

From: Dr Kate Roberts <katemoraroberts@gmail.com>
Sent: Sunday, June 30, 2024 2:22 PM
To: Web Info Quality (CDC) <infoquality@cdc.gov>
Subject: Incorrect information on the CDC website

Hello,

I'm writing to inform you that you have incorrect and misleading information on your website at a time that the information really needs to be very consistent and very correct.

<https://www.cdc.gov/childrensmentalhealth/parent-behavior-therapy.html>

Contains the following emboldened statement in the following paragraph taken from the page sited above.

What is cognitive-behavior therapy?

Cognitive-behavior therapy focuses on changing the thoughts and emotions that can affect a child's behavior negatively.

The therapist helps the child become aware of their thoughts and feelings. The therapist also helps the child evaluate if feelings or thoughts may be distorted or illogical, and then helps the child through the process of changing the thoughts as well as the emotional reactions and behaviors that go along with them.

Cognitive-behavior therapy often works directly with the child, but can also include parents.

There is not one trained child psychologist, who would agree with that statement, and there is not one study that points to that statement as legitimate way to provide treatment to a child.

Here is a study conducted by NIMH that says just the opposite

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3091167/>

As a trained clinical child psychologist it's very frustrating when parents read the sentence that's emboldened above and therefore feel relieved of their responsibility to participate in their child's treatment.

CBT without the support and engagement of the parent, is not generalizable outside the context of the practitioners office, and there's no age range given in your statement so parents that are asking me to do CBT with a three year old and they attempt to drop their kid off at my office and leave.

There is a child mental health crisis In this country, and a large part of it is because parents are reluctant and disengaged from their child's mental health treatment. When the CDC disseminates information that makes it justifiable for parents to disengage and refuse to participate in their child's CBT this perpetuates the problem.

There's an escalating problem of school refusal in this country. A significant contribution to that is that parents are not participating in their child's mental health treatment and therefore parents don't know how to facilitate their child attending school.

Without the parent significantly engaged in treatment with a child, substantive changes will not happen, regardless of the type of treatment intervention, that is being utilized. That is what your page needs to say and nothing short of that.

Please change it so that parents feel somewhat directed by the CDC to engage in their child's mental health treatment.

Thank you.

Sincerely,

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Licensed Clinical Psychologist

Certified School Psychologist

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<https://www.psychologytoday.com/us/blog/savvy-parenting>

<https://www.huffpost.com/author/kate-940>

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