DR LUKIE BARNARD

PRESENTS

UNMASKING ANXIETY





Hello, My name is Dr Lukie Barnard.

GP with special interest in:

- Allergic Disease
- Neurodiversity
- Teenage mental health





OVERVIEW

- WHAT IS ANXIETY?
- HOW COMMON IS IT?
- WHAT DOES IT LOOK LIKE?
- AUTISM AND ANXIETY
- ADHD AND ANXIETY



WHAT IS A STRESS RESPONSE?



- The FIGHT or FLIGHT response.
- The reaction to a threat.
- It is essential to survival.
- It may be beneficial in some instances.



When a cop is behind you and you've literally done nothing illegal but you still feel like a criminal



ANXIETY

- Fear out of proportion to the situation.
- It does not mean that the experience of the threat is unreal...

LEADS TO A FREEZE OR AVOIDANCE RESPONSE







• Constant feat that something bad is going to happen

• Difficulty Sleeping

• Dizziness

• Excessive Worrying

• Restlessness

Sweating

• Muscle Tension

Irritability

• Rapid heartbeat



THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming, Using Mean Words

Hitting, Kicking, Biting, Throwing, Punching

Blaming, Deflecting Responsibility, Defensive

> Demanding, Controlling

"Oppositional", "Defiant", "Noncompliant"

Moving Towards What Feels Threatening

> Irritable, Angry, Furious, Offended Aggressive

FLIGHT

Wanting to Escape, Running Away

Unfocused, Hard to Pay Attention

Fidgeting, Restlessness, Hyperactive

Preoccupied, Busy with Everything But the Thing

Procrastinating, Avoidant, Ignores the Situation

Moving Away From What Feel Threatening

> Anxious, Panicked Scared, Worried, Overwhelmed

WholeHearted School Counseling

FREEZE

Shutting Down, Mind Goes Blank

Urge to Hide, Isolates Self

Verbally Unresponsive, Says, "I don't know" a lot

Difficulty with Completing Tasks

Zoned Out, Daydreaming

Unable to Move, Feeling Stuck

Depressed, Numb, Bored/Apathetic, Helpless



STATISTICS

- Most common psychiatric condition in adolescents (on par with Depression).
- From 1 in 12 children to 1 in 4 adolescents.
- 36% of children with BEHAVIOURAL PROBLEMS have underlying anxiety disorders.
- Bloemfontein study 61.2 % prevalence of Anxiety in pupils.
- Increased risk of mood disorders.
- Leads to suicide risk.







- Exposure to Violence or Trauma
- Biological risk (Genetics and Temperament)
- Social media
- Increase Generalized Anxiety in Boys
- Increased Body Image Issues in Girls
- Low Socio-economic status



APPROPRIATE ANXIETY TIME POINTS

7-9 months

Stranger Anxiety

12 months

Fearful of new experiences

2-5 years

- Darkness
- Imaginary
- Thunderstorms

School

- SportPerformance
- Injuries in sport

Adolescence

- School performance
- SocialCompetency

Easily soothed and settled

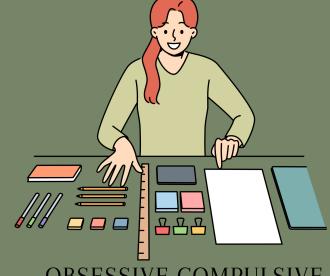


TYPES OF EXTREME ANXIETY



GENERALIZED ANXIETY
DISORDER

FEELINGS OF EXCESSIVE WORRY ABOUT EVENTS, ACTIVITIES AND SITUATIONS



OBSESSIVE COMPULSIVE DISORDER

UNWANTED RECURRING THOUGHTS AND COMPULSIVE, REPETITIVE BEHAVIORS



SOCIAL ANXIETY DISORDER

FEELINGS OF EXTREME ANXIETY IN SOCIAL SITUATIONS



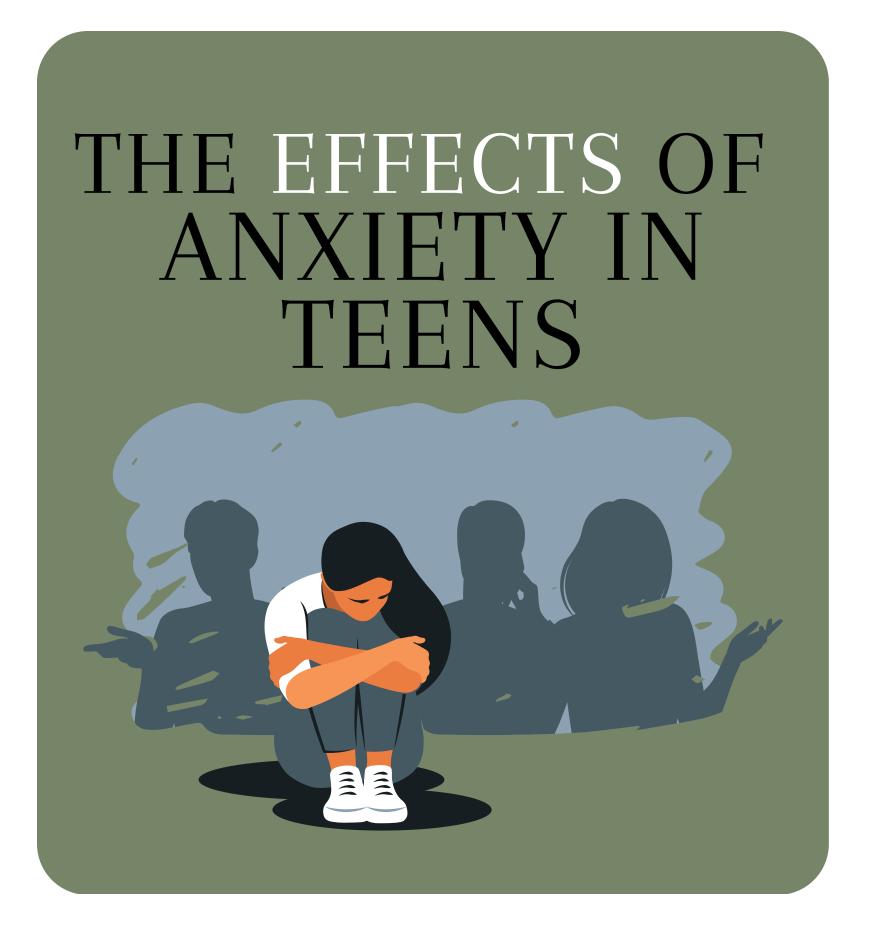
POST-TRAUMATIC STRESS DISORDER

EXTEME ANXIETY AND DISTRESS
DUE TO BEING EXPOSED TO A
TRAUMATIC EVENT



PANIC DISORDER

INTENSE AND RECURRENT PANIC ATTACKS THAT OCUR UNEXPECTEDLY



- Impairment in peer relationships.
- They are less liked than their non-anxious peers.
- Display poorer social performance.
- Are more commonly victimized.
- Fewer friendships
- Poor academic performance is also strongly impacted by Anxiety.
- Less attendance.
- Earlier termination of schooling
- Fall behind their peers in schoolwork.



ANXIETY PRESENTS ITSELF IN MANY DIFFERENT WAYS...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry





Defiance and other challenging behaviors



Having high expectations for self. including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



struggling to pay attention and focus



Intolerance of uncertainty





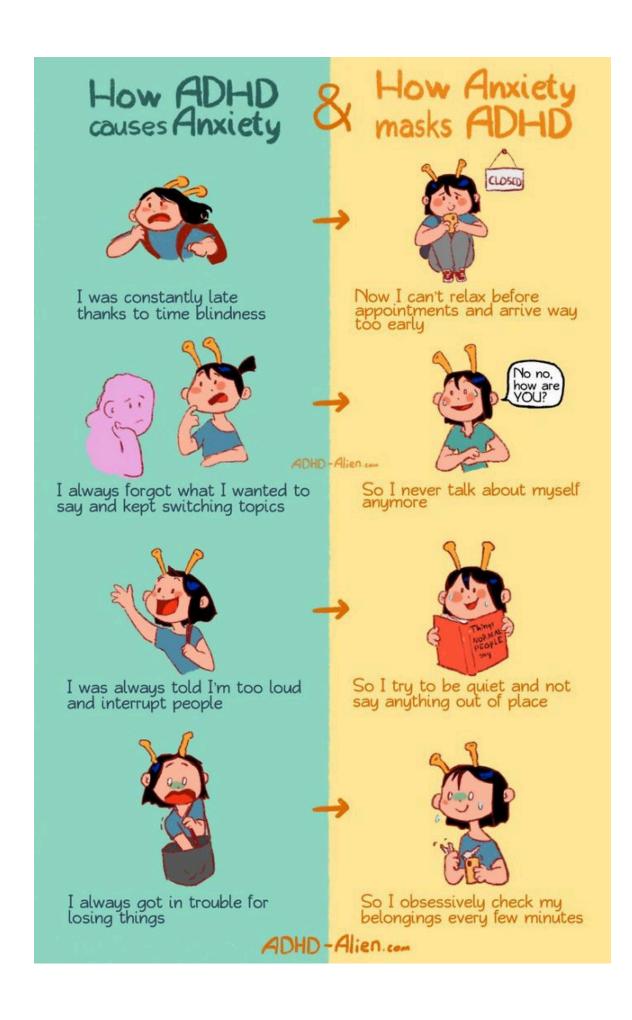
Crying and difficulty managing emotions



Overplanning for situations and events



Feeling worried about situations or events



ADHD AND ANXIETY

- Frequently comorbid in rates from 25% to 50%.
- In an Australian sample of 389
 participants, 64% of children with ADHD
 had at least one anxiety disorder.
- Difficult to treat as stimulants can exacerbate anxiety



AUTISM AND ANXIETY



40% of ASD has comorbid anxiety disorders.

Autistic girls have:

- A special interest in animals, music, art and literature
- A desire to arrange and organize objects
- Strong sensory sensitivities, especially to sounds and touch for example clothing tags
- A tendency to "mimic" others in social situations in order to blend.
- An ability to hold their emotions in check at school but be prone to meltdowns or explosive behavior at home.
- A strong imagination (might escape into the worlds of nature or fiction).





Study following 319 youth for 4 years after diagnosis and intervention:

- 22% were in remission
- 48% relapsed
- 30% Chronic symptoms





ENOUGH SLEEP

HEALTHY DIET

SUPPLEMENTS

STRESS MANAGEMENT

THERAPY

MEDICATION

BIOFEEDBACK, CES



Patient Health Questionnaire and General Anxiety Disorder (PHQ-9 and GAD-7)

Worrying too much about different things.

5. Being so restless that it's hard to sit still.

7. Feeling afraid as if something awful might happen.

Becoming easily annoyed or irritable.

Trouble relaxing.

Date_	Patient Name:		Date of Birth:				
	the <u>last 2 weeks,</u> how o	ften have you been bothered by an	y of the fo	llowing pr	oblems?		
PHQ-9			Not at all	Several days	More than half the days	Nearly every da	
1. 1	Little interest or pleasure i	n doing things.	0	1	2	3	
2.	Feeling down, depressed, or hopeless.		0	1	2	3	
3.	Trouble falling or staying asleep, or sleeping too much.		0	1	2	3	
4.	Feeling tired or having little energy.			1	2	3	
5. I	Poor appetite or overeating.			1	2	3	
	Feeling bad about yourself – or that you are a failure or have let yourself or your family down.		0	1	2	3	
	Trouble concentrating on things, such as reading the newspaper or watching television.		0	1	2	3	
-		wly that other people could have being so fidgety or restless that you a lot more than usual.	0	1	2	3	
	Thoughts that you would by yourself in some way.	e better off dead, or of hurting	0	1	2	3	
		Add the score for each column	7				
	checked off any problems	s, how difficult have these made it for		-	umn scores):	at home, o	
	Not difficult at all Somewhat difficult		Very Di	fficult	Extremely D	Extremely Difficult	
	se circle your answers.	ften have you been bothered by an	y of the fo		ral Over half	Nearly every d	
1. 1	Feeling nervous, anxious	or on edge.				3	
<u> </u>			+ -	1		3	
Feeling nervous, anxious, or on edge. Not being able to stop or control worrying.			0	1	2 2		

Total Score (add your column scores):

1

1

1

1

0

0

0

0

2

2

2

2

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? (Circle one)

Add the score for each column

Not difficult at all Somewhat difficult Very Difficult **Extremely Difficult**

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3 3

3

3

3

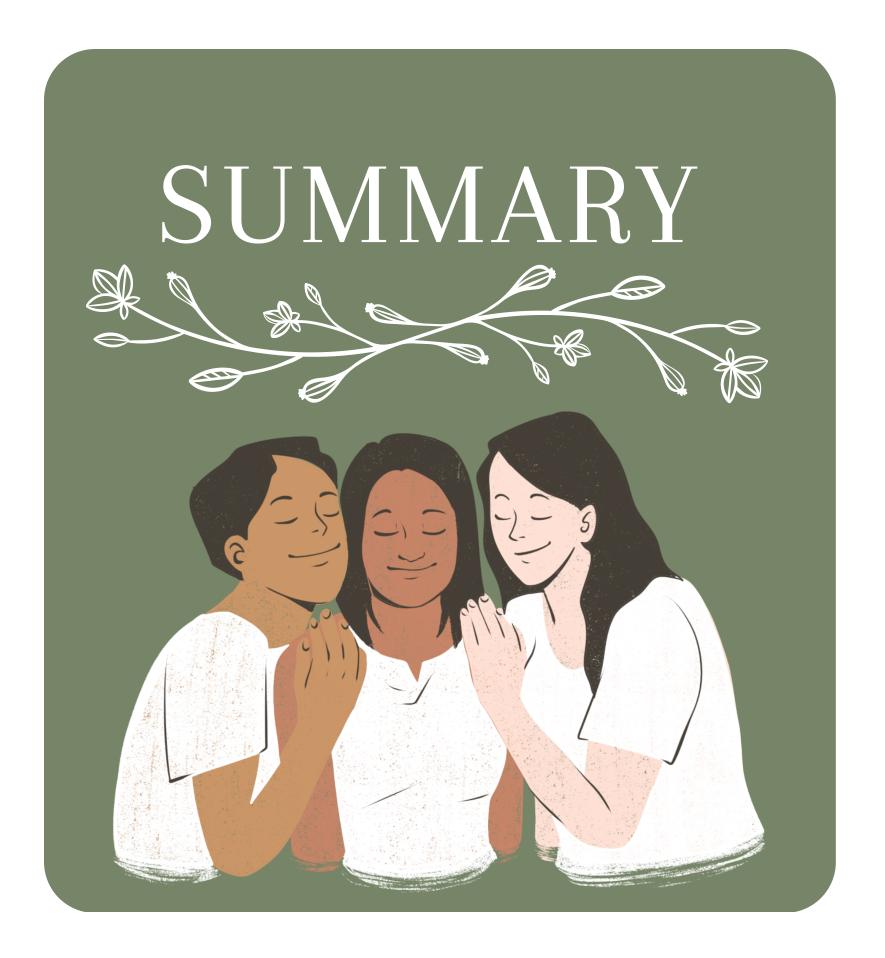
GAD-7 SCORING

THE GAD-7 TOTAL SCORE RANGES FROM 0 TO 21. THE SCORE INTERPRETATION IS AS FOLLOWS:

- 0 4: NONE TO MINIMAL ANXIETY
- 5 9: MILD ANXIETY
- 10 14: MODERATE ANXIETY
- 15 21: SEVERE ANXIETY

TAKEN AS THE CUT-OFF POINTS FOR MILD, MODERATE AND SEVERE ANXIETY, RESPECTIVELY.

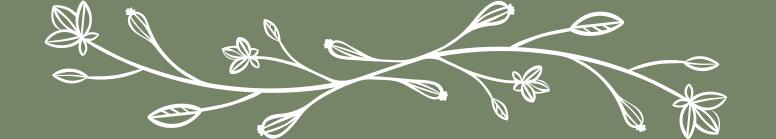




- Anxiety is more common than we think.
- It presents in many different ways.
- Do not judge the behavior but try to find the origin.
- The teenage population is vulnerable
 - it is our duty to nurture them and support them.



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