

Treating Children, Adolescents and Teens with Anxiety and Depression

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Disclosure

None

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Prevalence of Anxiety

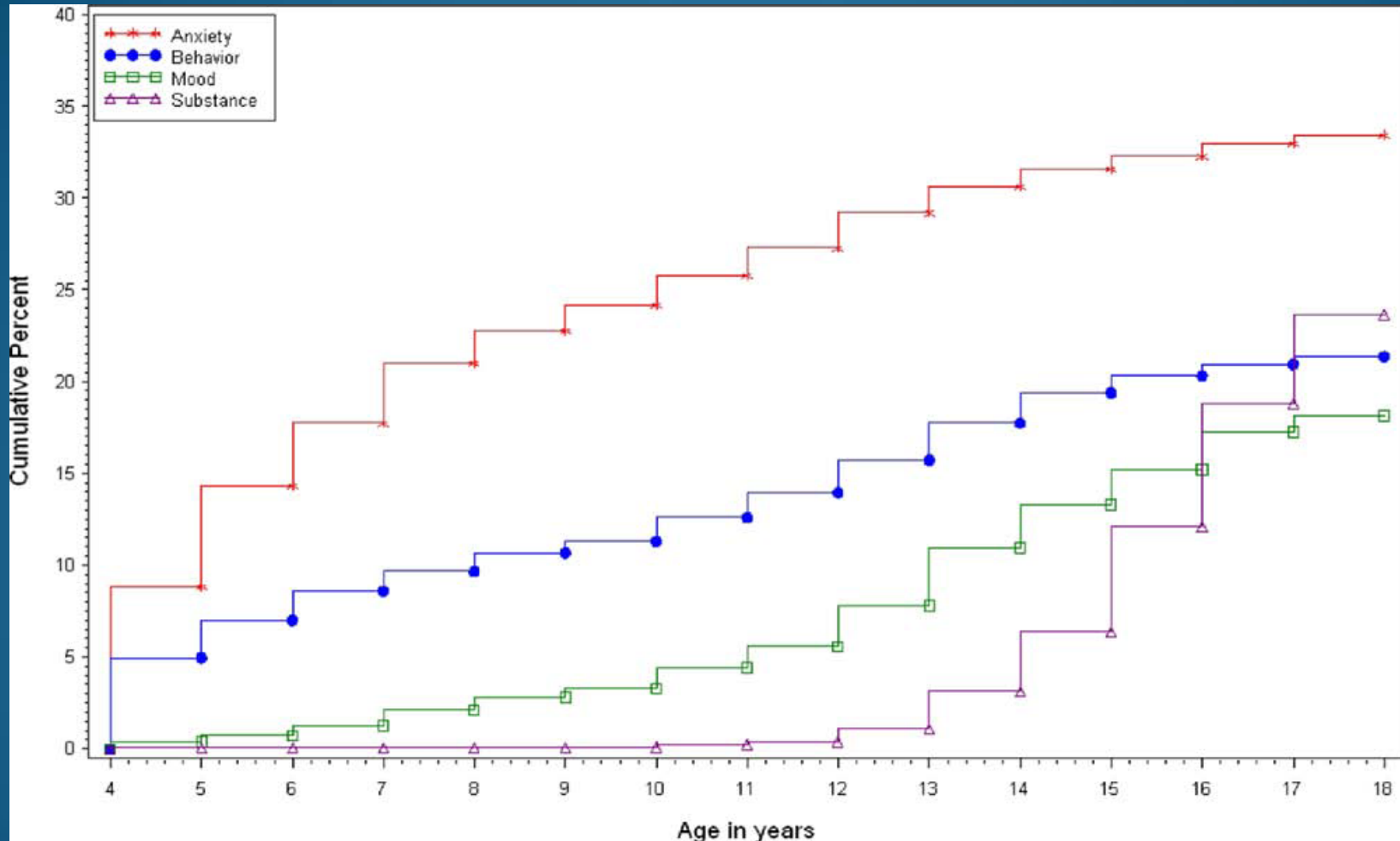
National Co-morbidity Study-Adolescent (NCS-A)

- Specific Phobia 19.3%
- Social Anxiety 9.1%
- Separation Anxiety 7.6%
- PTSD 5.0%
- Panic Disorder 2.3%
- Generalized Anxiety 2.2%
- Any Anxiety Disorder 31.9%

Prevalence of Depression

- Major Depression or Dysthymia 11.7%
- Bipolar I or II 2.9%
- Any Mood Disorder 14.3%

Cumulative lifetime prevalence of major classes of DSM-IV diagnoses



N=10,123; Merikangas et al., 2010

Family Studies

Children of depressed mothers

N = 88 mothers N = 145 children

- 21% any affective disorder (lifetime)
 - 15% major depression
- 24% any anxiety disorder
 - 10% separation anxiety
 - 6% generalized anxiety/overanxious
 - 4% social anxiety
- 23% any behavioral disorder

■ Batten et al., 2012 JAACP

Co-morbid Anxiety and Depression

- More severe
- Early onset
- Greater number of depressive episodes
- Higher prevalence of suicide attempts

Goes et al., 2012 Psychological Medicine

MDD and Bipolar Families

- Odds of having a relative with an anxiety disorder 1.8 times greater if MDD proband has anxiety disorder
- Odds of having a relative with an anxiety disorder 1.7 times greater if bipolar proband has anxiety disorder
- In both families, panic disorder and OCD familial, not social phobia
- In MDD specific phobia familial, not in bipolar

Significance of Anxiety Disorders in Childhood

- Highly prevalent (10% to 20% of youth)
- Significantly impairs social, academic, family and independent function
- Highly co-morbid in childhood with each other; in adolescence with mood and substance abuse disorders
- Commonly persists into adulthood
- Anxiety in childhood confers 23-fold increased odds of long-term treatment as adult

Economic Impact

- Total annual cost of anxiety in US
\$42.3 to \$46.6 billion
- Total annual cost of depression in US
\$44 to \$53 billion
- More than 75% of anxiety costs due to
 - Morbidity
 - Mortality
 - Lost productivity (sick leave, cutback days)
 - Direct psychiatric treatment
 - Unnecessary treatment costs

Economic Impact

- Anxiety comprises
 - > 30% of total mental health expenditures
 - 53% of drug expenditures

Societal Costs

- Long term opportunity costs
- Opportunity costs alone exceed \$2,000 per year per patient.....

Or roughly \$100 billion per year for the total US population