



Coping Cat

The Coping Cat intervention is a cognitive behavioural (CBT) group program for childhood anxiety. CBT is one of the most empirically supported methods for the treatment of anxiety: it is aimed at changing anxious thinking, feelings and behavior.

Evaluation: The study examined the effectiveness of this group program in a community setting. Several measures from different sources were used to evaluate how well this intervention works for our clients, and whether parents and teachers notice any changes in children who have participated in the Coping Cat program:

❖ Child Measures:

- Revised Children's Manifest Anxiety Scales (RCMAS)
- Loneliness and Social Dissatisfaction Questionnaire (LSDQ)
- The Friendship Quality Questionnaire – Teacher Report Form (FQQ/SF)

❖ Parent Measure: Child Behavior Checklist – Teacher Report Form (TRF)

❖ Teacher Measure: Child Behavior Checklist – Teacher Report Form (TRF)

Post treatment interviews with parents and children were also conducted.

Results: **Overall, both children and parents reported a decrease in child anxiety after treatment.** Teachers, however, did not report any change in their students' functioning. Social and classroom functioning, both areas in which children with anxiety often show deficits, did not show changes after treatment according to standardized measures. Interview data, however, revealed that **the treatment did have some impact on children's functioning in school, according to children and parents.** The clinical effect of the treatment was compared to that of large university research-based treatments and, as expected, was found to be somewhat less effective, as is the case with most community-based treatment studies (effectiveness studies).