

## Study of Paediatric Computed Tomography in Cameroon

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### EDITORIAL

Routine Outcome monitoring has become a principle element in the transformation of mental health services for children and young people in the UK and promoted by the CYP Improving Access to Psychological Therapies (IAPT) program. Collecting data on the outcome of therapeutic interventions is now a required element of the mental health data set within NHS settings. The Revised Child's Anxiety and Depression Scale (RCADS) has been identified as a useful tool based on the normative studies of US populations. There has, however, been no evaluation of RCADS for a UK population. Because of the data available, the current study provides an initial assessment of the validity and reliability of the RCADS in a United Kingdom (UK) clinical sample. Children had been referred to a community mental health and emotional wellbeing service for children and young people presenting with mild to moderate difficulties, in the East of England.

A sample of 1920 CYP (equivalent numbers of boys and girls, aged 7.9 to 18 years), completed the RCADS as part of routine assessment. Parents also completed the RCADS-P for comparison. Tests of normality, internal consistency, factor analysis and correlation were conducted on child and parent raw scores. The current study identified the psychometric properties of RCADS for a UK clinical sample. RCADS showed a simple

structure where all six variables loaded highly on the one factor of Separation Anxiety. RCADS showed good internal consistency with positive and highly significant correlations between subscales as well as between child and parents reports. All six subscales were found to be necessary part of RCADS. Indications are that RCADS shows promising clinical utility as a valid and reliable measure for assessing children with Anxiety and Depression in the UK. Future research needs to include a confirmatory factor analysis and assessment of a reliable clinical cut off-score for a UK clinical population. The increasing commitment of health services both within and outside the National Health Service (NHS) to embrace transformation in the delivery of mental health services for young people is backed by the shared principles of the Government's Future in Mind project and Children and Young People's Increasing Access to Psychological Therapies (CYP IAPT). The pillars of this approach are to reduce the stigma of mental health difficulties and increase access to evidence based psychological therapies delivered in an environment of collaborative practice with service users. Services are then able to account for the interventions offered and demonstrate effectiveness through a shared understanding and commitment to Routine Outcome Measures (ROMs). Repeated use of regular outcome monitoring has been shown to improve the effectiveness of intervention and ensure focus on therapeutic work towards measurable goals.

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