

# 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)
  - Medial disorder

Anxiety disorder confirmed? → Alternative approach

Complex symptom presentation?

Yes

No

Alternate clinical approach

Moderate/severe

Mild

Level of anxiety symptoms

- \*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)

Clinical issue resolved?

Clinical issue resolved?

Ongoing symptoms or worsening  
Failed referral or no referral options

No

Yes

No

Yes

Care as usual

Consider SSRI

