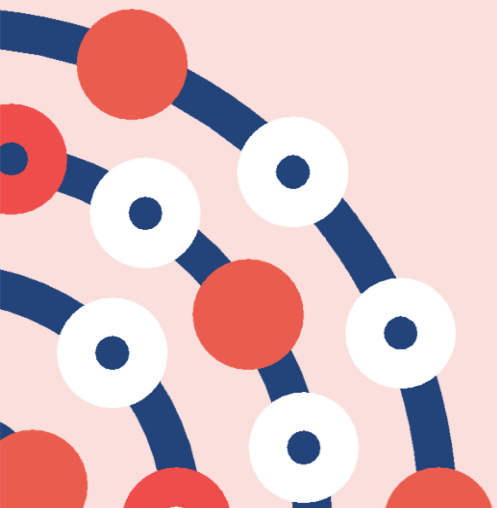
Parent's experiences sharing learning from parent-led CBT interventions for child anxiety within their informal networks. Berzins, K., Anderson, S., Christian, D., & Aspinall, G.

# Dissemination activities

MHIN Webinars: Sustainability; PL CBT in schools settings

Kathryn Berzins - Parental mental health conference – Brighton

Danielle Christian & Georgia Aspinall – UCLan Mental Health Research Group





**Outcomes for families:** The WoW project demonstrated that school-supported parent-led CBT was effective in reducing child anxiety. Agreement in principle to sustain parent-led CBT delivery (including OSI Licence costs) with Norfolk health commissioners, and managed through Cambridge Community Care NHS Trust from September for the new school year.



**Outcomes for schools:** Schools report whole-school cultural benefits in raising awareness and recognition of child anxiety and feeling empowered to support families.

**Outcomes for MHSTs:** New information about how the intervention is implemented in MHSTs

**Outcomes for researchers:** opportunities to do new things, meet new people, see former colleagues again, collaborate and keep in touch.