



Space of Mind
Child & Adolescent Psychiatry

ANXIETY AND
RESILIENCE IN THE
CHILDREN AND
ADOLESCENTS

DR YARIV DORON



WHY DOES ANXIETY EXIST?



<https://www.priorygroup.com/young-peoples-services/how-to-explain-anxiety-to-your-child>



The Amygdala is there to keep us alive.

It takes over to save our life.

And to act fast – it stops us from thinking

FIGHT

Flight



Stand your ground, defend your position, attack, dig in, persevere!

or



Give way, retreat, discard, remove yourself, give up, move on.



<https://www.priorygroup.com/young-peoples-services/how-to-explain-anxiety-to-your-child>

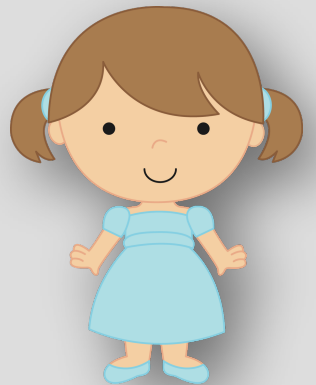
**WHAT IS
NORMAL?**



NORMAL FEAR AND WORRY

Toddlers

- **Fears of imaginary creatures**
- **Fears of darkness**
- **Normative separation anxiety**



NORMAL FEAR AND WORRY

School-age Children

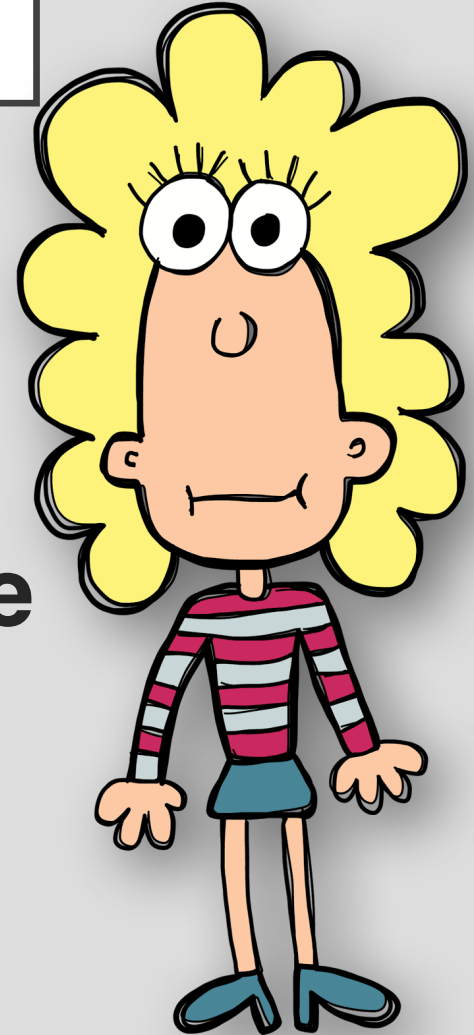
- **Worries about injury and natural events (e.g., storms, lightening, earthquakes, volcanoes)**
- **Additional anxiety disorders in middle childhood are Separation Anxiety, Generalised Anxiety, and Specific Phobias**



NORMAL FEAR AND WORRY

Adolescents

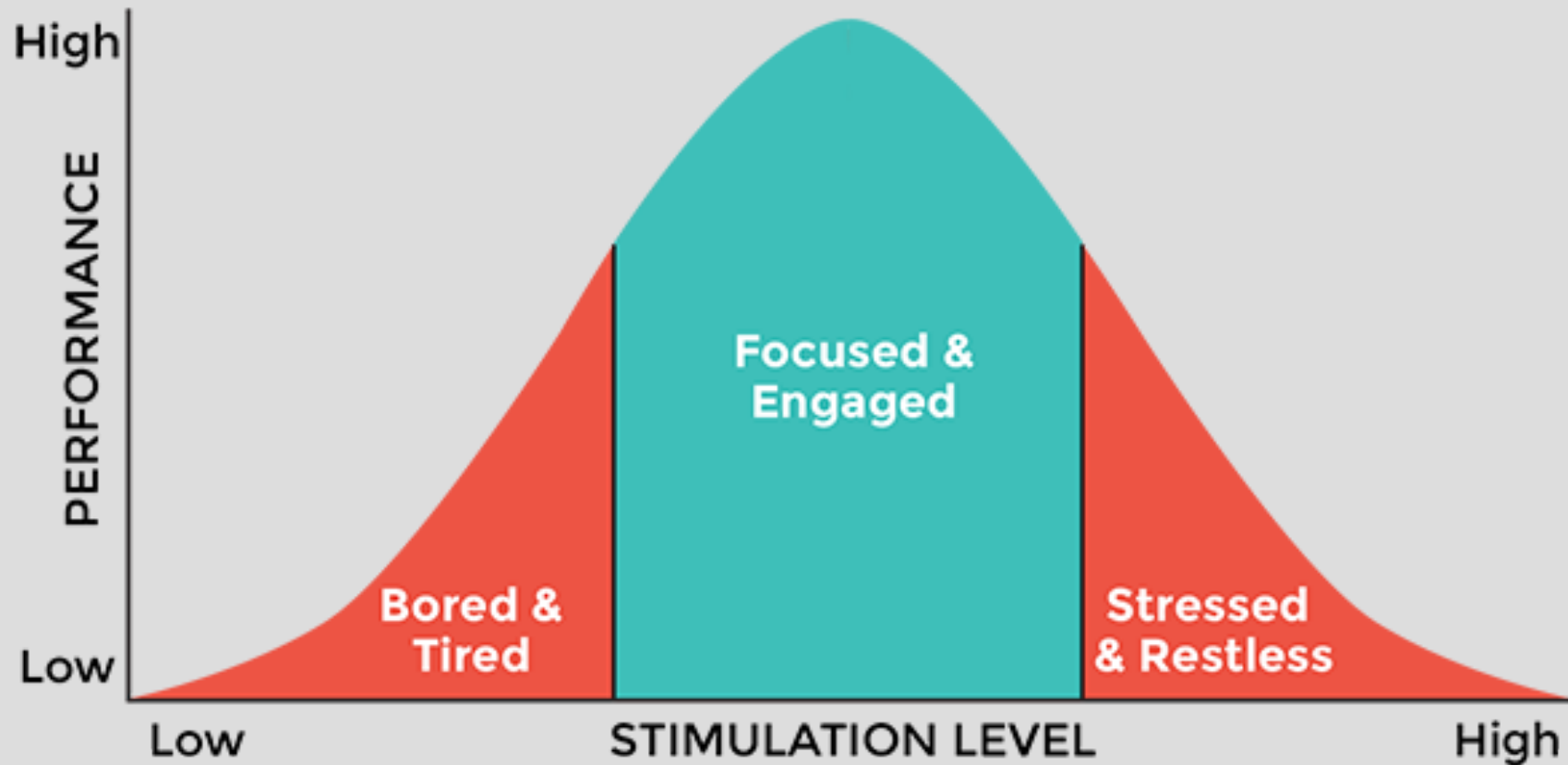
- **Fears related to school**
- **Fears related to social competence**
- **Fears related to health issues**



ANXIETY CAN HELP

Yerkes-Dodson Law

OPTIMAL PERFORMANCE



ANXIETY CAN HELP

- **Motivation** – fear of negative consequences
- **Preparation** – fear of the unknown / lack of control
- **Protection** – keeps you on-guard when required
- **Communication** – the need to convey your fear and seek for help

SOMETIMES IT BECOMES AN
ISSUE

Anxiety requires professional help when it becomes something that interferes with normal life.



Generalized Anxiety

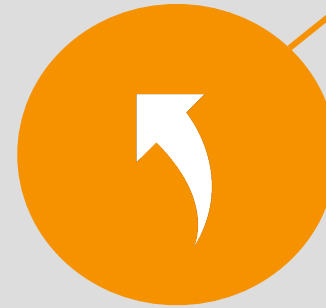
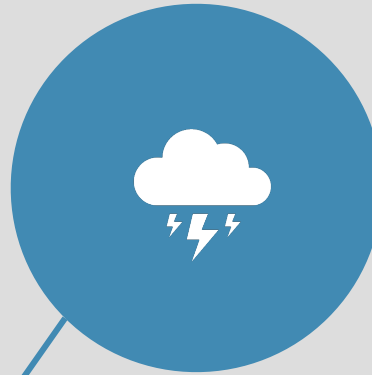
Anxiety

Excessive anxiety, more days than not, for at least 6 months



Other symptoms:

Restlessness, Fatigue, Difficulty concentrating, Irritability, Muscle tension, Sleep disturbances



Behaviour:

The child finds it difficult to control the worry



Exclude:

Medical conditions, substance abuse, medications, other



Nausea



Chills or hot flashes



Sweating



Trembling or shaking



Heart palpitations



Numbness and tingling



Hyperventilation



Dizziness

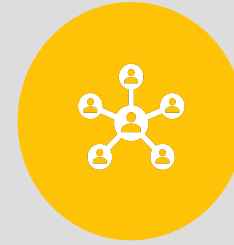
ANXIETY CAN MORPH INTO A
UNIQUE DISORDER



**SEPARATION
ANXIETY**



**SPECIFIC
PHOBIA**



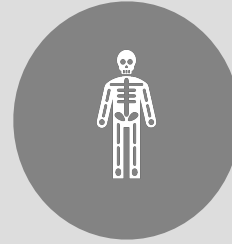
**SOCIAL
PHOBIA**



**SCHOOL
REFUSAL**



**GENERALISED
ANXIETY**



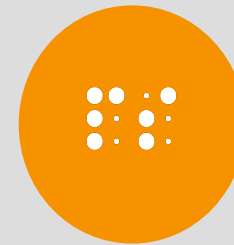
**SELECTIVE
MUTISM**



**PANIC
DISORDER**



AGORAPHOBIA



OCD

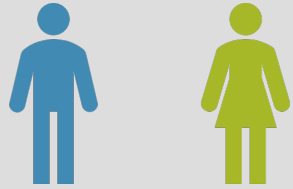


AND SOMETIMES IT IS MEDICAL

- Daily medications can make things worse.. Including: **Contraceptives, Steroids, Ritalin**
- Thyroid dysfunction
- Glandular Fever

Children

Major
Depression
Prevalence



2%

Ratio: 1: 1

Anxiety
Disorders



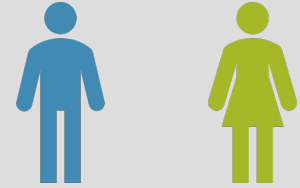
2-8%

Ratio: 1: 1

EFFECTS OF PUBERTY

Teens

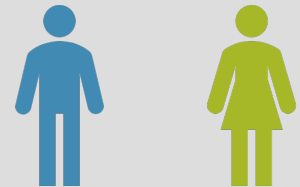
Major
Depression
Prevalence



4-8%

Ratio: 1: 2

Anxiety
Disorders



5-18%

Ratio: 1: 2-3

TIME



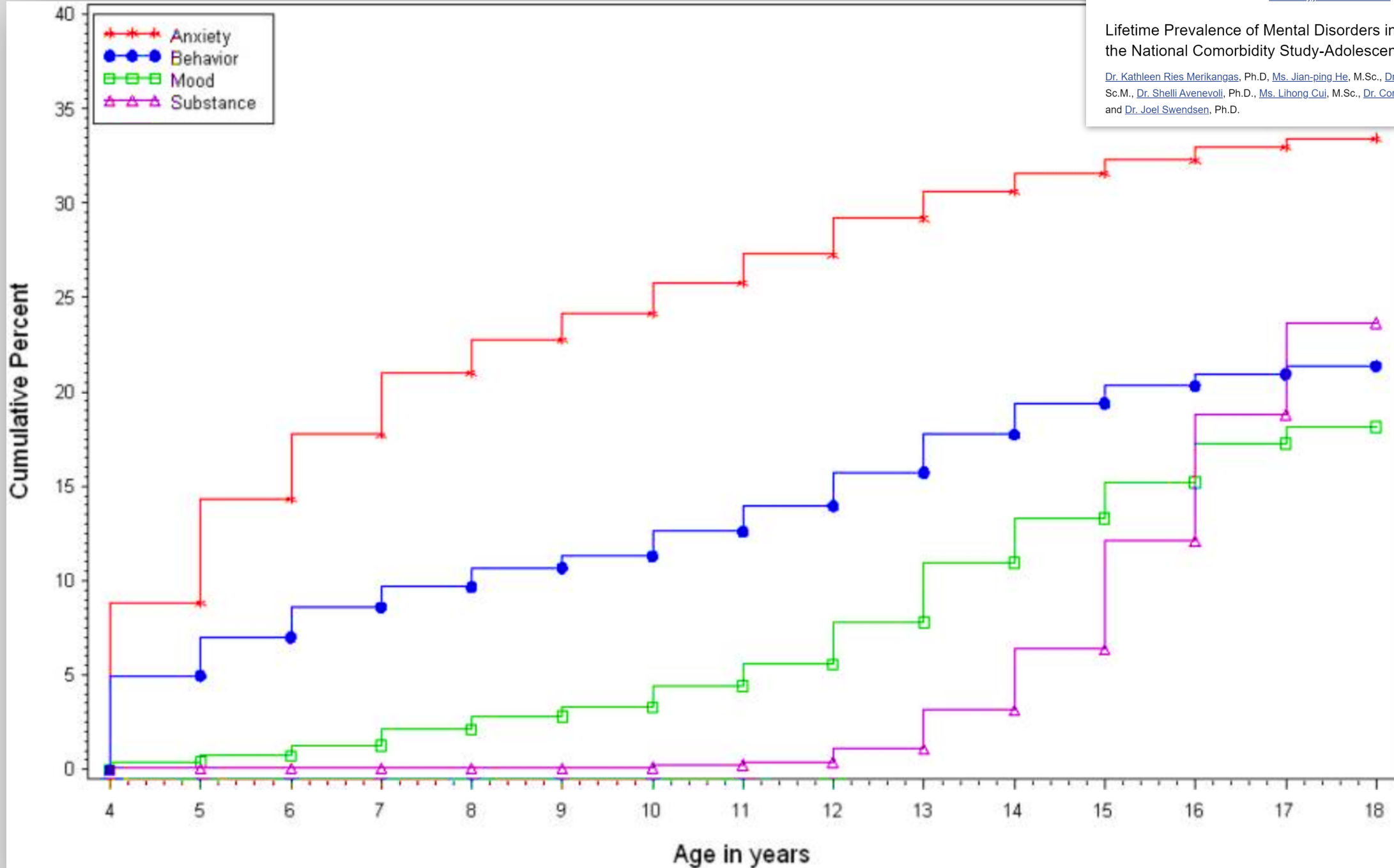
**ANXIETY,
DEPRESSION
AND THE
MODERN
ADOLESCENT**

By Susanna Schrobsdorff

***NOV 7, 2016
VOL 188, NO 19***

Lifetime Prevalence of Mental Disorders in US Adolescents: Results from the National Comorbidity Study-Adolescent Supplement (NCS-A)

Dr. Kathleen Ries Merikangas, Ph.D., Ms. Jian-ping He, M.Sc., Dr. Marcy Burstein, Ph.D., Ms. Sonja A. Swanson, Sc.M., Dr. Shelli Avenevoli, Ph.D., Ms. Lihong Cui, M.Sc., Dr. Corina Benjet, Ph.D., Dr. Katholiki Georgiades, Ph.D. and Dr. Joel Swendsen, Ph.D.



RISK FORMULA



COGNITIVE DISTORTIONS



COGNITIVE DISTORTIONS, ACCORDING TO AARON BECK

- 1. All-or-Nothing Thinking:** Viewing situations in only two categories instead of on a continuum. For example, if you're not perfect, you see yourself as a total failure.
- 2. Over-generalisation:** Taking one instance and generalising it to an overall pattern. For instance, failing one test and believing you are bad at studying in general.
- 3. Mental Filter:** Focusing on a single negative detail and dwelling on it exclusively, thus colouring the whole reality.
- 4. Disqualifying the Positive:** Discounting the good things that have happened or that you have done for some reason or another.
- 5. Jumping to Conclusions:** Making a negative interpretation in two ways:
 - 1. Mind Reading:** Assuming the thoughts and intentions of others.
 - 2. Fortune Telling:** Anticipating things will turn out badly as a foregone conclusion.

COGNITIVE DISTORTIONS, ACCORDING TO AARON BECK

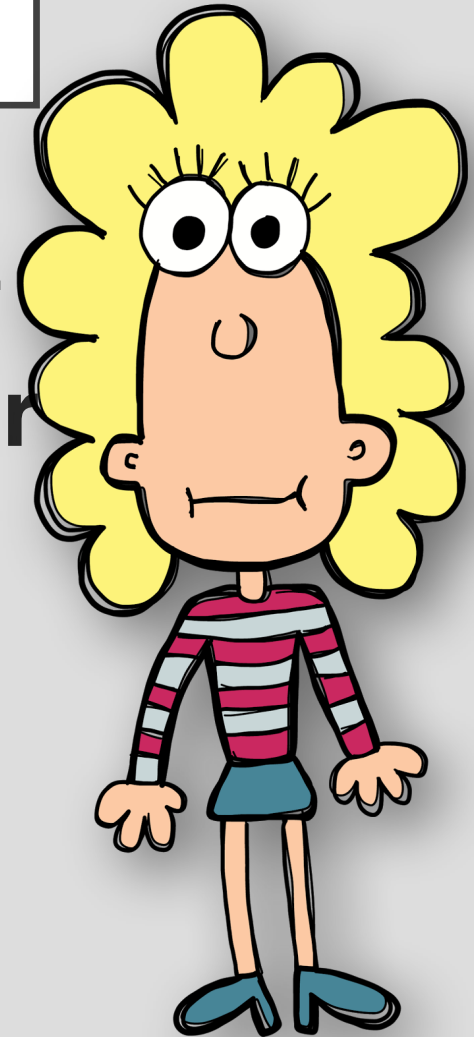
6. **Catastrophising:** Exaggerating the importance of problems.
7. **Emotional Reasoning:** Believing that what you feel must be true automatically. If you feel stupid and boring, then you must be stupid and boring.
8. **Should Statements:** Using "should," "ought," or "must" statements can set up unrealistic expectations of yourself and others, leading to disappointment and frustration.
9. **Labelling and Mislabelling:** Applying a negative label to yourself or others based on one instance. This is an extreme form of overgeneralisation.
10. **Personalisation:** Taking responsibility for something that wasn't entirely your fault, or conversely, blaming other people for something that was your responsibility.



SCHOOL REFUSAL

HOW COMMON IS IT

- **Community studies suggest 8% of students will experience truancy or school refusal**
- **The most common age is 10-13**

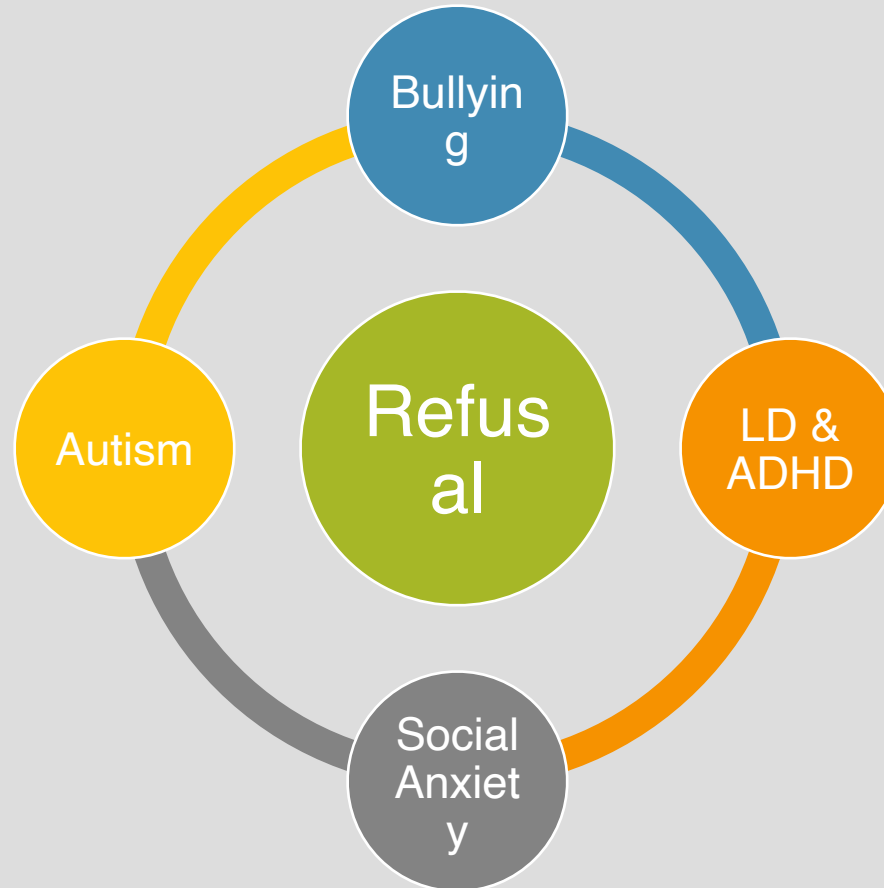




HOW COMMON IS IT

- **Dropout rates are more common amongst:**
 - **Males**
 - **Ethnic minorities**
 - **Lower socio-economic status**
 - **Children with disabilities**

POTENTIAL CONTRIBUTING FACTORS



WHY DOES IT HAPPEN

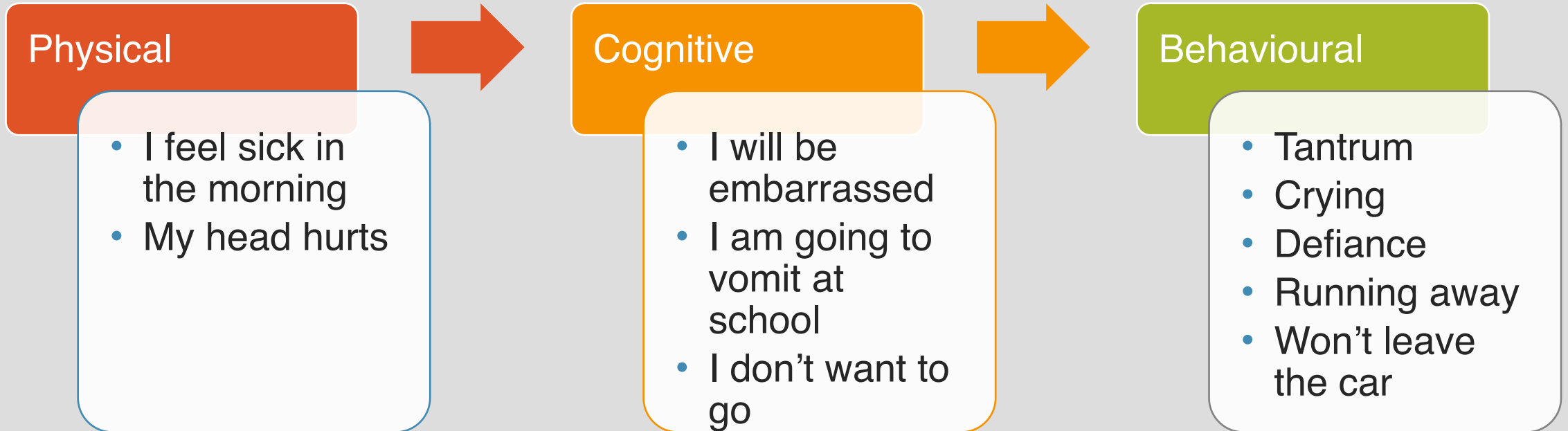
Anxiety

- School provokes negative emotions (anxiety and depression)
- Avoid complex social situations

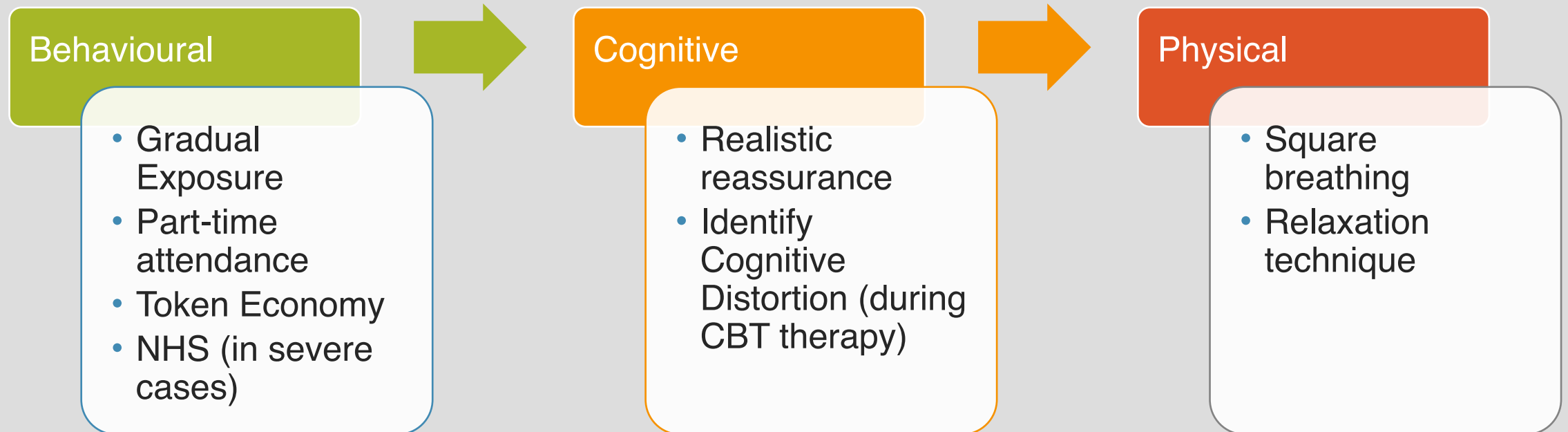
Rewards

- Parental attention
- Fun stuff at home
- Avoidance as an addiction

CHAIN OF EVENTS



CHAIN-BASED TREATMENT



* Some of these interventions will be guided with a therapist



TIPS FROM THE PRO

TIP #1

When your child is anxious – he will not be able to solve it by himself.

You need to problem-solve for him, for the time being.





TIP #2

When children are anxious they will not be able to form new memories.

Help them to relax prior to studying for their exams/ NCEAs

TIP #3

Remind your
child that
anxiety is
normal





TIP #4

Validate

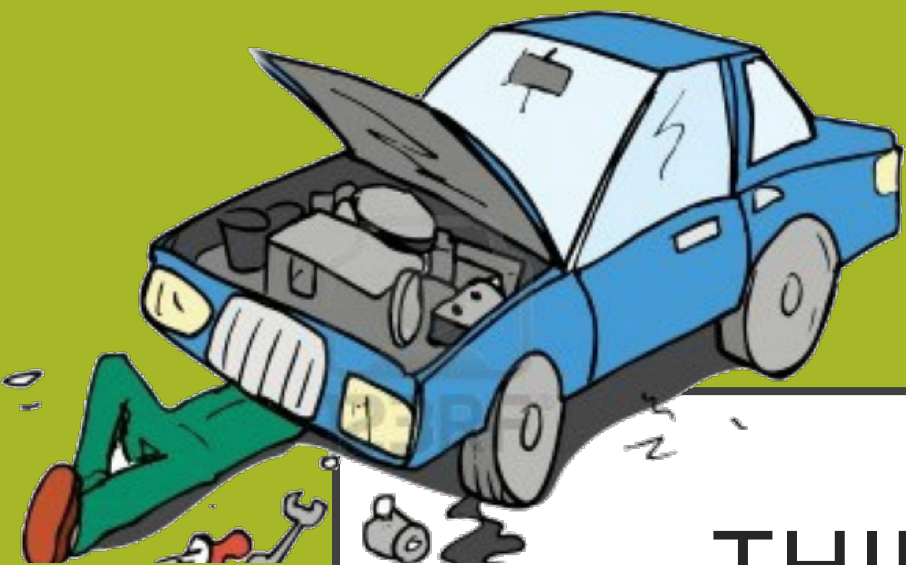
(It's Ok... I have been there myself too)



TIP #5

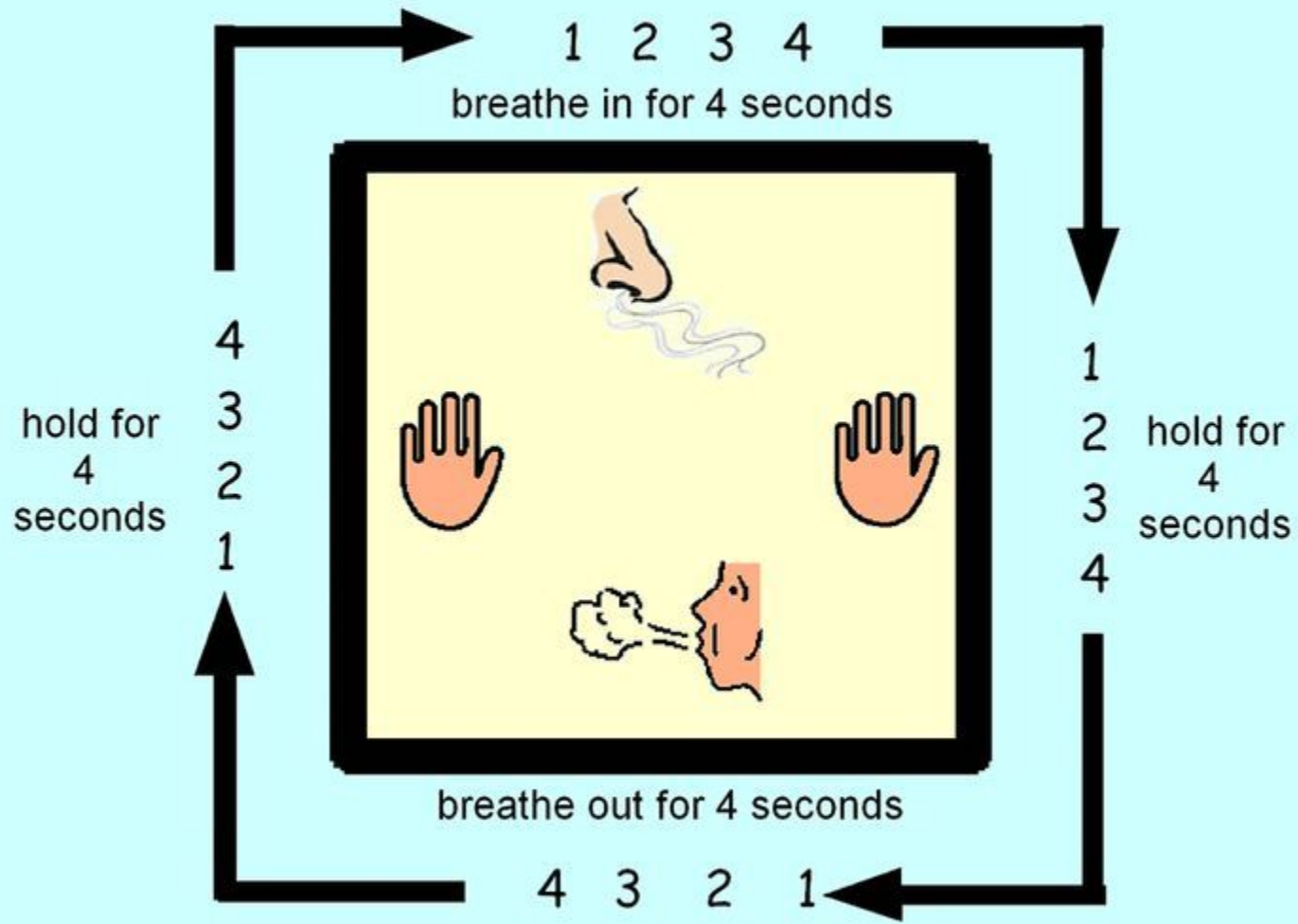
Calm yourself
down.

Your kids will
feed from your
own anxiety



THINGS YOU CAN DO

SQUARE BREATHING



TO-DO LIST

- **Coach through relaxation techniques:**
 - Deep breathing
 - Mentalization
(a peaceful memory)



MINDFULNESS

RELAX
RELAX
RELAX

Breathe

CLOUD GAZING

exercise

Spend time with nature

Open mind

Walk BAREFOOT

FORGIVE
FORGIVE
FORGIVE

Take things for a...

Take a bath

eat with friends

< Listen >

guided meditation





MINDFULNESS

<https://blissfulkids.com/mindfulness-and-the-brain/>

WHEN TO SEEK ADVICE



SEEK ADVICE WHEN...

- **Your child's anxiety and avoidance cripple his/her life and developmental journey.**
- **School avoidance is increasing, and basic interventions do not help.**
- **Multiple weekly panic attacks**
- **Severe social/academic impairment**

WHAT TO EXPECT

- **Initial assessment**
- **Physical (Blood tests)**
- **CBT is likely to be suggested.**
- **Medications for Moderate-Severe**

Mild

**CBT = Meds
only only**

**5 years
relapse is
doubled
with Meds-
only**

Moderate

Inconclusive.

**Start CBT for
4-6 sessions,
and add Meds
if needed**

Severe

**CBT = Meds
but far less
effective if
administered
alone.**



COMBINATION

WHEN CAMHS IS NOT AVAILABLE

Just a few examples...

Tui Ora Wellness Team

Primary Mental Health issues amongst teenagers.

Accepts from the age of 12.

Tui Ora also offers Youth Services for social and vocational support.

Private / TPC

Individual support and/or parents support

Tu Tama Wahine o Taranaki

Primary level support. Walk in club. Anger management. Self esteem issues. Family support. Serves South Taranaki

Family Works

Therapy for all age groups, family therapy, 1:1, parental guidance.

Differential pricing.

Barnardo's

Vulnerable children and families. Intensive intervention and support

Well Stop

Diagnosis and therapy for sexual victims and offenders

STAND

Focuses on the family dynamics and parental supervision



***“Rule number one is, don’t sweat the small stuff.
Rule number two is, it’s all small stuff.”***

– Robert Eliot

THANK YOU

The bottom half of the slide features a decorative background with two overlapping geometric shapes. On the left, there is a yellow triangle pointing towards the right. On the right, there is a teal shape that resembles a large, rounded triangle or a trapezoid pointing towards the left. The two shapes overlap in the center, creating a white space where the text 'THANK YOU' is positioned.