

Anxiety disorders in children and adolescents - research, assessment, and intervention

Cambridge University Press - Practitioner review: anxiety disorders in children and young people



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Assessing anxiety disorders in children and adolescents

High-intensity interventions for anxiety disorders in childhood and adolescence More intensive treatments for childhood anxiety, typically involving 9—20 face-to-face CBT treatment sessions, have been subjected to extensive evaluation.

Phobic and Anxiety Disorders in Children and Adolescents: A Clinician's ...

Although generally considered adult disorders, anxiety and depression are widespread among children and adolescents, affecting academic performance, social development, and long-term outcomes. Immediately following the intervention 50% of children were free of their primary diagnosis double the rate in the waitlist control group , increasing to over 70% at 6-month follow-up. There is strong international representation in the authorship.

Anxiety and Depression in Children and Adolescents

Moreover, the volume addresses important conceptual, epidemiological, and ethical issues in working with children and adolescents. A child with panic disorder may not want to go to school or be separated from his or her parents. A key worker can be identified in the school setting to assist the child with problem-solving or anxiety-management strategies.

Anxiety and Depression in Children and Adolescents

Spence et al compared BRAVE for Teenagers-Online to individual, clinic-based CBT and found no differences between groups post-treatment and at follow-up assessments. Anxiety often precedes depression; the co-occurrence of anxiety and depression increases with age and is

associated with greater impairment.

Practitioner review: anxiety disorders in children and young people

Family interventions Family interventions that strengthen family problem-solving skills and communication, reduce parental anxiety, and foster parenting skills that decrease avoidant coping and encourage self-efficacy in the child can be helpful for anxious children.

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Modifications for children include use of real-life desensitization programs, narrative stories, live modeling demonstrating adaptive response , participant modeling the child has physical contact with the model-therapist and the phobic object or situation , and contingency management. Practicing problem solving is helpful to children with GAD. Clinicians can consider increasing the SSRI dose by the fourth week of medication treatment if significant improvement in anxiety severity or impairment is not achieved.

Phobic and Anxiety Disorders in Children and Adolescents: A Clinician's ...

Hilton RC, Rengasamy M, Mansoor B, He J, Mayes T, Emslie GJ, Porta G, Clarke GN, Wagner KD, Birmaher B, Keller MB, Ryan N, Shamseddeen W, Asarnow JR, Brent DA.

Anxiety and Depression in Children and Adolescents

Oakland, CA: New Harbinger Publications; 2000. There has been some recent suggestion, however, that disorder-specific treatments may be associated with better outcomes for some disorders, especially social anxiety disorder. Some anxiety disorders benefit from a combination of these treatments.

Related Books

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