

Guided self-help digital cognitive behavioural therapy for children and young people with mild to moderate symptoms of anxiety or low mood: early value assessment

Information for the public

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NICE has said that 4 guided self-help digital cognitive behavioural therapy (CBT) technologies can be used in the NHS as an initial treatment option for children and young people (aged 5 to 18) with mild to moderate symptoms of anxiety or low mood. These technologies can be offered in the NHS once they have Digital Technology Assessment Criteria (DTAC) approval from NHS England. The technologies are:

- Lumi Nova (BfB labs)
- Online Social anxiety Cognitive therapy for Adolescents (OSCA)
- Online Support and Intervention for child anxiety (OSI)
- Space from anxiety for teens, space from low mood for teens, space from low mood and anxiety for teens (Silvercloud).

Guided self-help digital CBT technologies are on-line apps, support programmes or games that can help you manage your symptoms of anxiety or low mood. You could be offered them so that you can have treatment sooner than waiting for face-to-face treatment. You can use them at home at a time that suits you, but you will be guided by support from a healthcare professional.

NICE has produced this guidance to help children and young people have treatment with new digital CBT technologies quickly. NICE has looked at evidence that suggests these technologies can help people feel better and healthcare professionals will support children and young people to use them. The NHS is collecting more evidence on how the technologies are used and how well they work. You might be asked if details of your treatment can be collected as more evidence. You can ask your healthcare professional for more information about being involved and how your information will be stored and used.

Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family or carers can be involved too, if you want. Read more about [making decisions about your care](#).

Questions to think about

- How well does this work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?
- How will my information be used, if it is collected?

Information and support

The [NHS website](#) may be a good place to find out more.

You can also get support from your local [Healthwatch](#).

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