



MODULE 4

ANXIETY

IN CHILDREN AND ADOLESCENTS

Excessive fear or worry related to situations, events, objects, or separation from caregivers is **persistent** and **impairs** daily life functioning.

SIGNS MAY INCLUDE

- Repetitive behaviors, thoughts, or speech
- Crying/Tantrums
- Restlessness
- Sleep disturbances
- Difficulty concentrating
- Social isolation
- School refusal
- Avoidant behavior
- Somatic complaints
- Self-injurious behavior

The prevalence of anxiety disorders in children and adolescents is approximately **7.1%**

.....
WITH HIGHER ESTIMATES AMONG YOUTH WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES.
.....

CLASSROOM SUPPORTS

MUSCLE RELAXATION EXERCISES

Progressively build and release tension in small and large muscles

POSITIVE REINFORCEMENT

Model, practice, and encourage the use of coping strategies

ENVIRONMENTAL SUPPORTS

Establish routines, a secure environment, and structure; provide visual supports for coping strategies

DEEP BREATHING STRATEGIES

Help regulate heart rate and return the body to a restful state

References

Canva. (2021). <http://www.canva.com>

Child and Adolescent Health Measurement Initiative(CAHMI), Data Resource Center for Child and Adolescent Health. (2018). "2016 National Survey of Children's Health: Child and Family Health Measures and Subgroups, SPSS Codebook, Version 2.0." Retrieved from www.childhealthdata.org

Coping Skills for Kids. (2021). Deep breathing exercises for kids!
<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

Schuetz, N., & Mendenhall, A. N. (2019). Anxiety disorders. In J. C. Raines (Ed.), *Evidence-based practice in school mental health: Addressing DSM-5 disorders in schools* (2nd ed., pp. 230-261). Oxford University Press.

Whitney, D. G., Shapiro, D. N., Peterson, M. D., & Warschauskey, S. A. (2018). Factors associated with depression and anxiety in children with intellectual disabilities. *Journal of Intellectual Disability Research*, 63(5), 408-417.



This project is supported by the Texas Council for Developmental Disabilities (TCDD) through a grant from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C., 20201. Grant number available by request. Grantees receiving government sponsorship are encouraged to express their findings and conclusions. Opinions do not necessarily represent official TCDD or ACL policy.