

# Child and Adolescent Treatment for Trauma and Sleep (CHATTS)

The Flinders Sleep and Psychology Laboratory is conducting **a research study** investigating how a combined treatment can be used to help children who have experienced a traumatic event.

## What's Involved



### Initial Assessment

An initial interview, questionnaires and sleep tracking one week prior to starting therapy



### 10 Sessions of CBT for Children

10 sessions of cognitive behavioural therapy (CBT) for sleep and trauma with a trained therapist



### Follow-up Assessments

An interview, questionnaires and sleep tracking after therapy and at a 3-month follow-up

Children aged **5-12 years** can participate if they have been exposed to a trauma and are experiencing symptoms of posttraumatic stress and sleep disturbance.



Use the QR code or email [CHATTS@flinders.edu.au](mailto:CHATTS@flinders.edu.au) for more information or to schedule a phone screening.

This study has been approved by The Southern Adelaide Clinical Human Research Ethics Committee (SAC HREC Approval #2023/HRE00269).

If you are in a crisis situation, please contact Assessment and Crisis Intervention Services (ACIS; **13 14 65**) or Lifeline (**13 11 14**). If your child is in a crisis situation, you can also contact Kids Helpline (**1800 55 1800**)