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ANXIETY
IN CHILDREN AND YOUNG PEOPLE



IT TAKES A VILLAGE



UNDERSTANDING CYP ANXIETY

● FEAR VS. ANXIETY

(Pringle, 1985; LeDoux, 1998, as cited in Gross, 2020; Beidel and Alfano, 2018; Gross, 2020; Horwitz, 2020)

● FREUD'S ANXIETY LABELS

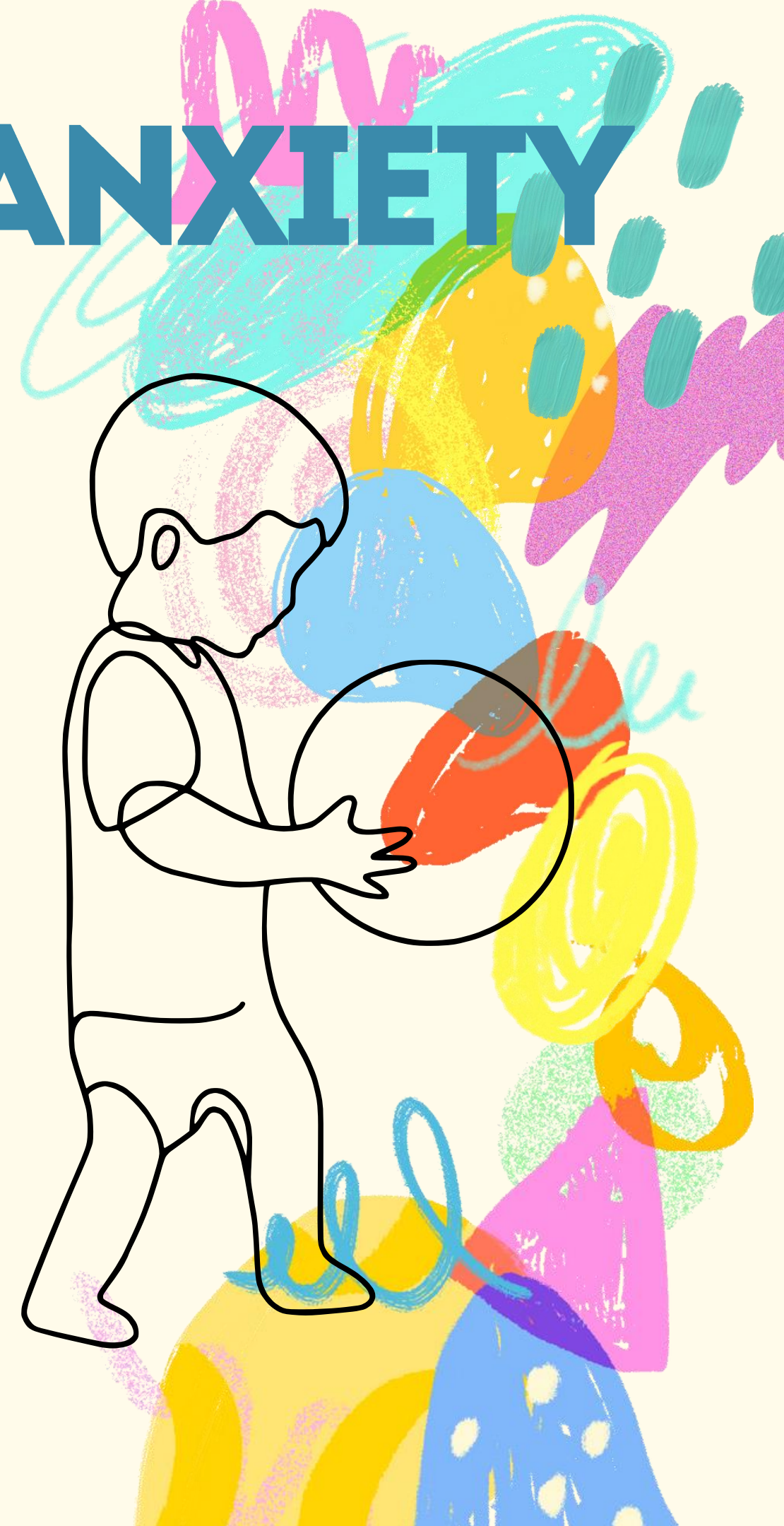
(Mackay, 1975, as cited in, Gross, 2020)

● BOWLBY'S SECURE BASE

(Bowlby, 1988, as cited in, Scull, 2015; Bowlby, 1988, as cited in, Gross, 2020)

- Fearon et al., 2020 found relationships between attachment types in CYP and the CYP's behaviour development.
- Esbjørn et al., 2012 also looked at attachment, but compared it to later anxiety disorders in CYP and found a significant link.

(Beynon, Robson and Pattison, 2015)



VULNERABILITIES

● MASLOW'S HEIRACHY OF NEEDS

*(Maslow, 1943, as cited in, Beidel and Alfano, 2018;
Maslow, 1943, as cited in, Gross, 2020)*

**Self-
Actualisation**
achieving one's
full potential

Esteem Needs
feeling of
accomplishment

Affiliation
relationships friends

Safety Needs
security safety

Physiological Needs
food water warmth rest

● PIAGET'S COGNITIVE DEVELOPMENT STAGES

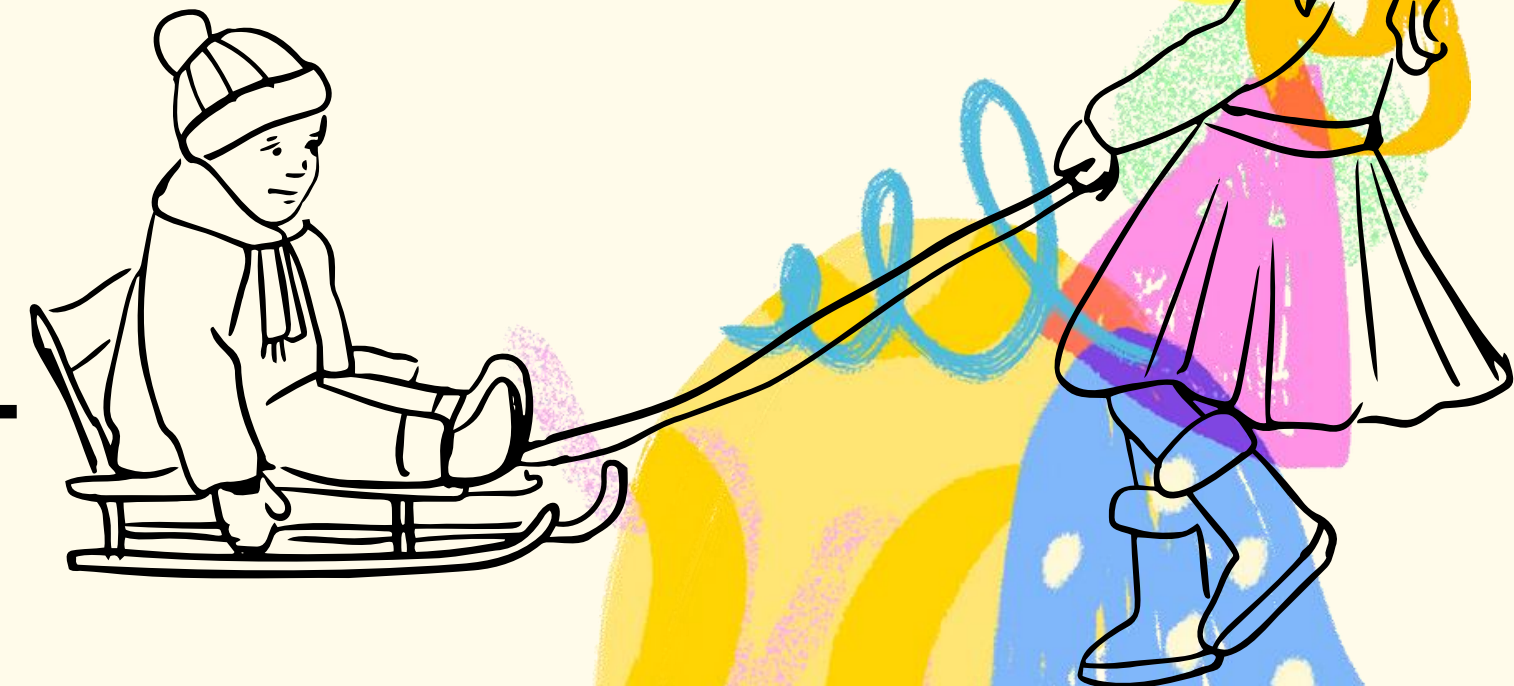
(Piaget, 1964, as cited in, Gross, 2020)

● GOLEMAN'S EMOTIONAL INTELLIGENCE (EI)

(Goleman, 1995, as cited in, Gross, 2020)

*(Flavell, Green, Flavell and Grossman, 1997, as
cited in, Beidel and Alfano, 2018; Flavell and Green,
2001, as cited in, Beidel and Alfano, 2018)*

*(Alfano et al., 2002, as cited in, Beidel and Alfano,
2018)*



WHAT ARE WE SEEING?

GENETIC PREDISPOSITION

(Pringle, 1986; Scull, 2015; Horwitz, 2020)

PRESENTING SYMPTOMS

(Pringle, 1986; Beidel, 1991, as cited in, Beidel and Alfano, 2018; Bogels and Zigterman, 2000, as cited in, Beidel and Alfano, 2018; Scull, 2022)

GENDER/SEX

(Groake and Knox, 1973, as cited in, Beidel and Alfano, 2018; Poulton et al., 1997, as cited in, Beidel and Alfano, 2018; Spence and McCathie, 1993, as cited in, Beidel and Alfano, 2018)

(Beidel and Turner, 1988, as cited in, Beidel and Alfano, 2018; Muris, Meesters and Knoop, 2005, as cited in, Beidel and Alfano, 2018)



IMPACTING FACTORS

WILLINGNESS/AVAILABILITY OF FAMILY TO ENGAGE WITH TREATMENT

(Fonagy et al., 2002, as cited in, Beynon, Robson and Pattison, 2015; Beidel and Alfano, 2018; Pringle, 1985)

SOCIAL FACTORS

(Pringle, 1986; Scull, 2015; Beidel and Alfano, 2018)

RELATIONSHIPS WITH ADULTS

(Pringle, 1971, as cited in, Pringle, 1986; Pringle, 1986; Rowe and Lambert, 1973, as cited in Pringle, 1986; Dryden, 1984, as cited in Gross, 2020)

ENVIRONMENT

(Horney, 1936, as cited in, Horwitz, 2020; Stansfield et al., 2008, as cited in, Beynon, Robson and Pattison, 2015; Graziano et al., 1979, as cited in, Beidel and Alfano, 2018)



HISTORICAL OVERVIEW

A (VERY CONDENSED) TIMELINE

1890's- Freud
begins to define
the anxious
'neuroses'

(Horwitz, 2020)

1908- Children's
Act

(National Archive,
2025)

1909- Little Hans
(Vienna)

(Gross, 2020)

1909- Meyer co-
founds National
Committee of
Mental Hygeine

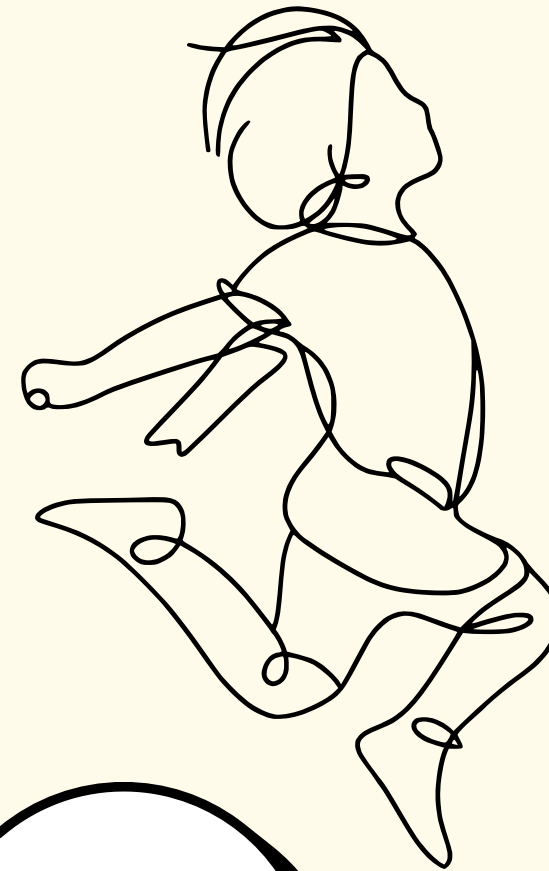
(Horwitz, 2020)

(D'Angelo and Koocher, 1992)
(Watson and Raynor, 1920, as cited in, Gross, 2020)

1920- Little Albert
(USA)

(Jenkins, 2020)

1924- Eglantyne Jebb
published the first
Children's Charter



(NSPCC, 2024)

1944- Education Act
1944

1939-1945- Mass
evacuation of children
from cities

(D'Angelo and Koocher, 1992)

1927- First Child
Guidance Clinic
in London

(D'Angelo and Koocher, 1992)

1963- Mia Kellmer
Pringle founded the
National Children's
Bureau

(NSPCC, 2024)

1987- CAMHS
established by NHS

(D'Angelo and Koocher, 1992)

PLAY THERAPY

HOW TO TREAT ANXIETY?



ANNA FREUD

MELANIE KLEIN

(D'Angelo and Koocher, 1992; Beynon, Robson and Pattison, 2015; Beidel and Alfano, 2018)

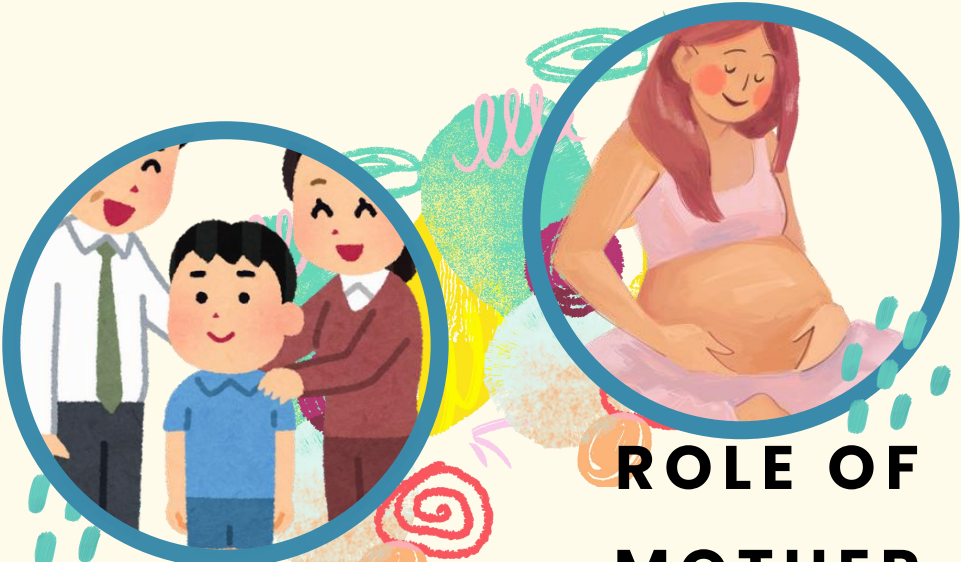


IN SCHOOL

COMMUNITY PROGRAMMES



(Fitzherbert, 1977, as cited in, Pringle, 1986; Pringle, 1986; Beidel and Alfano, 2018; Horwitz, 2020)



**FAMILY
FOCUSED**

**ROLE OF
MOTHER**

(Midwinter, 1972, as cited in Pringle, 1986; Scull, 2015; Gross, 2020; Scull, 2020)



CARL ROGERS



ABRAHAM MASLOW

(Rogers, 1939, as cited in, D'Angelo and Koocher, 1992; McLeod, 2013)

(D'Angelo and Koocher, 1992; Beidel and Alfano, 2018; Horwitz, 2020; Scull, 2022)

PSYCHOPHARMACOLOGY



CBT

250% INCREASE (1994-2001)

(National Institutes of Health, 2006, as cited in, Horwitz, 2020)

COUNSELLING CYP WITH ANXIETY



TACKLING BARRIERS

- Pluralistic Approach
- Child is the Focus
- Understanding of Impacting Factors
 - Differentiation
- Multiple Informants
- Therapeutic Relationship

SAFEGUARDING

Everyone who works with or interacts with a CYP is duty bound to report **ANY** concerns to their **DSL/Local Authority**



THANK YOU FOR LISTENING!

ANY QUESTIONS?



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<https://learning.nspcc.org.uk/child-protection-system/children-the-law>

Cue Cards

Section 3 of the Social Services and Well-being (Wales) Act 2014 a child is anyone under the age of 18



NOT IN ISOLATION

NOT IN CONTROL

SUM OF THEIR INFLUENCES



**IN THIS PRESENTATION.I WILL TOUCH ON....
THE WIDER CONVERSATION
RESEARCH, SOCIAL FACTORS, HISTORY,
MODERN PRACTICE**

**FUNDAMENTAL ADAPTIVE RESPONSE
A = DISPROPORTIONATE RESPONSE**

ANXIETY= SEPERATE

G O P^g Ph

Research of Development = Discuss Anxiety

E.G. Bowlby Anxiety



RELIANT ON OTHERS FOR NEEDS BEING MET

**THESE THEORIES HIGHLIGHT WHY CYP
VULNERABLE**

CANNOT TAKE CARE OF THEIR BASIC NEEDS

**CHILDREN NEED TO LEARN
EI
DIFFERING LEVELS OF CD
SPEAK ABOUT THE BOY!!**



Cue Cards

G.P.- INNATE ABILITY TO DEAL WITH STRESS
EMOTIONAL RESILIENCE
COG DEV

P.S. - MORE VISIBLE, MORE LIKELY TO BE SEEN
PRINGLE - NUISANCE VALUE (OR IMPACT)

ALL BEHAVIOUR IS COMMUNICATION

G/S - GIRLS SELF-REPORT MORE
RESEARCH = GENDER EXPRESSION/SOCIAL
EXPECTATION, NOT SEX



WILLINGNESS TO ENGAGE = DIRECT IMPACT ON
TREATMENT EFFECTIVENESS
LOWER S.E.B. MORE LIKELY TO EXPERIENCE ACES
LESS DEVELOPED SOCIAL SUPPORT
FEWER E.A. ADULTS (PRESURISED ENV ,MEETING
PRIMARY NEEDS IS ALREADY CHALLENGING)
**COMPLEX, EMBEDDED PROBLEMS, IMPOSSIBLE
TO IRON OUT IN THIS AMOUNT OF TIME.**
LAC CYP + CONSISTENT ADULT=
HIGHER RESILIANCE TO STRESSORS/ANXIETY

CRIME/BIRTH/DIVORCE RATES=
POSITIVE CORRELATION TO ANXIETY



DEVELOPMENT OF UNDERSTANDING CYP
ENVIRONMENT, FACTORS,
MH

HAS FACED MANY CHALLENGES AND ETHICAL
DILEMMAS

NOW WE EXIST IN WORLD WHERE CHILDREN HAVE
RIGHTS
CONSIDERED AS INDIVIDUALS

ACCESS TO MENTAL HEALTH SUPPORT



SINCE 1989- MANY COUNTRIES IN THE WORLD
SIGNED UP TO 42 RIGHTS DEEMED CENTRAL TO
WELLBEING AND DEVELOPMENT OF CYP,
THESE RANGE FROM SAFEGUARDING TO
EDUCATION

I'LL COME BACK TO THIS AT THE END
WE DON'T HAVE TIME TO FULLY EXLPORE
PROGRESS IN LEGISALTIONS AND UNDERSTANDING
HERE, BUT UNDOUBTEDLY THIS CAN HELP UP AS
WE CONSIDER WHAT WE CAN DO NEXT

Cue Cards

HUMANISTIC NON-DIRECTIVE THERAPY (PLAY)
INTERVENTION INTERPRET INTERNAL WORLD
C.R- THERAPEUTIC RELATIONSHIP, FUND. COND. FOR
POSITIVE DEV.

FAMILY BASED INTERVENTIONS- WHAT ELEMENTS
ARE CAUSING ANXIETY

SHORT SIGHTED, PRESUMPTIVE, VICTIM BLAMING
(IN SOME CASES, LIKE IN DV)

COMMUNITY AND SCHOOL BASED INTERVENTIONS-
SUPPORT CHILD IN SETTINGS, CAN DESIGN AND IMPLEMENT
INTERVENTIONS (OFTEN HAVE OWN PRIORITIES, QUIET ANX.

MISSED)
HEALTHCARE INTERVENTIONS- DOES NOT ADDRESS OTHER
PRIMARY FACTORS IF USED ON IT'S OWN.
EFFICIENT AND COST EFFECTIVE



HISTORICAL, SOCIAL...FACTORS
APPROACH FROM AN INFORMED
POSITION

WHO IS HE

WHO SUPPORTS HIM?
WHAT DOES HE UNDERSTAND ?
WHAT DOES HE WANT?
HOW CAN WE HELP?
HOW CAN WE KEEP HIM SAFE?



ANXIETY HAS ENVIRONMENTAL FACTORS,
MORE THAN ONE ROUTE CAUSE
NEEDS TO BE HOLISTIC
GROW INTO ADULTS WHO COORDINATE
THEIR OWN MH AND WELLBEING
AND THEN IMPACT THAT ENVIRONMENT
POSITIVELY TO END PERPETUATING
CYCLES

POOR MH AND ANXIETY



UNCRC

1924-INFLUENCE FOR UNCRC

WELSH LAW 2011

CYP HAVE THE RIGHT (IN LAW) TO BE HELPED AND
SUPPORTED WITH ALL ASPECTS OF THEIR WELLBEING
IF YOU'RE HOLDING A CARD THAT YOU THINK WOULD
IMPACT A CHILD'S ANXIETY, PLEASE HOLD IT UP

WE CAN SEE, ELEMENTS THAT HELP CHILDREN
NAVIGATE ANXIETY ARE WIDESPREAD AND REQUIRE THE
EFFORTS OF MANY ADULTS TO MAKE SURE THEY ARE IN
PLACE, COUNSELLING BEING A KEY ROLE