

# Anxiety in Adolescents

Created by Tiffany Liao, MSW



## Data

- Estimate 31.9% had any anxiety disorder from 2001-2004 in the US (NCS-R).
- 25% increase in prevalence of anxiety and depression globally in the first year of COVID (WHO).



## Cause

- Stressor
- School (schoolwork, performance)
- Peers/ social relationships
- Pandemic
- Political Climate
- Etc...



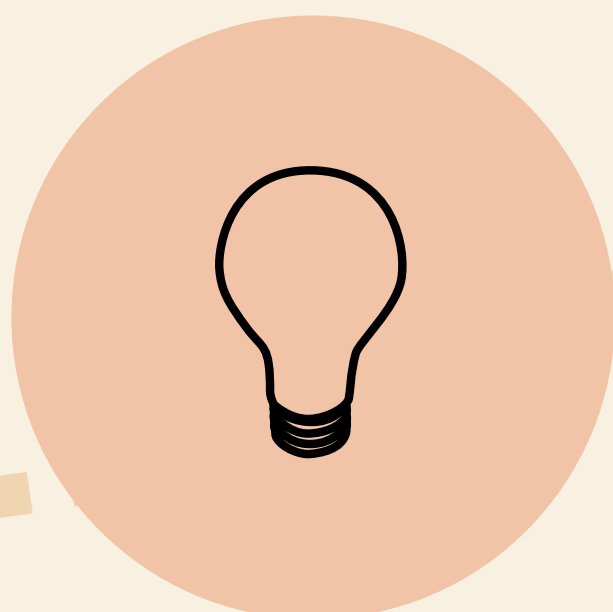
## Sign

- **Fear** (ex: intense fear about specific person)
- **Worry** (ex: intense worry about performance)
- **Irritability**
- **Physical symptoms**, such as fatigue, headaches, stomachaches, etc.



## Support from parents

- **Acknowledge and validate** all their feelings
- Show **love and empathy**
- **Encourage** healthy diet, physical activities, and good sleep hygiene
- **Celebrate** with your child when they achieve goals
- Seek **professional help** when needed



## Resources

- Mindfulness app: Insight Timer, Calm, Headspace
- School Counselors
- YES Counselor from school
- National Institute of Mental Health: [GREAT \(Video\)](#)



## Reference

- “Anxiety and Depression in Children.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 25 July 2023, [www.cdc.gov/childrensmentalhealth/depression.html](http://www.cdc.gov/childrensmentalhealth/depression.html).
- “Anxiety and Stress in Teens.” Johns Hopkins Medicine, 7 July 2023, [www.hopkinsmedicine.org/health/conditions-and-diseases/anxiety-disorders/anxiety-and-stress-in-teens](http://www.hopkinsmedicine.org/health/conditions-and-diseases/anxiety-disorders/anxiety-and-stress-in-teens).
- “Any Anxiety Disorder.” National Institute of Mental Health, U.S. Department of Health and Human Services, [www.nimh.nih.gov/health/statistics/any-anxiety-disorder](http://www.nimh.nih.gov/health/statistics/any-anxiety-disorder). Accessed 19 Sept. 2023.
- “COVID-19 Pandemic Triggers 25% Increase in Prevalence of Anxiety and Depression Worldwide.” World Health Organization, World Health Organization, [www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide](http://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide). Accessed 19 Sept. 2023.
- National Institute of Mental Health Video Link:  
<https://www.youtube.com/watch?v=Rlyge4jzeFg>

