

Assessment and Diagnosis of Anxiety Disorders

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Disclosures

I have the following relevant financial relationship with a commercial interest to disclose:

I receive salary from the Project TEACH grant





Learning Objectives

 To review how to assess for anxiety disorders in children and adolescents in a primary care setting.

 To discuss and practice using a tool which can assist in the assessment and monitoring response to treatment of childhood anxiety disorders.



Agenda

 Review clinical pearls on assessing anxiety in pediatric primary care

Review a vignette of an anxious child

Review anxiety screening tool: the SCARED



Anxiety Disorders per DSM5

- Generalized Anxiety Disorder
- Separation Anxiety Disorder
- Social Anxiety Disorder
- Panic Disorder



Anxiety Provoking Hodge-Podge

- School Avoidance
- Selective Mutism
- Specific Phobia
- Agoraphobia





Epidemiology

- Very common disorder among your patient population.
- Prevalence of up to 20% of all children and adolescents, likely more now.



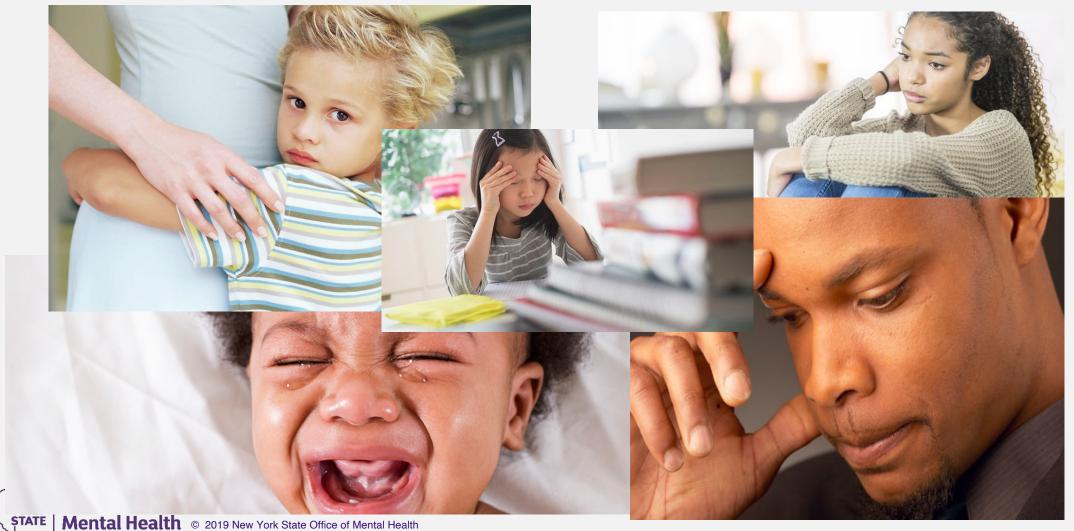
Anxiety Disorders

- Common Presenting Symptoms:
 - Recurring and/or increasing fears and worries about routine parts of everyday life
 - Physical complaints, like stomachache or headache
 - Trouble concentrating
 - Trouble sleeping
 - Fear of social situations
 - Fear of leaving home
 - Fear of separation from a loved one
 - Refusing to go to school





Anxiety Throughout Development





Developmental Considerations

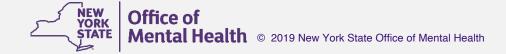
	Infancy	Preschool	Middle Childhood	Adolescence	Young Adulthood
Inciting Situation	Parent leaving	Social interaction	Performance anxiety	Social Performance	Post-high school moratorium
Developmental Skill	Object Permanence	Emerging executive functions	Transitioning from home to larger community	Individuation/ separation	Executive functions
Other Factors	Language understanding, expression	Expressive language; temperament	Cognitive skills: language, memory	Body image, adult modeling, group normative expectations	Cognitive ability, developmental strengths profile; familial expectations
Developmentally "normal" ?	Yes	Yes –within limits	Yes – within limits	Yes	Yes
Example	Stranger/ Separation anxiety	Monsters	Test anxiety	"Pack identification" in clothing	The 6 year bachelor's degree





The Anxiety Toolkit

- S:
 - Interview the Youth Alone, as well as with parents kids often protect parents from their pain.
 - "COLDER"
 - Trauma
 - Mental health "look-a-likes"
 - Family History
- O:
 - Physical Exam to consider medical "look-a-likes"
 - Screening Tools on our website: SCARED or GAD7.





Evaluation

- Consider differential diagnosis of medical conditions that may mimic anxiety symptoms:
 - Hyperthyroidism
 - Caffeinism
 - Migraine
 - Asthma
 - Seizure disorders





Less Common Medical Causes

- PANDAS (Pediatric autoimmune neuropsychiatric disorders associated with strep infections)
- Lead intoxication
- Even Less Common:
 - Hypoglycemia
 - Pheochromocytoma
 - CNS disorder (delirium or brain tumor)
 - Cardiac arrhythmias





Evaluation

- Consider differential diagnosis of other psychiatric disorders that may mimic anxiety symptoms:
 - ADHD (restlessness, inattention)
 - Autism Spectrum Disorders (social deficits, communication deficits, repetitive/rigid behaviors)
 - LD (worries about school performance)
 - Depression (poor concentration, sleep difficulty, somatic complaints)



Less Common Psychiatric Causes

- Psychotic disorders (restlessness and/or social withdrawal)
- Bipolar (restlessness, irritability, insomnia)





Other Considerations

- Substance use- CRAFFT on website
- Adjustment disorder
- Abuse/Unsafe environment/Bullying
- Pregnancy
- Drug Side Effects
 - Prescription- asthma, mood, rheum/allergies
 - Nonprescription- diet, allergies, colds





Assessment

- Review relevant history ("COLDER," PMH, medications, psychiatric family history)
- Assess function (sleep, appetite, school performance)
- Screen for safety (neglect/abuse/SI)
- Consider other medical, additional mental health assessments (depression, ADHD)
- MH Screening Tools: SCARED





A Vignette: Katie

- Katie is a ten year old girl in 5th grade
- History of stomach aches and headaches,
 - missing school
- Has seen gastroenterologist
- Recent ED visit for headaches:
 CT normal
- Dad wants neurology referral





The SCARED Screener

- Two versions: Child and Parent
- Horizontal domain: 41 symptoms
- Vertical domain: Frequency of Symptoms
 - Not true: 0
 - Sometimes true: 1
 - Very often true: 2
- Total score cut-point: 25



Screen for Child Anxiety Related Disorders (SCARED)

Child Version—Pg. 1 of 2 (To be filled out by the CHILD)

Name: _

Date:			
Directions: Below is a list of sentences that describe how people feel. Read each people feel are the corresponds to the response that seems to describe in one circle that corresponds to the response that seems to describ	Often True" for	r you. Then for	
	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
. When I feel frightened, it is hard to breathe.	0	0	0
2. I get headaches when I am at school.	0	0	0
3. I don't like to be with people I don't know well.	0	0	0
4. I get scared if I sleep away from home.	0	0	0
5. I worry about other people liking me.	0	0	0
5. When I get frightened, I feel like passing out.	0	0	0
7. I am nervous.	0	0	0
3. I follow my mother or father wherever they go.	0	0	0
People tell me that I look nervous.	0	0	0
0. I feel nervous with people I don't know well.	0	0	0
1. I get stomachaches at school.	0	0	0
12. When I get frightened, I feel like I am going crazy.	0	0	0
13. I worry about sleeping alone.	0	0	0
14. I worry about being as good as other kids.	0	0	0
15. When I get frightened, I feel like things are not real.	0	0	0
16. I have nightmares about something bad happening to my parents.	0	0	0
17. I worry about going to school.	0	0	0
8. When I get frightened, my heart beats fast.	0	0	0
19. I get shaky.	0	0	0
20. I have nightmares about something bad happening to me.	0	0	0

Screen for Child Anxiety Related Disorders (SCARED)

Child Version—Pg. 2 of 2 (To be filled out by the CHILD)

	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	Very True or Often True
21. I worry about things working out for me.	0	0	0
22. When I get frightened, I sweat a lot.	0	0	0
23. I am a worrier.	0	0	0
24. I get really frightened for no reason at all.	0	0	0
25. I am afraid to be alone in the house.	0	0	0
26. It is hard for me to talk with people I don't know well.	0	0	0
27. When I get frightened, I feel like I am choking.	0	0	0
28. People tell me that I worry too much.	0	0	0
29. I don't like to be away from my family.	0	0	0
30. I am afraid of having anxiety (or panic) attacks.	0	0	0
31. I worry that something bad might happen to my parents.	0	0	0
32. I feel shy with people I don't know well.	0	0	0
33. I worry about what is going to happen in the future.	0	0	0
34. When I get frightened, I feel like throwing up.	0	0	0
35. I worry about how well I do things.	0	0	0
36. I am scared to go to school.	0	0	0
37. I worry about things that have already happened.	0	0	0
38. When I get frightened, I feel dizzy.	0	0	0
39. I feel nervous when I am with other children or adults and I have to do something while they watch me (for example: read aloud, speak, play a game, play a sport.)	0	0	0
40. I feel nervous when I am going to parties, dances, or any place where there will be people that I don't know well.	0	0	0
41. I am shy.	0	0	0

SCORING:

A total score of ≥ 25 may indicate the presence of an Anxiety Disorder. Scores higher that 30 are more specific.

A score of 7 for items 1, 6, 9, 12, 15, 18, 19, 22, 24, 27, 30, 34, 38 may indicate Panic Disorder or Significant Somatic Symptoms.

A score of 9 for items 5, 7, 14, 21, 23, 28, 33, 35, 37 may indicate Generalized Anxiety Disorder.

A score of 5 for items 4, 8, 13, 16, 20, 25, 29, 31 may indicate Separation Anxiety Disorder.

A score of 8 for items 3, 10, 26, 32, 39, 40, 41 may indicate Social Anxiety Disorder.

A score of 3 for items 2, 11, 17, 36 may indicate Significant School Avoidance.

Developed by Boris Birmaher, M.D., Suneeta Khetarpal, M.D., Marlane Cully, M.Ed., David Brent M.D., and Sandra McKenzie, Ph.D., Western Psychiatric Institute and Clinic, University of Pgh. (10/95). E-mail: birmaherb@msx.upmc.edu

^{*}For children ages 8 to 11, it is recommended that the clinician explain all questions, or have the child answer the questionnaire sitting with an adult in case they have any questions.



Summary

 Reviewed how to assess anxiety in pediatric primary care.

Reviewed a vignette on an anxious child.

 Discussed the use of the SCARED, an anxiety screening and monitoring tool.



Whenever You're in Doubt

CALL Project TEACH 1-855-227-7272



Resources

- **■**Websites: <u>www.projectteachny.org</u>
 - Screening tools for Anxiety, OCD, PTSD

■Google:

- AACAP Anxiety Information Center
- AACAP Practice Parameters for Anxiety
- AACAP Facts for Families on Anxiety

■Online text:

 http://iacapap.org/iacapap-textbook-of-child-and-adolescent-mentalhealth



QUESTIONS



Thank You!

