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**Preface: Anxiety Disorders and Their Treatment in Youth: A New Era** xi

Jeffrey R. Strawn and Justine Larson

**Risk Factors for Pediatric Anxiety Disorders** 485

Emily N. Warner and Jeffrey R. Strawn

This review summarizes risk factors for developing anxiety disorders in children and adolescents. A surfeit of risk factors, including temperament, family environment (eg, parenting style), environmental exposures (eg, particulate matter), and cognitive factors (eg, threat bias), increases the risk of anxiety in children. These risk factors can significantly impact the trajectory of pediatric anxiety disorders. The impact of severe acute respiratory syndrome COVID-19 2 infection on anxiety disorders in children is discussed in addition to its public health implications. Identifying risk factors for pediatric anxiety disorders creates a scaffold for the development of prevention strategies and for reducing anxiety-related disability.

**Developmental Epidemiology of Pediatric Anxiety Disorders** 511

Emily N. Warner, Robert T. Ammerman, Tracy A. Glauser, John P. Pestian, Greeshma Agasthya, and Jeffrey R. Strawn

This review summarizes the developmental epidemiology of childhood and adolescent anxiety disorders. It discusses the COVID-19 pandemic, sex differences, longitudinal course, and stability of anxiety disorders in addition to recurrence and remission. The trajectory of anxiety disorders—whether homotypic (ie, the same anxiety disorder persists over time) or heterotypic (ie, an anxiety disorder shifts to a different diagnosis over time) is discussed with regard to social, generalized, and separation anxiety disorders as well as specific phobia, and panic disorder. Finally, strategies for early recognition, prevention, and treatment of disorders are discussed.

**The Impact of COVID-19 on Anxiety Disorders in Youth: Coping with Stress, Worry, and Recovering from a Pandemic** 531

Lisa R. Fortuna, Isabella C. Brown, Gesean G. Lewis Woods, and Michelle V. Porche

The primary objective of this article is to consider the impact of the COVID-19 pandemic on pediatric anxiety from both a clinical and system-of-care lens. This includes illustrating the impact of the pandemic on pediatric anxiety disorders and consideration of factors important for special populations, including children with disabilities and learning differences. We consider the clinical, educational, and public health implications for addressing mental health needs like anxiety disorders and how we might promote better outcomes, particularly for vulnerable children and youth.

**Cognitive Behavioral Therapy for Children and Adolescents with Anxiety Disorders** 543

Jordan T. Stiede, Erika S. Trent, Andres G. Viana, Andrew G. Guzick, Eric A. Storch, and Jonathan Hershfield

Anxiety disorders are the most common class of psychiatric conditions among children and adolescents. The cognitive behavioral model of childhood anxiety has a strong theoretic and empirical foundation that provides the basis for effective treatment. Cognitive behavioral therapy (CBT), with an emphasis on exposure therapy, is the gold standard treatment for childhood anxiety disorders, with strong empirical support. A case vignette demonstrating CBT for childhood anxiety disorders in practice, as well as recommendations for clinicians, are also provided.

**Psychodynamic Formulation and Psychodynamic Psychotherapy for Pediatric Anxiety Disorders** 559

Michael Shapiro

Psychodynamic psychotherapy can be an effective treatment of pediatric anxiety disorders. Psychodynamic formulation can be easily integrated with other conceptualizations of anxiety (eg, biological/genetic, developmental, and social learning theory). Psychodynamic formulation helps determine whether anxiety symptoms represent innate biological responses, learned responses from early experiences, or defensive reactions to intrapsychic conflict. Child and Adolescent Anxiety Psychodynamic Psychotherapy and Psychoanalytic Child Therapy are two evidence-based manualized psychodynamic approaches to treating pediatric anxiety disorders.

**Advances in Pharmacotherapy for Pediatric Anxiety Disorders** 573

Cassandra M. Nicotra and Jeffrey R. Strawn

The evidence base for psychopharmacologic interventions in children and adolescents with anxiety disorders has significantly increased, and our understanding of the relative efficacy and tolerability of interventions has expanded contemporaneously. Selective serotonin reuptake inhibitors (SSRIs) are the first-line pharmacologic treatment for pediatric anxiety due to their robust efficacy although other agents may have efficacy. This review summarizes the data concerning the use of SSRIs, serotonin and norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants, atypical anxiolytics (eg, 5HT<sub>1A</sub> agonists, alpha agonists), and benzodiazepines in pediatric anxiety disorder cases (ie, generalized anxiety disorder, separation anxiety disorder, social anxiety disorder, and panic disorder). The extant data suggest that SSRIs and SNRIs are effective and well tolerated. SSRIs as monotherapy and SSRIs + cognitive behavioral therapy reduce symptoms in youth with anxiety disorders. However, randomized controlled trials do not suggest efficacy for benzodiazepines or the 5HT<sub>1A</sub> agonist, buspirone, in pediatric anxiety disorder cases.

**Neurobiology of Treatment in Pediatric Anxiety Disorders** 589

W. Thomas Baumel and Jeffrey R. Strawn

Both pharmacologic and psychotherapeutic treatment-related changes increase activity in brain regions implicated in prefrontal regulatory circuits,

and the functional connectivity of these regions with the amygdala is enhanced following pharmacological treatment. This may suggest overlapping mechanisms of action across therapeutic modalities. The existing literature is best viewed as a partially constructed scaffold on which to construct a vigorous understanding of biomarkers in pediatric anxiety syndromes. As the field approaches leveraging “fingerprints” in neuroimaging with “outputs” in neuropsychiatric tasks and scale, we can move beyond one-size-fits-all selection of psychiatric interventions toward more nuanced therapeutic strategies that recognize individual differences.

**Treatment for Anxiety Disorders in the Pediatric Primary Care Setting** 601

Jennifer B. Blossom, Nathaniel Jungbluth, Erin Dillon-Naftolin, and William French

Anxiety disorders are among the most diagnosed mental health problems in children and adolescents. Without intervention, anxiety disorders in youth are chronic, debilitating, and amplify risk of negative sequelae. Youth with anxiety present to primary care frequently and often families choose to first discuss mental health concerns with their pediatricians. Both behavioral and pharmacologic interventions can be effectively implemented in primary care, and research demonstrates the effectiveness of both approaches.

**Social Media and Anxiety in Youth: A Narrative Review and Clinical Update** 613

Megan D. Chochol, Kriti Gandhi, and Paul E. Croarkin

Social media use and related research on psychiatric symptoms continue to increase and evolve rapidly. The potential bidirectional relationships and correlations between social media use and anxiety seem to be understudied. We examine prior research focused on social media use and anxiety disorders, and thus far, correlations have been weak. Nevertheless, these associations may be poorly understood but important. Fear of missing out has been considered a moderator in earlier research. We discuss the limitations of previous research, guidance for clinicians and caregivers, and challenges for future studies in this area.

**All Shades of Anxiety: A Review of Therapeutic and Psychotropic Considerations for Child and Adolescent Youth of Color** 631

Michele Cosby, Dimal D. Shah, Stella Lopez, Jlynn Holland-Cecil, Michael Keiter, Crystal Lewis, and Cheryl S. Al-Mateen

The literature on anxiety in Black, Indigenous, and other persons of color youth is a developing area. This article highlights distinct areas for the clinician to consider in working with these populations. We highlight prevalence and incidence, race-related stress, social media, substance use, spirituality, the impact of social determinants of health (including COVID-19 and the Syndemic), as well as treatment considerations. Our aim is to contribute to the readers’ developing cultural humility.