

Rehabilitative proposal for generalised anxiety disorder in children and adolescents



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Summary



- What is anxiety?
- Generalised anxiety disorder
- Anxiety in children and adolescents
- Proposed methodology
- Outcome measures
- Ethical considerations



What is anxiety? _____

- It is a natural response to a threat, but differs from fear
- Can be useful in small doses
- Symptoms can be different for everyone
- It can be caused by many things, such as genetics or life experiences etc.
- Can be treated via therapy, medication, and lifestyle changes

Generalised anxiety disorder

- Multiple excessive worries that are difficult to control (e.g., family, friends, school, appearance)
- Not restricted to one situation
- Lasts at least 6 months

- Restlessness
- Feeling on edge
- Easily fatigued
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbance

Generalised anxiety disorder in children and adolescents



Frequent causes of consultation, children and adolescents with the disorder can be perfectionists, they might worry about catastrophic events, etc.



They may not ask for help or not specifically with anxiety, or they have difficulty articulating their problems



Untreated anxiety can cause distress and affect social functioning



Masi et al 2014

- Over 75% reported feelings of tension, negative self image, irritability
- No significant difference between genders
- Comorbidity with depressive disorders in 56%, 75% additional anxiety disorders

Proposed methodology

- Anxiety training (TAPES) for teachers
- The average knowledge was 57% (Ginsburg et al. 2022)
- Identify eligible students with SCARED
- 72% of trained (TAPES) teachers enrolled a student and reported improvements (Ginsburg et al. 2024)

- CBT – individual and family focused
- Anxiety tends to run in families
- Parenting behaviours
- Wood et al., 2006. – greater improvements in family CBT
- Bodden et al., 2008 – less effective if the parent has anxiety

Outcome measures



SCARED



CAIS

Screen for Child Anxiety Related Disorders (SCARED)

Child Version - Page 1 of 2 (To be filled out by the CHILD)

Name: _____ Date: _____

Directions:

Below is a list of sentences that describe how people feel. Read each phrase and decide if it is "Not True or Hardly Ever True" or "Somewhat True or Sometimes True" or "Very True or Often True" for you. Then for each sentence, fill in one circle that corresponds to the response that seems to describe you for the last 3 months.

		0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
1.	When I feel frightened, it is hard for me to breathe	0	0	0
2.	I get headaches when I am at school	0	0	0
3.	I don't like to be with people I don't know well	0	0	0
4.	I get scared if I sleep away from home	0	0	0
5.	I worry about other people liking me	0	0	0
6.	When I get frightened, I feel like passing out	0	0	0
7.	I am nervous	0	0	0
8.	I follow my mother or father wherever they go	0	0	0
9.	People tell me that I look nervous	0	0	0
10.	I feel nervous with people I don't know well	0	0	0
11.	My I get stomachaches at school	0	0	0
12.	When I get frightened, I feel like I am going crazy	0	0	0
13.	I worry about sleeping alone	0	0	0
14.	I worry about being as good as other kids	0	0	0
15.	When I get frightened, I feel like things are not real	0	0	0
16.	I have nightmares about something bad happening to my par- ents	0	0	0
17.	I worry about going to school	0	0	0
18.	When I get frightened, my heart beats fast	0	0	0
19.	I get shaky	0	0	0
20.	I have nightmares about something bad happening to me	0	0	0



Ethical considerations

- Informed consent and assent
- Confidentiality
- Best interest of the child
- Legal and safeguarding responsibilities
- Avoiding harm
- Cultural sensitivity
- Collaboration with families and schools
- Competence and training

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