

# Using a Smartphone App and Clinician Portal to Enhance Brief Cognitive Behavioral Therapy for Childhood Anxiety Disorders

Abstract (Heading 1)

Introduction

Method

Participants (Heading 2)

Procedure

Measures

Diagnostic and clinical assessments. (Heading 3)

Skill acquisition measures.

Usability and acceptability.

Brief Coping Cat Treatment

SmartCAT 2.0.

Skills Coach.

Interactive Mini-Games.

Chillax.

Challenger.

Show That I Can tasks (STIC).

Rewards.

Messages.

Clinician Portal

Analytic Plan

Results

Feasibility and Acceptability

Enrollment and attrition.

Treatment satisfaction and SmartCAT usability.

SmartCAT Usage.

Treatment Outcome

Post-treatment diagnosis.

Post-treatment anxiety severity.

Skill Acquisition

Discussion