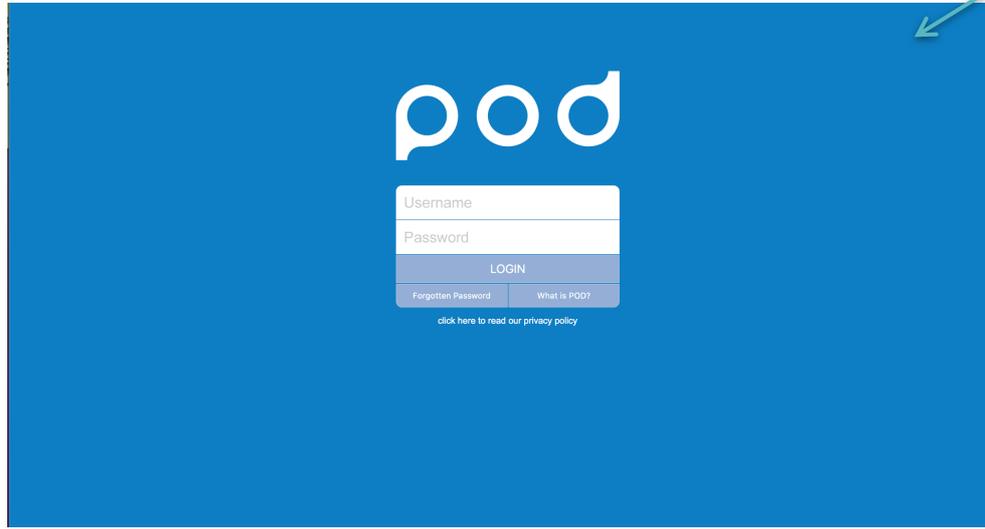


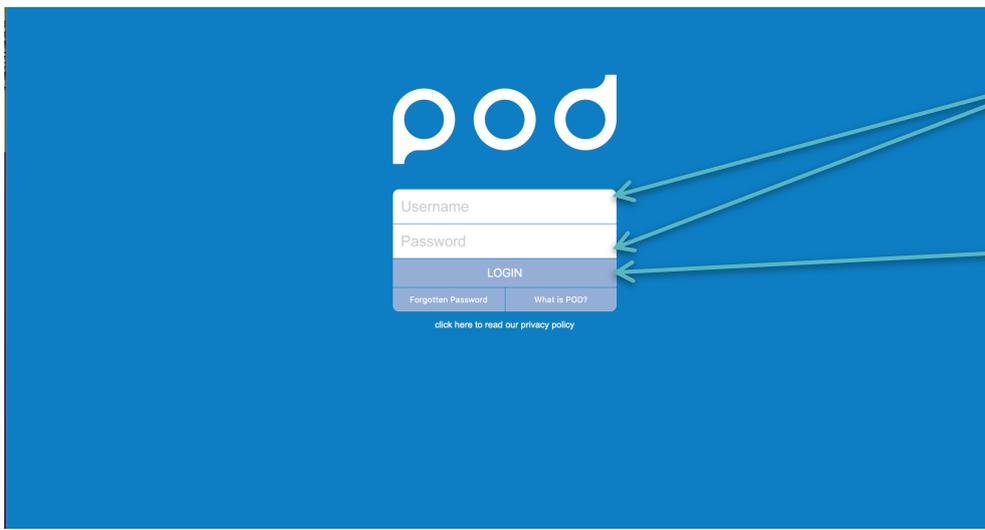
Step by Step Guide

Click on the following link:

<https://pod-database.org/db3/login/>



Step 1: The link will bring you too this page



Step 1: Enter The username and password provided by your practitioner.

Click on 'login' or press enter key to log in.

pod | My Pod Home My Results Change Password Logout

Welcome to POD
Here are your questionnaires for completion today:

START	ESQ Parent/Carer	Experience of Service Questionnaire Parent/Carer
START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker
START	GBO (10)	Goals (10)
START	RCADS	RCADS Child/Young Person (8-18 years)
START	RCADS (Parent)	RCADS (Parent)
START	RCADS GAD	RCADS Anxious generally
START	RCADS MDD	RCADS Low mood
START	RCADS OCD	RCADS Compelled to do or think things
START	RCADS PD	RCADS Panic
START	RCADS SAD	RCADS Anxious away from home
START	RCADS SP	RCADS Anxious in social situations
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strengths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)

You will now see this page.

pod | My Pod Home My Results Change Password Logout

Welcome to POD
Here are your questionnaires for completion today:

START	ESQ Parent/Carer	Experience of Service Questionnaire Parent/Carer
START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker
START	GBO (10)	Goals (10)
START	RCADS	RCADS Child/Young Person (8-18 years)
START	RCADS (Parent)	RCADS (Parent)
START	RCADS GAD	RCADS Anxious generally
START	RCADS MDD	RCADS Low mood
START	RCADS OCD	RCADS Compelled to do or think things
START	RCADS PD	RCADS Panic
START	RCADS SAD	RCADS Anxious away from home
START	RCADS SP	RCADS Anxious in social situations
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strengths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)

Step 3: Find 'RCADS (Parent)' on the list. Click on 'start' to complete – this questionnaire to be completed by **Parent**.

pod | Back | Completion Home My Results Change Password Logout

RCADS (Parent)
Date: 02-04-2020

Please put a circle around the word that shows how often each of these things happens to your child. There are no right or wrong answers.

1. My child worries about things

0 1 2 3

 Never Sometimes Often Always

2. My child feels sad or empty

0 1 2 3

 Never Sometimes Often Always

3. When my child has a problem, he/she gets a funny feeling in his/her stomach

0 1 2 3

 Never Sometimes Often Always

4. My child worries when he/she thinks he/she has done poorly at something

0 1 2 3

 Never Sometimes Often Always

5. My child feels afraid of being alone at home

Step 4: Please answer all the questions.

pod | Back | Completion Home My Results Change Password Logout

0 1 2 3

 Never Sometimes Often Always

44. My child has to do some things in just the right way to stop bad things from happening

0 1 2 3

 Never Sometimes Often Always

45. My child worries when in bed at night

0 1 2 3

 Never Sometimes Often Always

46. My child would feel scared if he/she had to stay away from home overnight

0 1 2 3

 Never Sometimes Often Always

47. My child feels restless

0 1 2 3

 Never Sometimes Often Always

Questions © 2003 Bruce F. Chorpita, Ph.D

Submit

Terms of Use | About POD | Privacy Policy | Cookies | Contact Us

Step 5: Finally, click on 'submit'.

pod | Back | Completion Home My Results Change Password Logout

RCADS (Parent)

Date: 02-04-2020

Please complete the highlighted questions

Please put a circle around the word that shows how often each of these things happens to your child. There are no right or wrong answers.

1. My child worries about things

0 1 2 3

 Never Sometimes Often Always

2. My child feels sad or empty

0 1 2 3

 Never Sometimes Often Always

3. When my child has a problem, he/she gets a funny feeling in his/her stomach

0 1 2 3

 Never Sometimes Often Always

4. My child worries when he/she thinks he/she has done poorly at something

0 1 2 3

 Never Sometimes Often Always

Step 5.1: If you accidentally missed a question the system will prompt you to answer the question.

pod | Back | Completion Home My Results Change Password Logout

0 1 2 3

 Never Sometimes Often Always

44. My child has to do some things in just the right way to stop bad things from happening

0 1 2 3

 Never Sometimes Often Always

45. My child worries when in bed at night

0 1 2 3

 Never Sometimes Often Always

46. My child would feel scared if he/she had to stay away from home overnight

0 1 2 3

 Never Sometimes Often Always

47. My child feels restless

0 1 2 3

 Never Sometimes Often Always

Questions © 2003 Bruce F. Chorpita, Ph.D

Submit

[Terms of Use](#) | [About POD](#) | [Privacy Policy](#) | [Cookies](#) | [Contact Us](#)

Step 5.2: Highlight the missed questions to help you identify them. Please answer them.

pod | Back | Completion Home My Results Change Password Logout

0 1 2 3

 Never Sometimes Often Always

44. My child has to do some things in just the right way to stop bad things from happening

0 1 2 3

 Never Sometimes Often Always

45. My child worries when in bed at night

0 1 2 3

 Never Sometimes Often Always

46. My child would feel scared if he/she had to stay away from home overnight

0 1 2 3

 Never Sometimes Often Always

47. My child feels restless

0 1 2 3

 Never Sometimes Often Always

Questions © 2003 Bruce F. Chorpita, Ph.D

Submit

[Terms of Use](#) | [About POD](#) | [Privacy Policy](#) | [Cookies](#) | [Contact Us](#)

Step 5.3: Click submit again.

pod | My Pod Home My Results Change Password Logout

Welcome to POD
Here are your questionnaires for completion today:

START	ESQ Parent/Carer	Experience of Service Questionnaire Parent/Carer
START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker
START	GBO (10)	Goals (10)
START	RCADS	RCADS Child/Young Person (8-18 years)
START	RCADS (Parent)	RCADS (Parent)
START	RCADS GAD	RCADS Anxious generally
START	RCADS MDD	RCADS Low mood
START	RCADS OCD	RCADS Compelled to do or think things
START	RCADS PD	RCADS Panic
START	RCADS SAD	RCADS Anxious away from home
START	RCADS SP	RCADS Anxious in social situations
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strengths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)

You will be back on this page now.

pod | My Pod Home My Results Change Password Logout

Welcome to POD
Here are your questionnaires for completion today:

START	ESQ Parent/Carer	Experience of Service Questionnaire Parent/Carer
START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker
START	GBO (10)	Goals (10)
START	RCADS	RCADS Child/Young Person (8-18 years)
START	RCADS (Parent)	RCADS (Parent)
START	RCADS GAD	RCADS Anxious generally
START	RCADS MDD	RCADS Low mood
START	RCADS OCD	RCADS Compelled to do or think things
START	RCADS PD	RCADS Panic
START	RCADS SAD	RCADS Anxious away from home
START	RCADS SP	RCADS Anxious in social situations
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strengths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)

Step 6: Parents please help your child in completing this.

Find RCADS Child/Young person (8-18 years). Click on 'start'.

pod | Back | Completion Home My Results Change Password Logout

Never Sometimes Often Always

43. I feel afraid that I will make a fool of myself in front of people

Never Sometimes Often Always

44. I have to do some things in just the right way to stop bad things from happening

Never Sometimes Often Always

45. I worry when I go to bed at night

Never Sometimes Often Always

46. I would feel scared if I had to stay away from home overnight

Never Sometimes Often Always

47. I feel restless

Never Sometimes Often Always

Questions © 2007 Boston F. Chorpita, Ph.D

Step 7: Answer all the questions and click 'Submit'

pod | My Pod Home My Results Change Password Logout

Welcome to POD
Here are your questionnaires for completion today:

START	ESQ Parent/Carer	Experience of Service Questionnaire Parent/Carer
START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker
START	GBO (10)	Goals (10)
START	RCADS	RCADS Child/Young Person (8-18 years)
START	RCADS (Parent)	RCADS (Parent)
START	RCADS GAD	RCADS Anxious generally
START	RCADS MDD	RCADS Low mood
START	RCADS OCD	RCADS Compelled to do or think things
START	RCADS PD	RCADS Panic
START	RCADS SAD	RCADS Anxious away from home
START	RCADS SP	RCADS Anxious in social situations
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strengths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)

You will be brought back to this page again.

pod | My Pod Home My Results Change Password Logout

START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker
START	GBO (10)	Goals (10)
START	RCADS	RCADS Child/Young Person (8-18 years)
START	RCADS (Parent)	RCADS (Parent)
START	RCADS GAD	RCADS Anxious generally
START	RCADS MDD	RCADS Low mood
START	RCADS OCD	RCADS Compelled to do or think things
START	RCADS PD	RCADS Panic
START	RCADS SAD	RCADS Anxious away from home
START	RCADS SP	RCADS Anxious in social situations
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strengths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)
START	SDQ (Full) (P 4-17)	Strengths and Difficulties Questionnaire (P 4-17)

Logout

Terms of Use | About POD | Privacy Policy | Cookies | Contact Us

pod | My Pod Home My Results Change Password Logout

Step 8: to be completed by parent.

Click on 'start' and answer all the questions. Once you have answered all the questions please click 'submit'.

pod | My Pod Home My Results Change Password Logout

Welcome to POD
Here are your questionnaires for completion today:

START	ESQ Parent/Carer	Experience of Service Questionnaire Parent/Carer
START	ESQ Self (12-18)	Experience of Service Questionnaire - Self Report (12-18)
START	ESQ Self (9-11)	Experience of Service Questionnaire - Self Report (9-11)
START	GBO (+HIT)	Goal Based Outcomes - Helpful Ideas Tracker
START	GBO (10)	Goals (10)
START	RCADS	RCADS Child/Young Person (8-18 years)
START	RCADS (Parent)	RCADS (Parent)
START	RCADS GAD	RCADS Anxious generally
START	RCADS MDD	RCADS Low mood
START	RCADS OCD	RCADS Compelled to do or think things
START	RCADS PD	RCADS Panic
START	RCADS SAD	RCADS Anxious away from home
START	RCADS SP	RCADS Anxious in social situations
START	SDQ (Full) (P 4-17 FOLLOW-UP)	Strengths and Difficulties Questionnaire (P 4-17 FOLLOW-UP)

pod | [Back](#) | Completion Home My Results Change Password Logout

Step 9: to logout click on 'logout'

TOP TIP: You can use these steps to complete other questionnaires you will be expected to complete as part of the intervention.