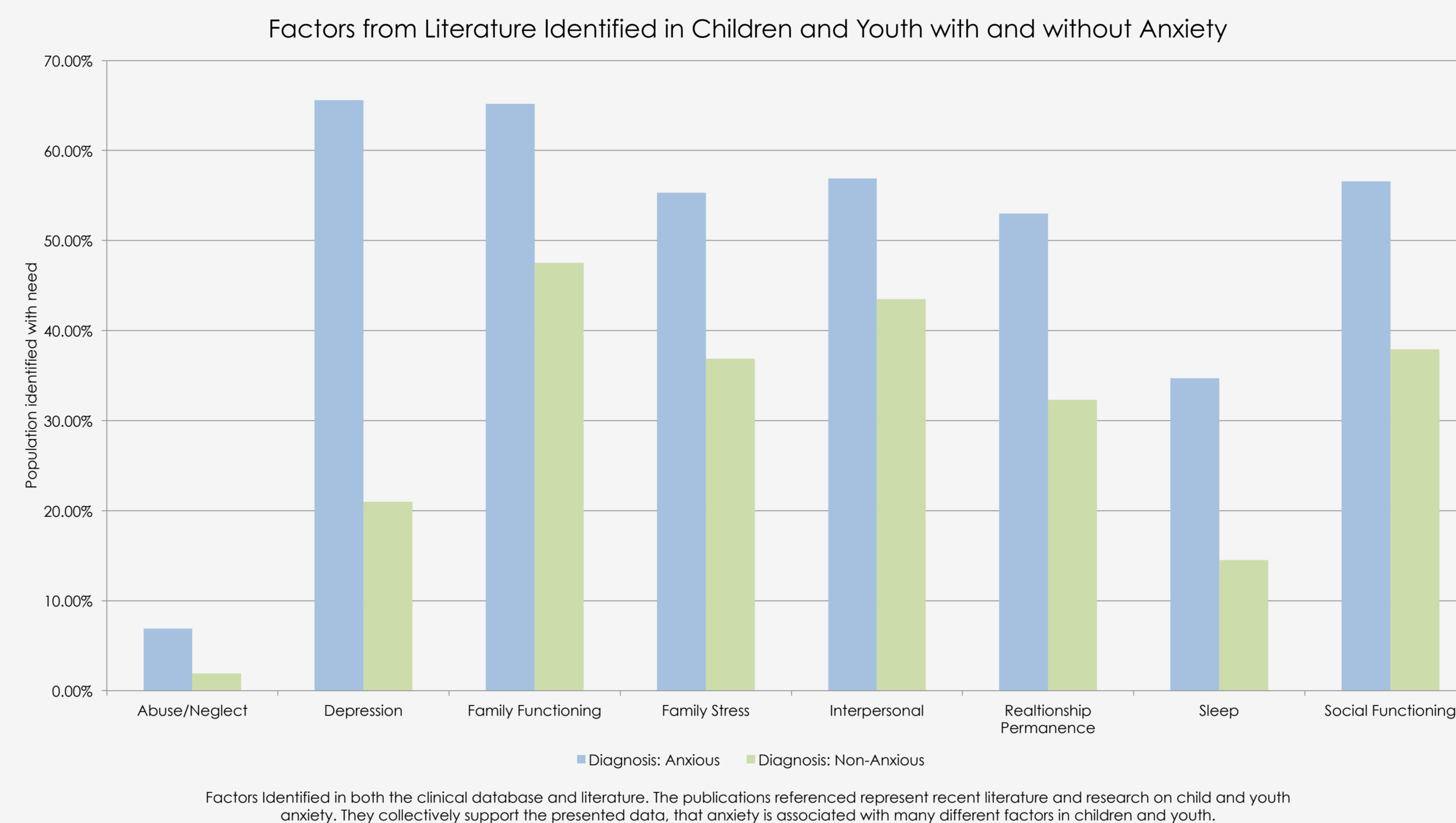


Anxiety in children and youth

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-Introduction-

Research regarding child and youth mental health aims to provide future potential for preventing behavioural issues from arising. However, due to the complexity of a child's life, it is difficult to distinguish both the cause of the child's distress and an effective management plan to suit the child's needs. The objective of this project is to distinguish significant co-factors that are associated with anxiety diagnosed in children and youth. The project builds atop an existing research foundation, the Child and Adolescent Needs and Strengths system, developed by Dr. John Lyons. Understanding general factors associated with anxious children can help clinicians determine both the needs and strengths associated with the individual. This may assist in the early detection and treatment of child and youth mental health.



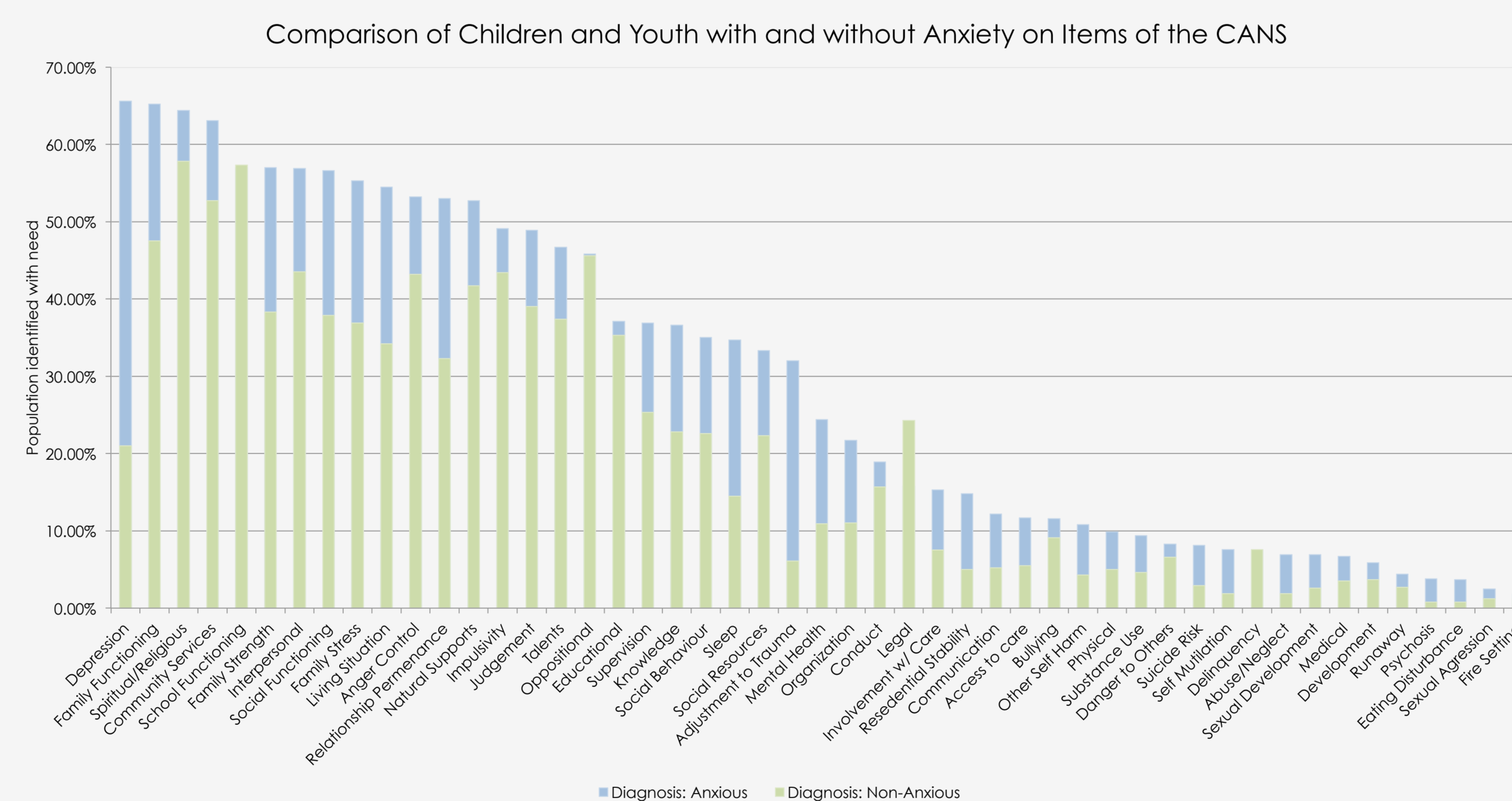
-Results-

It was found that anxiety was a correlate to all the clinical presentations studied. As the clinical database was calculated in conjunction with the CANS, a higher score indicates that action needs to be taken to help the child and/or that the factor has not been identified as a strength. Factors in this database correlated with factors in the literature search.

Maternal depression was found to correlate with child anxiety.¹ Family dysfunction,² characterized by overprotection,³ has been associated with anxious behaviours. Poor levels of sleep predicted higher anxiety.⁴ Parental stress⁵ and divorce⁶ predicted both anxiety and antisocial behaviours. Acculturative stress,⁷ emotion dysregulation,⁸ and being a victim of bullying⁹ were all correlates. Neglected children were found to have an increased likelihood of later anxiety.¹⁰

-Methodology-

This project required an extensive understanding of factors associated with anxiety. The first step was a thorough understanding of the CANS system. A literature search was then completed on relevant subjects. This utilized the university's online journal databases and Morisset Library. Once a collection of Canadian and international articles was obtained, a factor-analysis was completed on an existing database of children and youth, diagnosed with and without anxiety. This presented different factors associated with child and youth anxiety.



-Conclusion-

Anxiety is a common symptom diagnosed in children and youth hospitalized psychiatrically. The literature search identified anxiety disorders, of which appear to be related to a large number of clinical presentations. Current evidence-based treatments are designed exclusively for anxiety. As anxiety is related to most other clinical needs, diagnosis and treatment for anxiety may not be useful. It may be better to consider anxiety as a multifaceted condition, as very few children and youth may be exclusively anxious and not have other significant mental health needs.



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