Introduction
Anxiety has long been identified as one of the most common mental health disorders affecting children and adolescents. Early identification and prompt deliveries of psychotherapies to youngsters with anxiety features/disorders become one of the imminent challenges to mental health institutions to-date. Success of stepped-care model advocated by The National Institute for Health and Clinical Excellence, and the community-based low-intensity psychotherapies implemented by The Improving Access to Psychological Therapies in the United Kingdom, has become a blueprint of the child and adolescent mental health services. In Hong Kong, early identification and community-based low-intensity psychological interventions to children and adolescents with subthreshold anxiety features have been provided by the Child and Adolescent Mental Health Community Support Project (CAMcom) since 2005. CAMcom is a territory-wide service in the Hospital Authority and an extended arm of the child psychiatry team. Anxiety group programme is one of the CAMcom primary services. Delivered mainly at schools, the programme aims at providing six-session cognitive-behavioral therapy treatments to youngsters with subthreshold anxiety features.

Objectives
This study aims at examining the effectiveness of the CAMcom-led community-based low-intensity intervention programmes for children/adolescents with subthreshold anxiety features.
Methodology
Students and/or their primary caregivers, who had enrolled in the anxiety group programmes, were assigned to three different groups according to former’s educational levels. They were groups for parents (whose children in P.1-P.3); for parents/children (those in P.4-P.6); and for adolescents (those in F.1-F.3). Treatment effectiveness was measured by the Spence Children’s Anxiety Scale – Child Version (SCAS-C) and Parent Version (SCAS-P), self-rated before and after the anxiety group programmes by the students and their primary caregivers respectively. Repeated-measure ANOVA and post-hoc paired t-test designs (Bonferroni adjustment) with convenience sampling were employed.

Result
Between April 2011 and March 2014, massive screening via SCAS-P and/or SCAS-C were conducted with 24,131 students, aged between six and 17 from P.1 to F.3 at local mainstream schools. 502 students with subthreshold anxiety features had enrolled in the programmes. Significant reduction on overall anxiety levels were found between pre- and post-treatment in all respondents (both children/adolescents (p<.01 with Bonferroni adjustment) and their primary caregivers (p<.01 with Bonferroni adjustment). Significant reductions in separation anxiety, specific phobias, obsessive compulsivity, panic attack, physical injury and general anxiety were noted between pre- and post-treatment amongst all children/adolescents respondents (p<.01 with Bonferroni adjustment).