

KSKidsMAP

*Kansas Together for Pediatric Mental Health Care
Access*

Pediatric Mental Health Toolkit

Topic: Anxiety

Part 1: How to use screening tools and make a diagnosis



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as a part of an award totaling \$2,134,666 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.



Screening

- Remember -
 - Screening tools are typically
 - Inexpensive
 - Easy to use
 - Quick
 - Identify people who need follow up
 - Screening tools do NOT make a diagnosis; for a diagnosis you need a clinical interview (with or without an appropriate rating scale)



Screening tools

- Pediatric Symptom Checklist (PSC)
 - 17 and 35 item, parent and child version
 - 'tests in' around 12% of typical population
 - Subscales for attention, externalizing and internalizing
- Strengths and Difficulties Questionnaire (SDQ)
 - Several versions
 - Emotional, conduct, hyperactivity/inattention, peer relationships, prosocial behaviors



An anxious child might – for example -

- Respond ‘sometimes/often’ to PSQ symptoms
 - Complains of aches and pains
 - Spends more time alone
 - Tires easily, has little energy
 - Distracted easily
 - Is afraid of new situations
 - Visits the doctor and finds nothing wrong
 - Has trouble sleeping
 - Worries a lot
 - Wants to be with you more than before
 - Seems to be having less fun



If a child screens positive, then further assessment should determine

- Which anxiety disorder is present
- How severe the anxiety disorder is
- What impairment the child has



What does a diagnosis mean?

- Symptoms are
 - Significantly interfering with function
 - Causing significant suffering
- Meet criteria as described in DSM-V (or its successors)
- Not a normal reaction to a particular situation



Clinical Assessment

- Clinical interview
 - History
 - What problems, how long for, when do they occur
 - Impact on functioning
 - Past medical, past psychiatric and family history
 - Examine the patient
 - Mental status exam (appearance, behavior, mood/affect, thought content and process, speech/language, insight and judgment)
- Ordering any diagnostic tests and obtaining collateral information



Clinical Assessment

- Assessing safety
- Exploring trauma, neglect and abuse
- Making a diagnosis AND a differential diagnosis
- Developing an understanding of contributions of biology, psychology and the social environment in the context of development
- Establishing rapport, addressing stigma, and beginning to plan for treatment



Which Anxiety Disorder is Present

- The SCARED (Screen for Child and Adolescent Anxiety-Related Disorders) is a helpful tool
- Not really a screen –
 - it's a comprehensive rating scale
- Includes all DSM-5 anxiety symptoms



Anxiety Disorders (generalized, panic, social, separation, school avoidance)

- Very prevalent – up to 8% of all children and adolescents
- Excessive fears/worries about everyday life, continuing over weeks, months and sometimes years
- Physical complaints
- Impaired concentration
- Poor sleep
- Fear
 - social situations, leaving home, separation, school



Differential diagnosis

- Physical conditions
 - Substance use, intoxication or withdrawal
 - Caffeine, lead
 - Seizure disorders
 - Migraine
 - Hyperthyroidism
 - Asthma



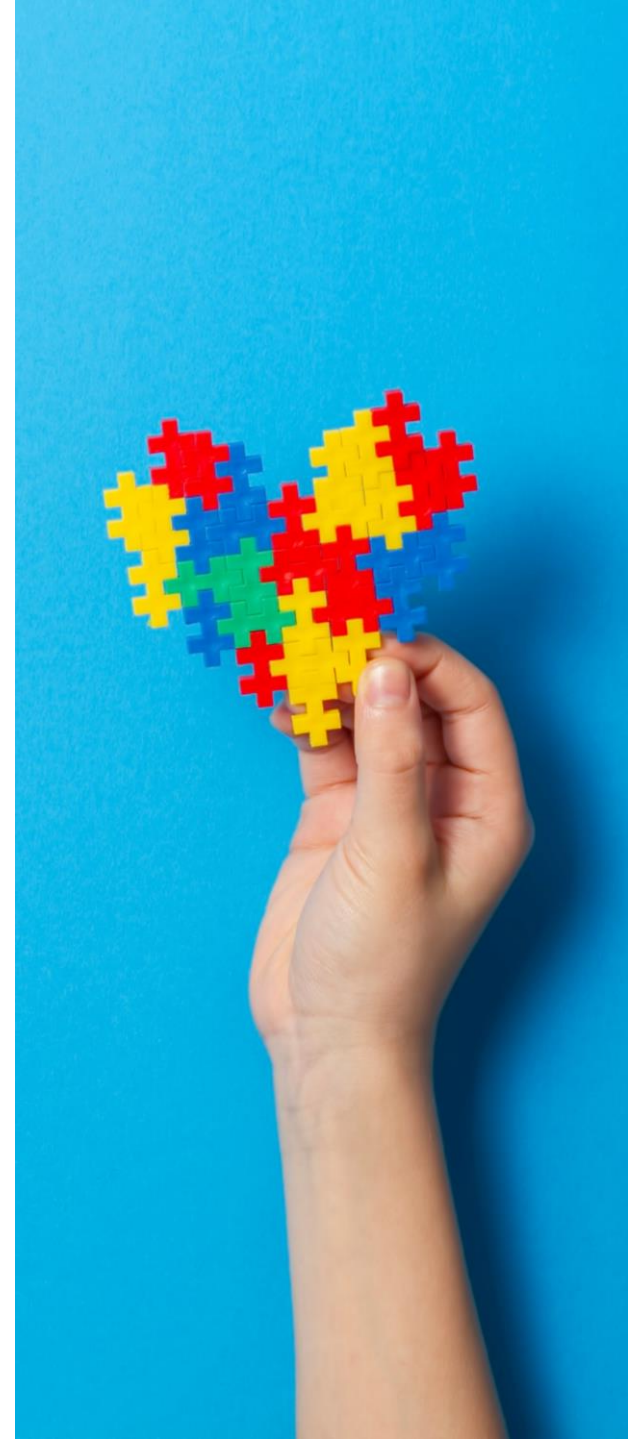
Differential diagnosis

- Other psychiatric conditions may be present or co-occur
 - ADHD (restlessness, inattention)
 - Psychosis (restlessness, paranoia, withdrawal)
 - Autism Spectrum (social avoidance/deficit/atypicality, repetitive behaviors, etc.)
 - Learning disorders
 - Depression and other mood disorders
 - PTSD
 - OCD



Differential diagnosis

- Substance use
- Adjustment disorder
- Abuse
- Bullying
- Other safety issues
- Pregnancy
- Medication side effects (over the counter and prescription)



Disclosure

Thank you for viewing the KSKidsMAP toolkit on Anxiety. KSKidsMAP intends for this toolkit to be used in conjunction with the KSKidsMAP program and not as a stand-alone resource. KSKidsMAP provides case-based consultation with experts in pediatric mental health, ongoing education and mentorship through the Virtual TeleECHO clinic, and physician and clinician wellness resources to those providing medical care to youth and adolescents with mental illness. Please connect with KSKidsMAP by emailing KSKidsMAP@kumc.edu or calling 1-800-332-6262.



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