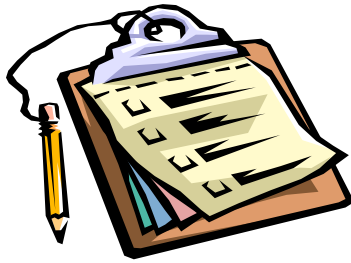


# Prevalence and Etiology of Anxiety Disorders



## Specific (Simple) Phobias

- ❖ Focus of anxiety typically changes through the developmental process
- ❖ 5 percent prevalence
- ❖ More common in girls than boys

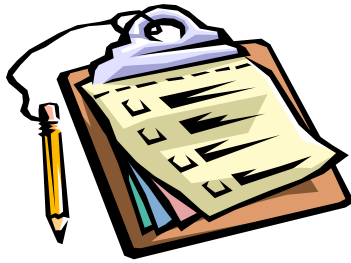
## Social Phobia

- ❖ 1 percent prevalence
- ❖ Typically diagnosed after age 10
- ❖ Not clear if gender differences exist

## Agoraphobia

- ❖ Rarely found and least investigated

# Prevalence and Etiology of Anxiety Disorders



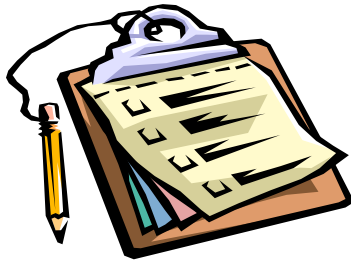
## Panic Disorder

- ❖ Most common in adolescents and females
- ❖ Occurs at a rate of .6 percent
- ❖ Separation Anxiety can be a precursor for Panic Disorder

## Generalized Anxiety Disorder

- ❖ Most common anxiety disorder found in adolescents
- ❖ Rate of 4 percent to 7 percent
- ❖ Median age of onset is 10 years
- ❖ More common in females
- ❖ Symptoms more likely to continue into adulthood for females than males

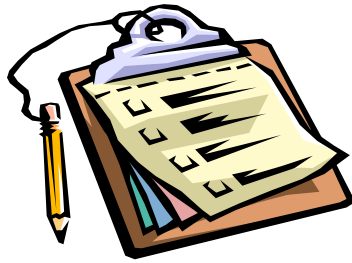
# Prevalence and Etiology of Anxiety Disorders



## Separation Anxiety

- ❖ Primarily occurs in younger children at a rate of 5 percent
- ❖ Almost all children recover from separation anxiety but they are at higher risk for the development of other anxiety disorders and depression in adolescence and adulthood (particularly girls)
- ❖ School refusal occurs at a rate of approximately 4 percent
- ❖ School refusal in children over the age of 10 is much more difficult to treat

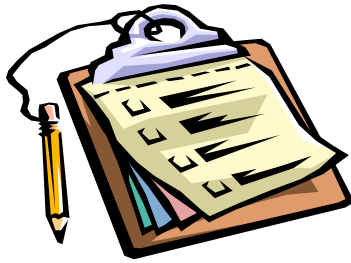
# Prevalence and Etiology of Anxiety Disorders



## Post-Traumatic Stress Disorder

- ❖ Development related to four factors: degree of exposure; youngsters' characteristics (ethnicity, gender, and prior functioning); coping mechanisms; access to social support
- ❖ NIMH suggests rates of: 2 percent following exposure to natural disaster; 28 percent following an exposure to terrorism (shooting event); and 29 percent following a plane crash
- ❖ Needs to be treated and monitored to avoid development of long-term symptoms of anxiety and depression

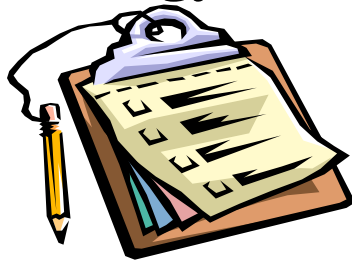
# Prevalence and Etiology of Anxiety Disorders



## Obsessive Compulsive Disorder

- ❖ Rate of 1 percent to 2 percent
- ❖ At younger ages boys outnumber girls, but by adolescence genders are equally represented
- ❖ Mean age of onset (boys) 9 years
- ❖ Mean age of onset (girls) 11 years
- ❖ Behaviors typically relate to two broad themes: preoccupation with cleanliness, grooming, and averting danger; pervasive doubting of self
- ❖ Multiple obsessions simultaneously
- ❖ Disorder is likely to follow a chronic course

# Prevalence and Etiology of Anxiety Disorders



## Etiology

- ❖ Genetic risks: family history of anxiety disorders; tendency toward emotional reactivity and behavioral responsivity; and inhibited temperament
- ❖ OCD, in particular, appears to have a strong biological link
- ❖ Psychosocial risks: exposure to traumatic event; information about traumatic event; parents who are extremely intrusive and overprotective; modeling of anxiety reactions; cognition of hostile environments; insecure or poor attachment