

## Anxiety Disorders

The TA Tidbit is an online publication of the TA Network highlighting resources developed or provided in response to requests from SAMHSA SOC grantees on various topics.

This edition focuses on **anxiety disorders**.

Anxiety disorders are conditions that can range from general feelings of worry to specific phobias. These conditions affect the daily functioning of children, youth and young adults as persistent anxiety and/or fear impairs their ability to concentrate, process information, and engage successfully in various activities. While common, anxiety disorders can be difficult to identify in young people and the diagnosis should include a review of developmental, cultural, social, and environmental factors. In addition, a co-occurring disorder can mask the symptoms of anxiety. Anxiety disorders are often recognized as chronic conditions, as children, youth and young adults may experience relapse throughout their life span.

Symptoms or behaviors that may signify an anxiety disorder, in children, youth and young adults include, but are not limited to:

- Avoidance
- Changes in eating habits
- Fatigue
- Excessive/repetitive need for reassurance
- Muscle tension
- Oppositional behavior
- Poor school performance
- Sleep disturbance
- Somatic symptoms
- Restlessness



Types of anxiety disorders that children, young and young adults may experience:

- Generalized Anxiety Disorders
- Anxiety Disorder NOS
- Separation Anxiety Disorder
- Panic Disorder with and without Agoraphobia
- Social Phobia
- Obsessive-Compulsive Disorder
- Acute Stress Disorder
- Post-Traumatic Stress Disorder

See below for resources on anxiety disorders:

- SAMHSA Resources:
  - [Anxiety Disorders](#)
  - [DSM-5 Changes: Implications for Child Serious Emotional Disturbance](#)
  - National Registry of Evidence-based Program and Practices:
    - Evidence-based Program: [Child-Centered Play Therapy](#)
    - Promising Practice: [Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems](#)
  - [Understanding Anxiety Disorders Care Givers: Get the Facts](#)
  - [Understanding Anxiety Disorders Young Adults: Get the Facts](#)
- TA Network Resources:
  - [Anxiety and Children: Tips for Coping with an Anxious Child](#)
- The National Institute of Mental Health Resources
  - [Bullying Exerts Psychiatric Effects Into Adulthood](#)
  - [Anxiety Disorders in Children](#)
- American Academy of Child and Adolescent Psychiatry Resources
  - [Anxiety Disorders Resource Center](#)
  - [Facts for Families No. 47: The Anxious Child](#)
  - [Practice Parameter for the Assessment and Treatment of Children and Adolescents With Anxiety Disorders](#)