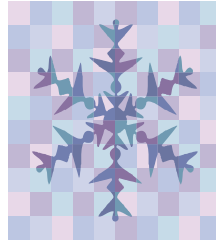


# Eight Categories of Anxiety Disorders



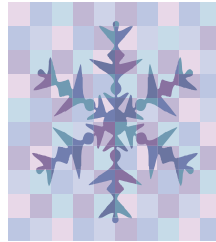
## **Specific (Simple) Phobia (most common in younger children)**

- ✓ Intense anxiety in the face of a circumstance or object that in reality poses no danger.
- ✓ Includes: animal type, natural environment, blood-injection-injury type, situational type.
- ✓ Leads to avoidance behaviors.

## **Social Phobia (most common in adolescents)**

- ✓ Fear of embarrassment.
- ✓ Causes isolation and depression.
- ✓ Includes: Selective mutism and avoidance of people and groups.

# Eight Categories of Anxiety Disorders



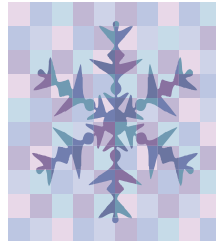
## **Agoraphobia (most common in adolescents)**

- ✓ Anxiety in social situations so severe that child/adolescent is unable to participate in most social situation.
- ✓ May become homebound.

## **Panic Disorder (rare in young children)**

- ✓ Attacks of recurrent and unexpected terror.
- ✓ Four or more symptoms: pounding heart, sweating, trembling, chest pain, nausea, shortness of breath, choking sensation, dizziness, detachment, fear of losing control, fear of dying, numbness.

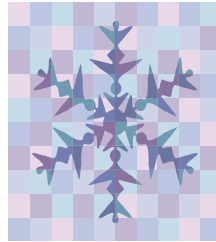
# Eight Categories of Anxiety Disorders



## **Generalized Anxiety Disorder (common in both young children and adolescents)**

- ✓ Excessive and unrealistic worry in a variety of situations.
- ✓ Excessive attention to details of such activities such as homework or other normal tasks.
- ✓ Worries about “worrying”
- ✓ Physical symptoms include: restlessness, tiredness, difficulty concentrating, irritability, unusual muscle tension, sleep disturbance.

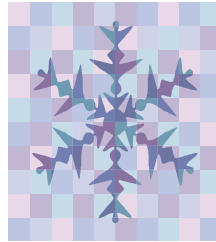
# Eight Categories of Anxiety Disorders



## Separation Anxiety (most common in younger children and young adolescents)

- ✓ Occurs when child is separated from familiar people and situations.
- ✓ Lasts longer than four weeks.
- ✓ In younger children includes: clinging, crying, or panic upon separation.
- ✓ In young adolescents includes: unrealistic worry about potential harm to loved ones or fear they will not return home, reluctance to sleep alone, refusal to attend school, stomachache or headache.

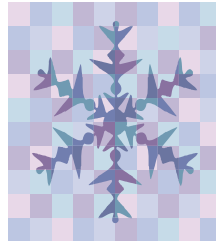
# Eight Categories of Anxiety Disorders



## **Post-Traumatic Stress Disorder (found in both children and adolescents)**

- ✓ Requires immediate help.
- ✓ Exposure to sudden or periodic traumatic event in which the threat of death or serious injury was presented to child/ adolescent or to others.
- ✓ Experience of intense fear, helplessness, or horror.
- ✓ Symptoms: re-experiencing the traumatic event as thoughts or feelings; play re-enacts the traumatic event; repeated bad dreams; intense avoidance of people, places and things that serve as reminders; inability to remember details; detachment; difficulty concentrating; being easily startled.

# Eight Categories of Anxiety Disorders



## Obsessive Compulsive Disorder (most common in adolescents)

- ✓ Obsessions lead to repetitive compulsive behaviors.
  - ✓ Behaviors relieve their fears and anxiety briefly
  - ✓ Obsession consumes child/adolescent for more than one hour a day.
- 
- Disorders are often co-morbid.
  - Family history of anxiety disorders is often present.