

Anxiety Disorders

Fear, worrying and panic that cause distress and interferes with functioning-many different types (see below) (Not including PTSD or OCD)

Safety assessment

- Neglect/ Abuse?
- Drug use?

Differential Diagnosis

- Normal for age
- Infant-fear of loud noises, of being startled, of strangers
- Toddlers-fear of imaginary creatures, of darkness, of normal separation
- Older children/Adolescents-worry about school performance, social competence, or health issues
- ADHD
- Depression
- Adjustment disorder with anxiety
- Developmental delay
- Cognitive delay
- Disruptive behavior disorder
- Medication-induced (consider steroids, beta agonist without spacer, stimulants, synthroid, caffeine)
- Medical disorder

Anxiety disorder confirmed?

Alternative approach

Complex symptom presentation?

Yes

No

Level of anxiety symptoms

Alternate clinical approach

Moderate/severe

Mild

- *Consider refer for mental health evaluation
- * Continue to follow closely until referral is solid
- * Validate Feelings
- *Discuss concerns
- * Address negative thoughts
- * Teach relaxation techniques

- * Same as mild PLUS
- * Refer for cognitive behavioral therapy

- * Validate Feelings
- * monitor symptoms with SCARED
- * Address negative thoughts
- * Teach relaxation techniques
- *Provide resources (Coping Cat)

Ongoing symptoms or worsening
Failed referral or no referral options

Clinical issue resolved?

No

Yes

Care as usual

Clinical issue resolved?

No

Yes

Consider SSRI