

Anxiety and Mood Disorders in Children

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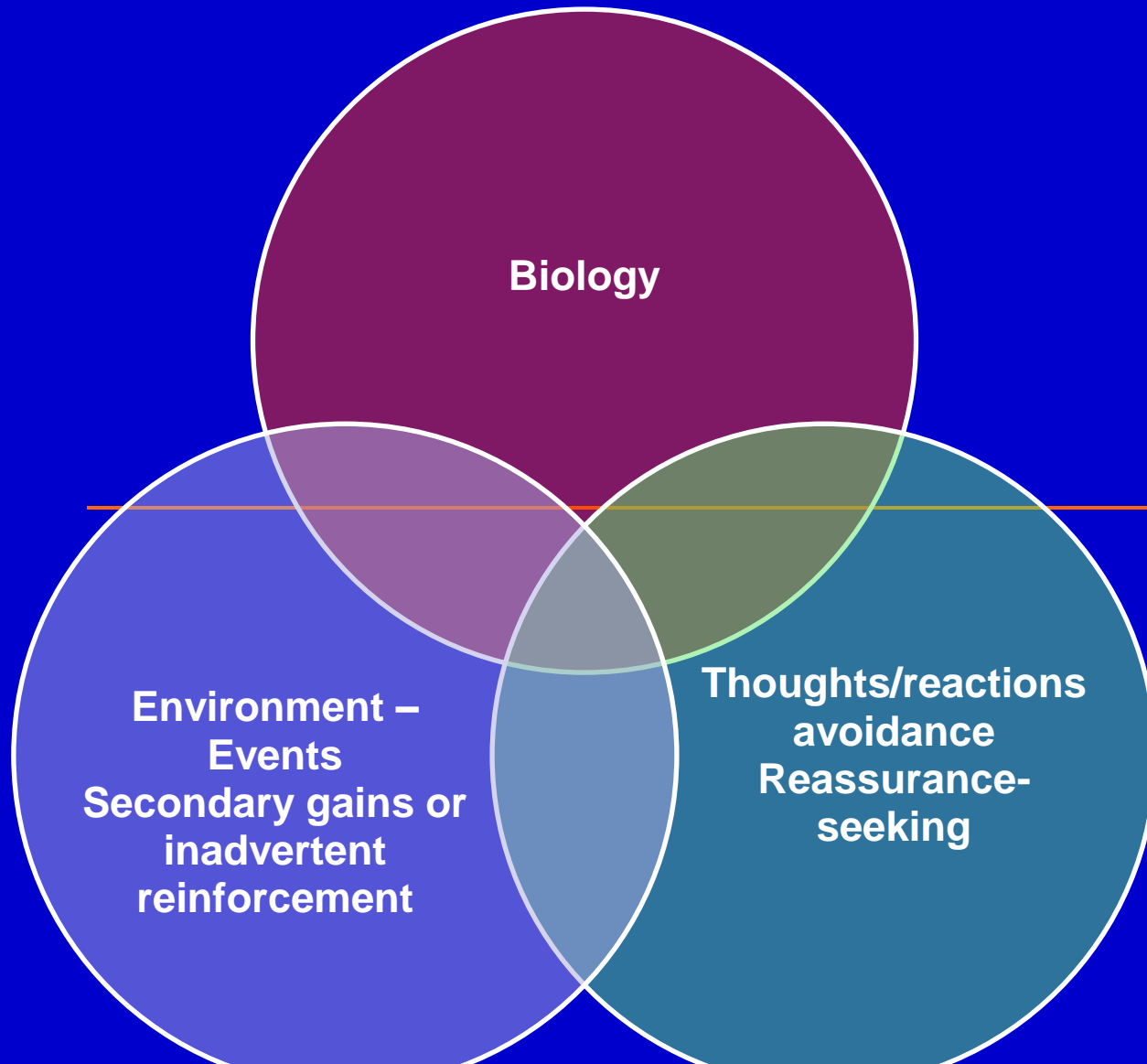
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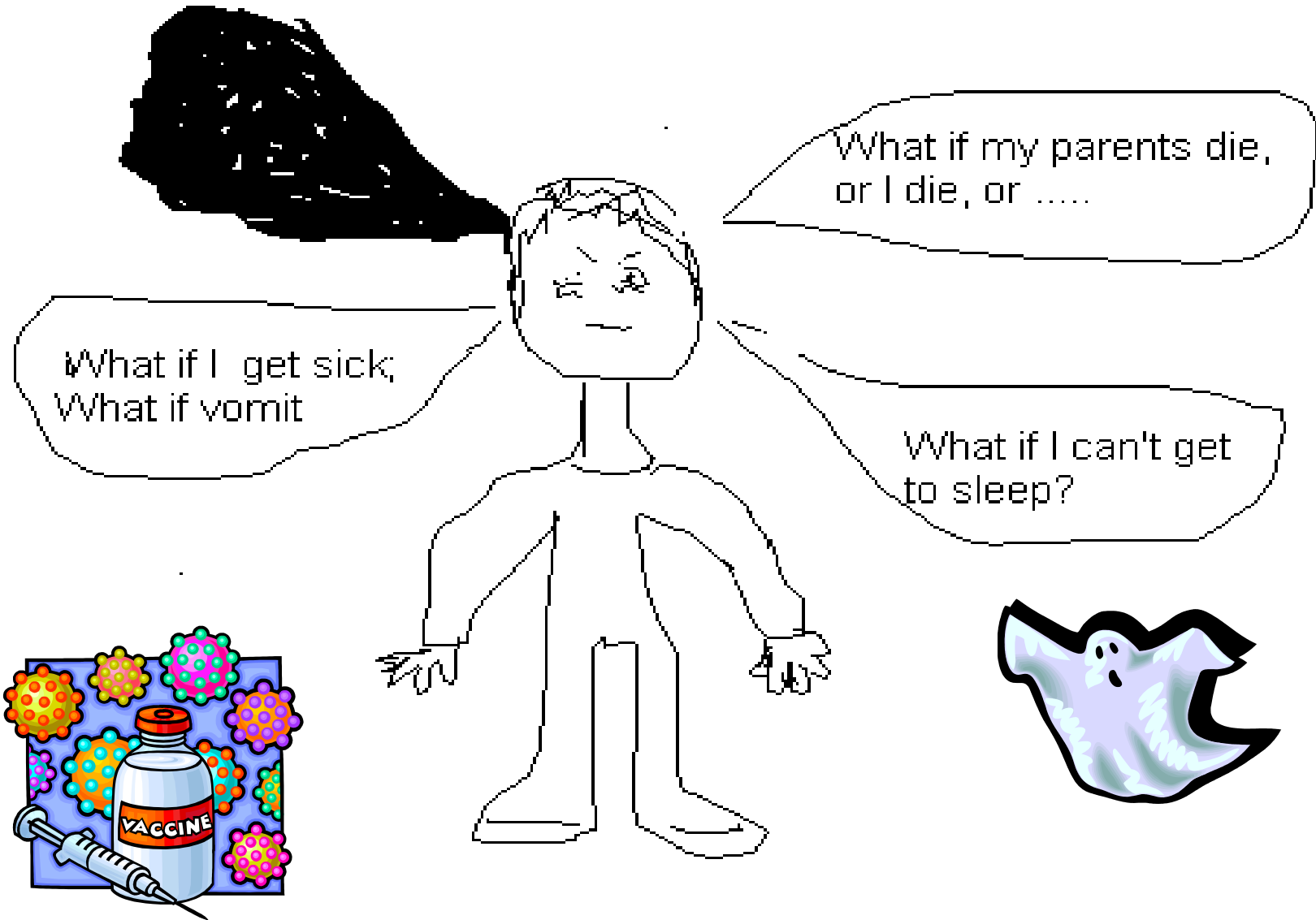
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Anxiety and Mood Disorders



Kids Worry about ..



Anxiety is a normal part of life and varies by age and development. There are positive aspects of anxiety. But is it excessive, intense, persistent? Does it interfere with functioning in daily life?

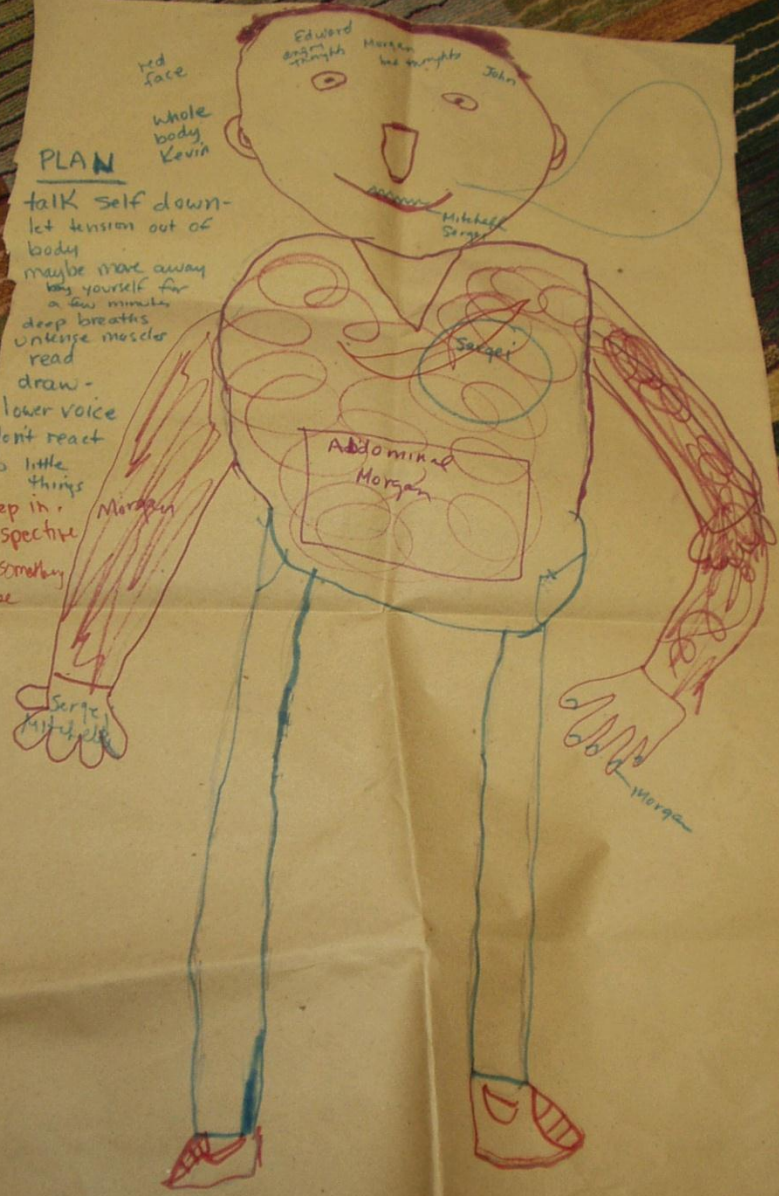


Overview of Anxiety Disorders

- Generalized Anxiety
- Separation Anxiety
- Specific Phobias
- Selective Mutism
- Social Anxiety
- Panic
- OCD
- PTSD

PLAN

talk self down-
let tension out of
body
maybe move away
by yourself for
a few minutes
deep breaths
unclench muscles
read
draw -
lower voice
don't react
to little
things
Keep in
perspective
do something
else



red face

whole body Kevin

Edward and Mitchell

Morgan the thought

John

Mitchell Serge

Serge

Abdominal Morgan

Morgan

Serge Mitchell

Morgan

Cognitive components

- Cognitive components – assumptions about the world - something bad will happen and that it will continue to happen.
- Thinking errors/cognitive distortions/off the mark



Social anxiety/phobia

- Worries/Fears: will embarrass self, look stupid, say the “wrong thing”, judged negatively, rejected by peers, everyone will dislike her.
- Thoughts: takes negative outcomes personally and takes more responsibility than is appropriate; shouldn't make mistakes, shouldn't inconvenience anyone, it's important to be invisible, if you say something stupid, you are stupid; others make harsh judgments and also can tell if you are embarrassed or nervous.
- What if...
- Negative self-talk: If I screw up, my friends won't like me anymore. I'll mess up, I don't need new friends anyway.

Generalized Anxiety(GAD)

- Composite example of GAD
- Presenting Symptoms: worries about schoolwork- not finishing it all, having too much to do, What if...; worries about family and driving in car, new worries abound; somatic symptoms- stomachaches, headaches; perfectionistic- takes long time to do HW- worries about making mistake, avoids, vicious cycle; sometimes gets so upset that ends up procrastinating and doing nothing: vicious cycle; worries about break-ins so checks locks on doors and windows; trouble sleeping- mind is racing; feels keyed up and restless. Constantly asks for reassurance.

Separation Anxiety

- Presenting Symptoms: Refuses to fall asleep alone- most nights goes into parent's bed in middle of night; Never been on sleepover (though friends sleep at her house); calls parents on cell phone if they go out for the night, won't sleep until they return; won't go on one level of the house if she is only one on that level; won't go in basement alone; won't close door when showers or uses bathroom; won't go to dance class unless Mom stays for whole time; won't stay at Grandparent's house without Mom; cries and clings to Mom during the *discussion* in session of being separated from Mom at night

Separation Anxiety

- Worries/Fears: that she won't be okay without Mom; that something bad will happen to her or to Mom.
 - Thoughts: What if...; What if I need Mom and she is not there or can't get to me?; If Mom is there, I'm safe; I feel better when Mom is near me.
 - Negative self-talk: I am not okay if Mom isn't there. I can't handle dance without Mom- I can't do it!!
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OCD

- **Presenting Symptoms:** panic attack when after ate something with food coloring; contamination fears re: food (won't eat from shared bowls, etc, won't eat from bake sales, checks expiration dates, esp. with dairy, avoids foods that have been recalled in the past- tomatoes, meat, spinach); contamination fears re: germs- bathroom, touching shared surfaces, worries that toilet paper touched floor, door knobs, being near sick people, won't wear clothes that she wore when sat near sick child during lunch; insists that clothes be washed twice. Rituals: washing, avoidance

OCD

- Worries/Fears: dying, getting sick, getting contaminated/infected with germs,
- Thoughts: What if I die? What if I get sick? What if germs get on me? What if I throw up? What if I die? You can get sick and not know it.
- Negative self-talk: I'm going to die. I can't handle being sick. I will throw up. I can't get germs on me!
- Rituals: avoidance, hand washing, repetitive thoughts, symmetry

Mood Disorders

- Sadness, or
 - Depression
 - Bi-Polar
 - Severe Mood Dysregulation
 - What to look for: sadness, irritable mood, withdrawal, changes or disturbance in sleep, eating, school work friendship, lack of interest thoughts of not wanting to be alive
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Thank you 😊

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