


Anxiety

Aims

- Discuss the prevalence of anxiety in young people
- Look at the signs and symptoms of anxiety
- Explore ways of managing anxiety
- Learn about the treatment of anxiety

Mental Health Disorders

Eating Disorders	Personality Disorders	Addiction	Mood Disorders	Anxiety	Thought Disorders	Developmental Disorders
Anorexia	Antisocial	Alcohol	Depression	Social anxiety	Schizophrenia	Autism
Bulimia	Paranoia	Opioids	Bipolar	Phobias	Schizoaffective	Attention deficit
Binge eating	Obsessive-compulsive	Tobacco	Cyclothymia	General anxiety	Delusional disorder	Asperger's

Emotional disorders



Anxiety disorders (characterised by fear and worry)



Depressive disorders (characterised by sadness, loss of interest and energy, and low self-esteem)



Mania and bipolar affective disorder.(characterised by moods, which can swing from one extreme to another.)

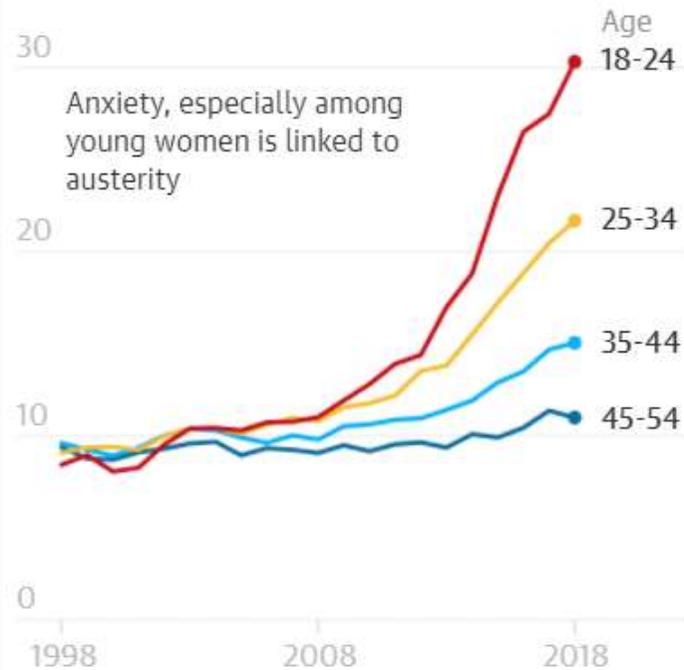
Statistics

- One in twelve (8.1%) 5 to 19 year olds had an emotional disorder, with rates higher in girls (10.0%) than boys (6.2%)
- Anxiety disorders (7.2%) were more common than depressive disorders (2.1%).
- According to the National Institutes of Health, nearly 1 in 3 of all adolescents ages 13 to 18 will experience an anxiety disorder.
- These numbers have been rising steadily; between 2007 and 2012, anxiety disorders in children and teens went up 20%.
- These stats combined with the rate of hospital admissions for suicidal teenagers also doubling over the past decade.

Anxiety among young people has trebled over the past 20 years

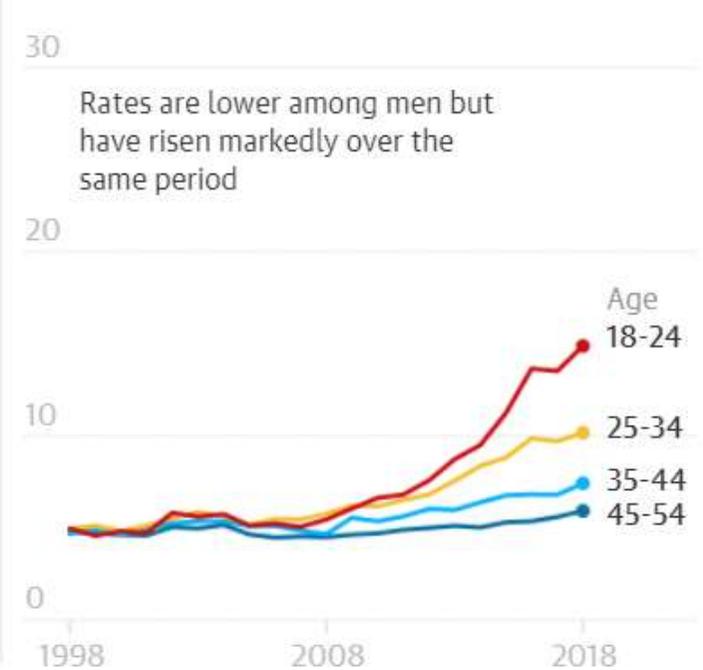
Among women

Incidence per 1,000 people a year

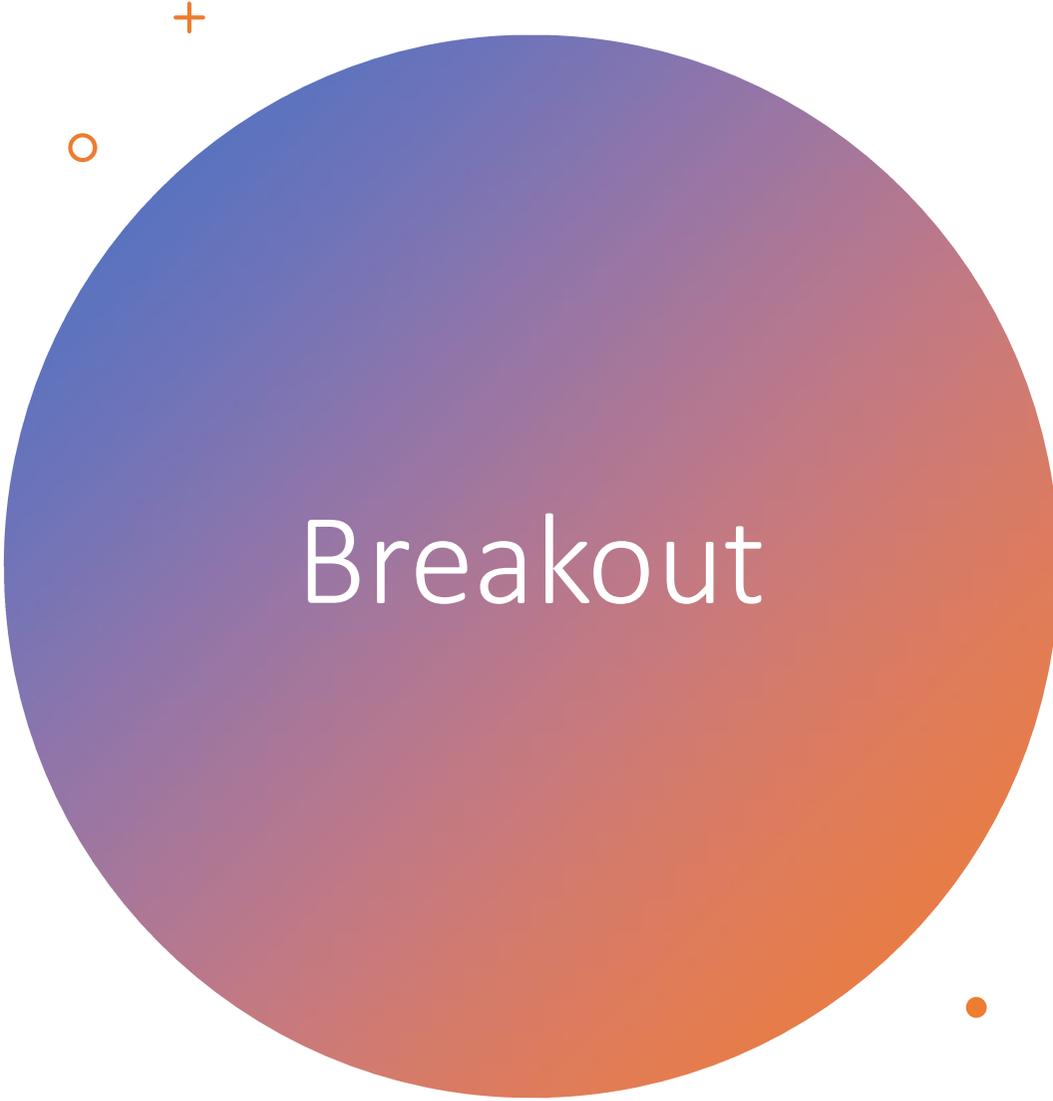


Among men

Incidence per 1,000 people a year



Guardian graphic. Source: Cambridge University Press



Breakout

What's causing the rise in teenagers with severe anxiety?

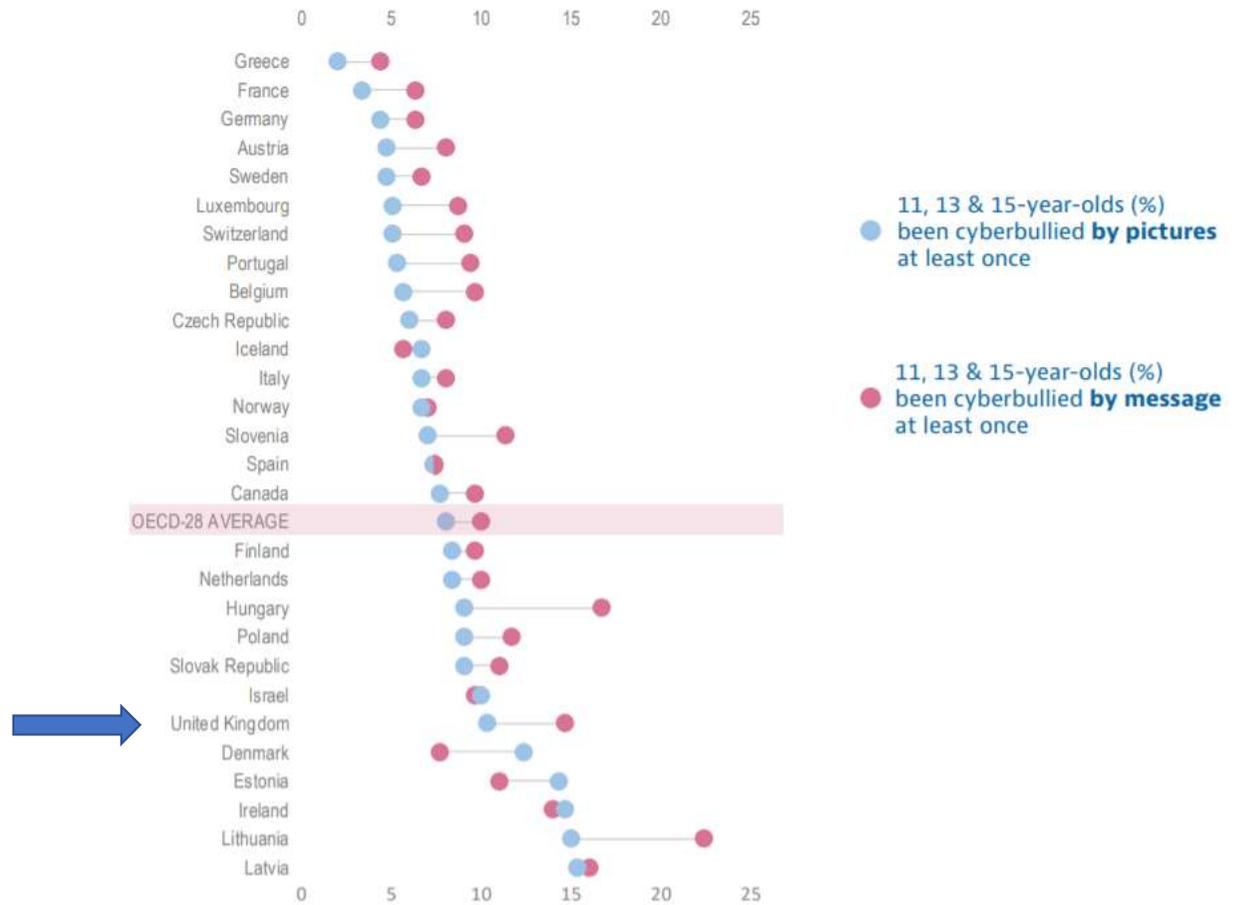


What's causing the rise in teenagers with severe anxiety?

- High expectations and pressure to succeed.
- A world that feels scary and threatening
- Increased screen time and social media use
- Body image
- Changes/insecurity in the jobs market
- Changing/fragmented family networks
- Mental health awareness, reduced stigma

What's causing the rise in teenagers with severe anxiety?

Figure 3. Teenagers have experienced higher rates of cyber-bullying by message



Note: Figures for the United Kingdom and Belgium have been averaged, unweighted.

Source: World Health Organization (2016), Growing up unequal: gender and socioeconomic differences in young people's health and well-being.

What are the common types of anxiety disorders?

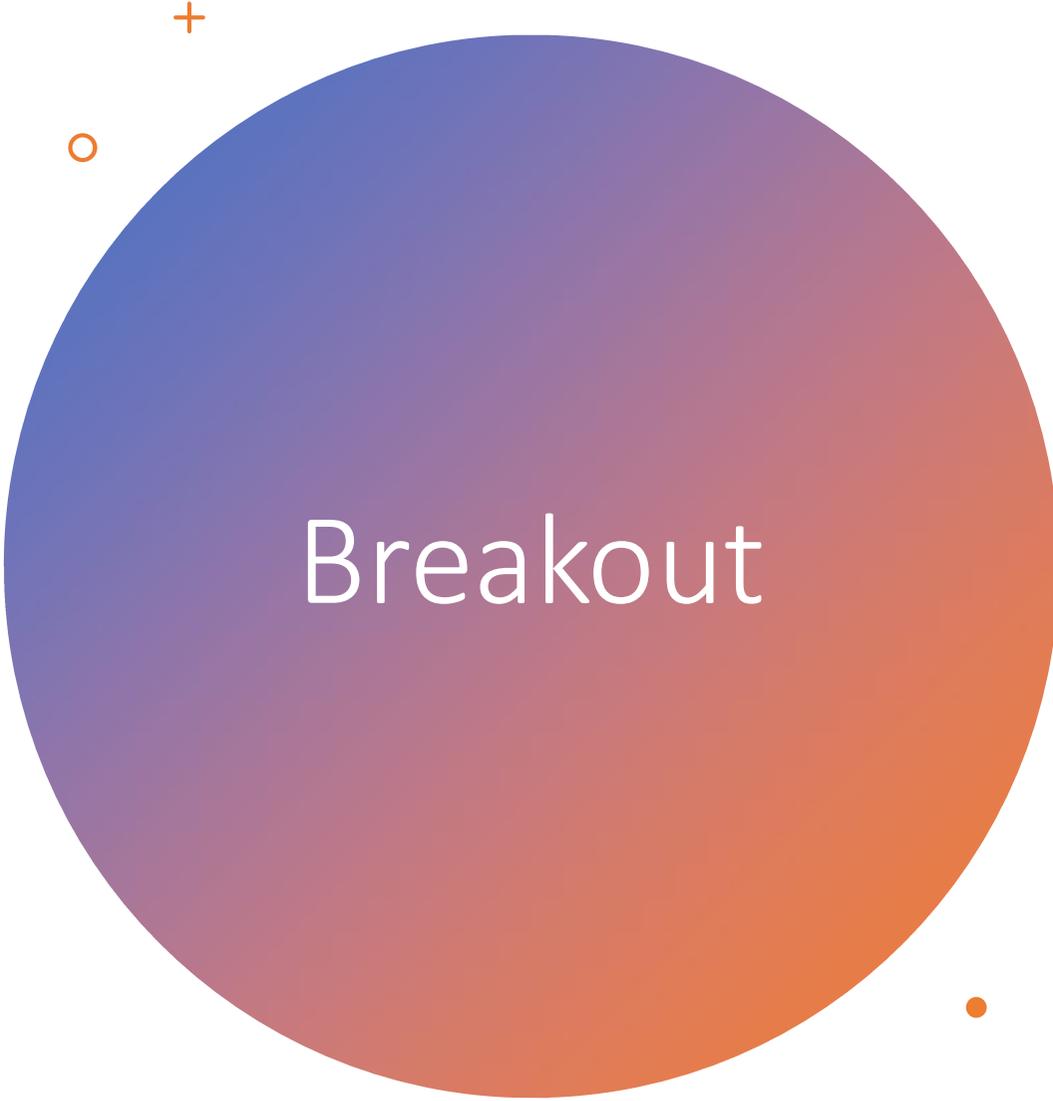
Anxiety disorders involve more than temporary worries or fears and are some of the most common mental health challenges experienced by young people. They can significantly affect how a person feels, thinks, behaves and interacts with others. People can experience different types of anxiety disorders, but it's important to know that they can all be treated.

Generalised anxiety disorder

Some people may worry, and feel their worries are out of control. They might feel tense and nervous most of the time, have trouble sleeping or find it hard to concentrate.

Social anxiety disorder

Some people may experience intense anxiety in social situations because of fear of embarrassment or judgement. This may lead a person to avoid situations where there are other people, like work, school, higher education, or hanging out with friends



Breakout

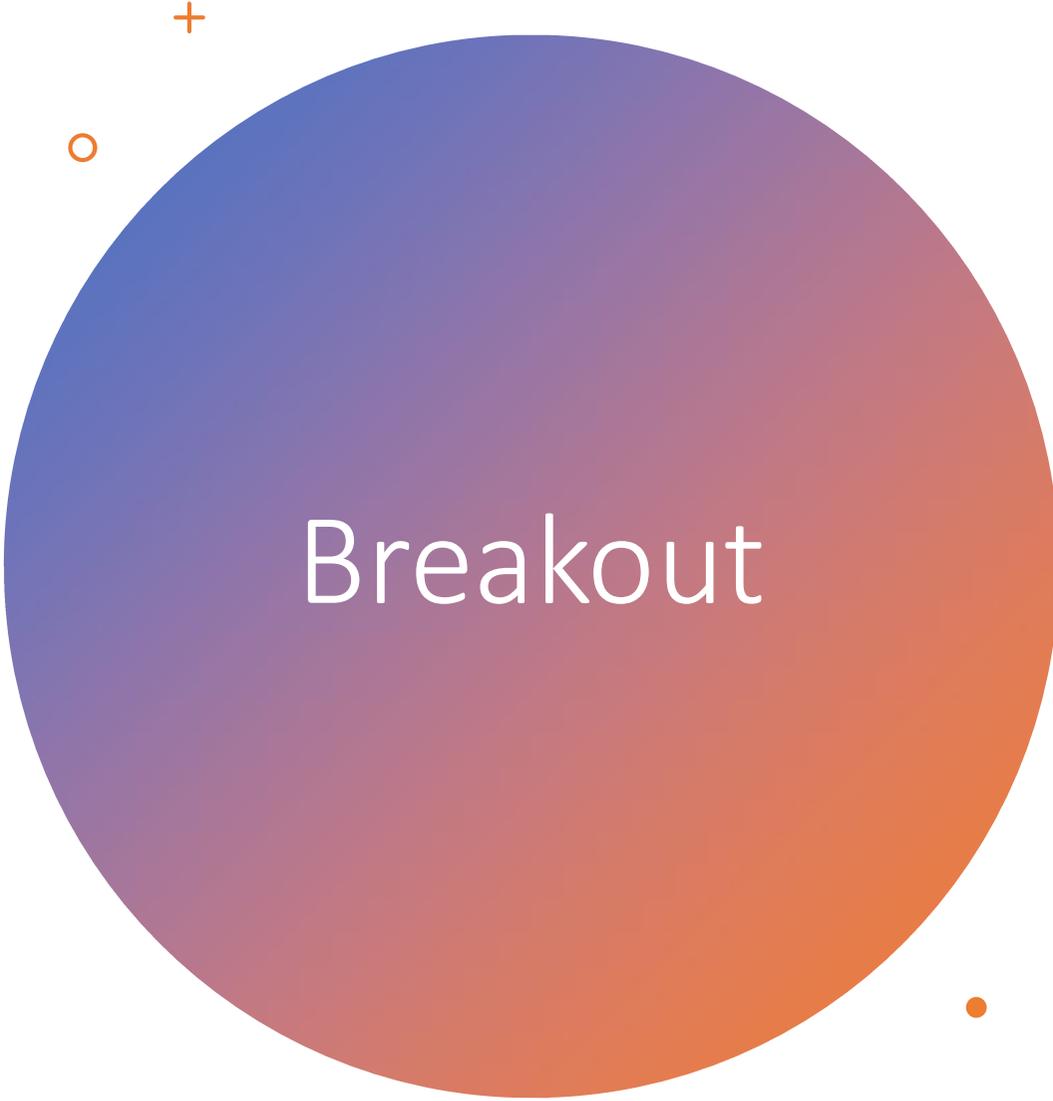
Think about and discuss the ways you experience anxiety **physically**



What are the symptoms of anxiety?

Physical signs can include:

- heart racing
- faster breathing
- feeling tense or having muscle aches (especially neck, shoulders and back)
- sweating or feeling dizzy
- shaking
- 'butterflies' or feeling sick in the stomach.



Breakout

Think about and discuss the ways you experience anxiety through changes to **thoughts, feelings or behaviour**



What are the symptoms of anxiety?

Changes to thoughts, feelings or behaviour can include:

- worrying about things a lot of the time
- being unable to control the worries
- having trouble concentrating and paying attention
- worries that seem out of proportion
- being unable to relax
- avoiding people or places like school or parties
- withdrawing from friends and family
- feeling annoyed, irritated, or restless
- difficulty getting to sleep at night or waking up a lot during the night.

Emotional Changes to Watch Out For

- While some anxious teens express feelings of pervasive worry, others experience subtle emotional changes such as:
- Feeling “keyed up”
- Feeling on edge
- Irritability
- Difficulty concentrating
- Restlessness
- Unexplained outbursts

Social Changes

- Avoiding social interactions with usual friends
- Avoiding extracurricular activities
- Isolating from peer group
- Spending increased time alone

Physical Changes

- Watch for these common psychosomatic complaints:
- Frequent headaches, including migraines
- Gastrointestinal problems
- Unexplained aches and pains
- Excessive fatigue
- Complaints of not feeling well with no obvious medical cause
- Changes in eating habits.

Sleep Disturbances

- It can be difficult to know whether fatigue is a product of anxiety or of a busy schedule. Watch for these red flags:
- Difficulty falling asleep
- Difficulty staying asleep
- Frequent nightmares
- Not feeling refreshed after sleep

Poor School Performance

- Significant jump in grades (usually downward)
- Frequently missed assignments
- Describes feeling overwhelmed by workload
- Procrastinates on, or has difficulty concentrating on, homework assignments more than usual

Panic Attacks

- Rapid heartbeat
- Sweating and trembling
- Dizziness
- Upset stomach
- Difficulty breathing
- Chest pain
- Feeling like they're dying
- Feeling like they're "going crazy"
- Numbness or tingling in arms and legs
- Derealisation.

Different types of anxiety disorders

Separation anxiety disorder

Some people experience intense fear about being away from loved ones – like parents or siblings – or often worry about them being hurt.

Panic disorder

Some people have recurring panic attacks and ongoing fears about experiencing more panic attacks.

Agoraphobia

Some people feel intense anxiety about being in particular environments outside the home. This can include public spaces, public transport, enclosed spaces or crowds.

Specific phobias

Sometimes a person may experience a fear of a particular situation or object – like spiders or animals – that leads to a person avoiding that situation or object

What are panic attacks?

Panic attacks are sudden rushes of intense anxiety or fear, together with frightening thoughts and physical feelings. Frightening thoughts might include:

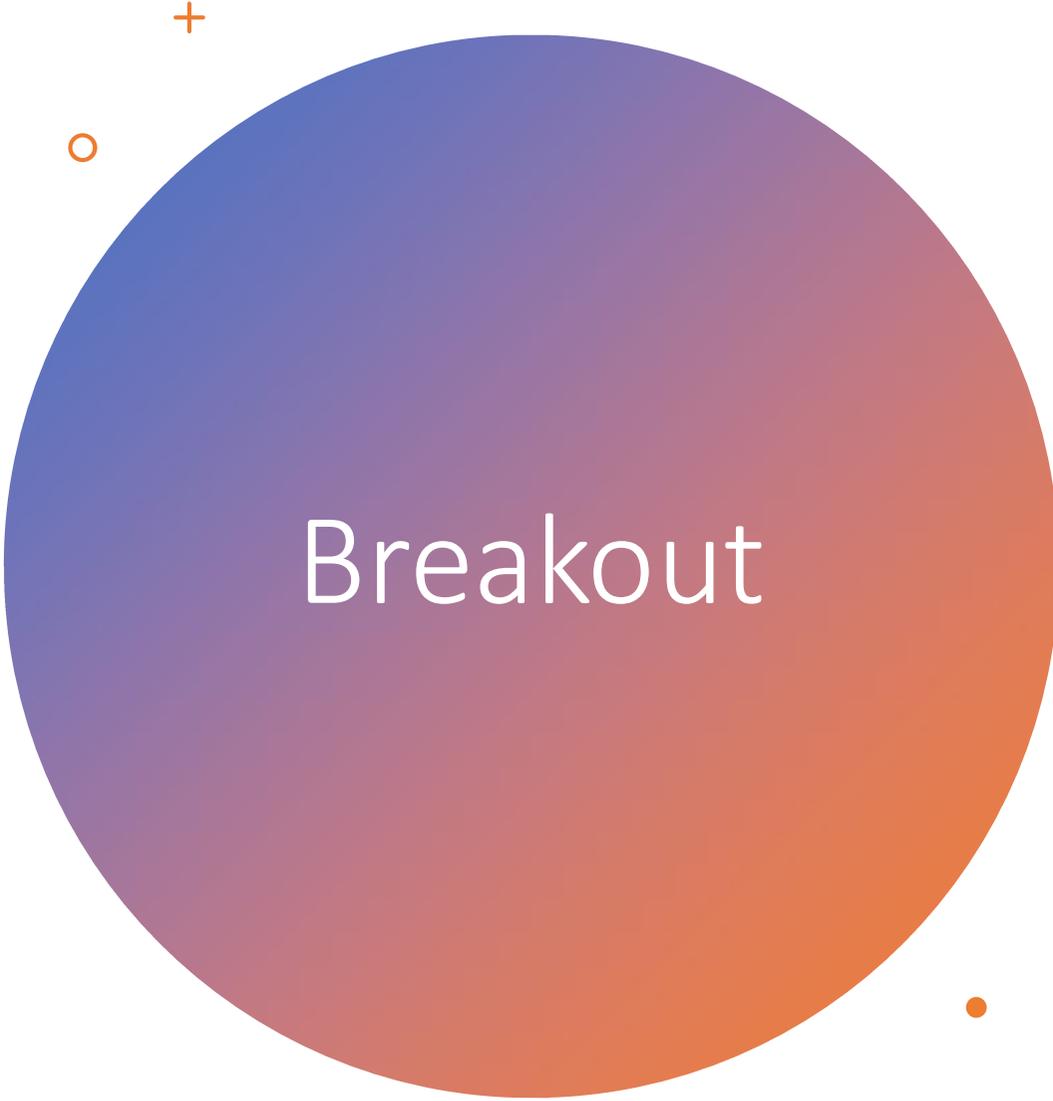
- 'I'm going to die.'
- 'I can't breathe.'
- 'This isn't going to stop.'
- 'I'm having a heart attack.'

What are panic attacks?

Physical feelings might include:

- pounding heart
- sweating
- difficulty breathing
- shaking
- feeling dizzy
- feeling sick.

Panic attacks can feel overwhelming, but usually only last about 10 minutes. It's important to know these feelings pass.



Breakout

What can you do to manage anxiety?



What can I do to manage anxiety?

Care for yourself.

Managing anxiety starts with good self-care. Try to eat well, get enough sleep and stay active to help your overall mental health and wellbeing. You can also learn about stress and different ways you can manage it.

Talk about it.

It's a good idea to talk about how you're feeling – whether it's with your family, friends, a teacher, coach, your mob, or Elders. They can support you, help you understand what's going on, stick to your self-care goals, and get extra help if needed.

What can I do to manage anxiety?

Notice your thinking patterns.

Being aware of how your thoughts can influence your anxiety is an important step towards managing it. It can help you understand what contributes to your anxiety and what your triggers are. This can help you to handle them differently and learn new ways to cope.

Be aware of avoidance.

It's normal to want to avoid situations that make you feel anxious. It might help in the short term, but over time it can make your anxiety feel worse. This is because you don't get the opportunity to learn that the thing you fear may not happen or be as bad as you think.

What can I do to manage anxiety?

Learn some skills to cope with anxiety

like helpful self-talk and relaxation – then gradually face the things you fear and put your skills into action. As you get better at managing anxious situations, you'll become more confident and motivated to keep it up.

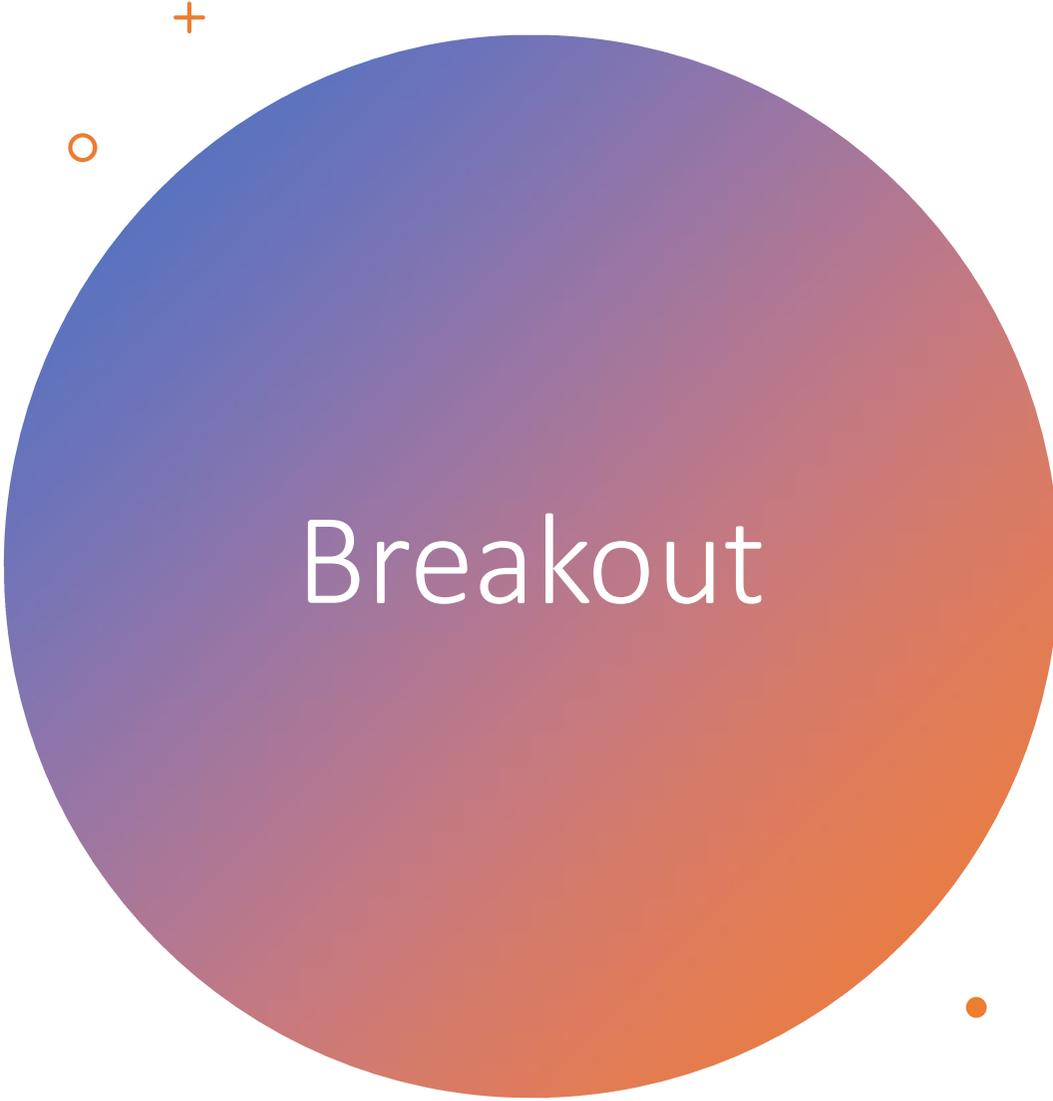
Try new breathing strategies.

Lots of anxiety symptoms involve a cycle of physical sensations - pounding heart, shortness of breath, trembling, or butterflies in the stomach. Working on controlling your breathing is a good way to try to interrupt that cycle. There are some apps and websites that can help.

What can I do to manage anxiety?

Limit your use of alcohol and other drugs.

While these things might help you to feel good in the short term, they can make you feel much worse in the longer term.



Breakout

What treatments are available?



What treatments are available

- Self-help resources
- Talking therapies
- Medication

Self-help resources

- A self-help resource might be the first treatment option. This is because it's available quite quickly, and there's a chance it could help you to feel better without needing to try other options.
- Self-help could be delivered through:
- Manuals or Workbooks, offering information and exercises
- Online cognitive behavioural therapy (CBT) programmes. There are several app-based CBT courses to treat anxiety and panic attacks.

Talking therapies

There are two types of talking treatment recommended for anxiety and panic:

- Cognitive behavioural therapy (CBT) – this focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour, and teaches you coping skills for dealing with different problems.
- Applied relaxation therapy – this involves learning how to relax your muscles in situations where you normally experience anxiety.

Medication

- Some people find it helpful to try talking therapies and medication at the same time, but medication shouldn't be the only thing you're offered.

- Antidepressants

Usually this will be a type called a selective serotonin reuptake inhibitor (SSRI). For some people SSRIs can cause side effects, such as sleep problems or feeling more anxious than you did before.

- Pregabalin

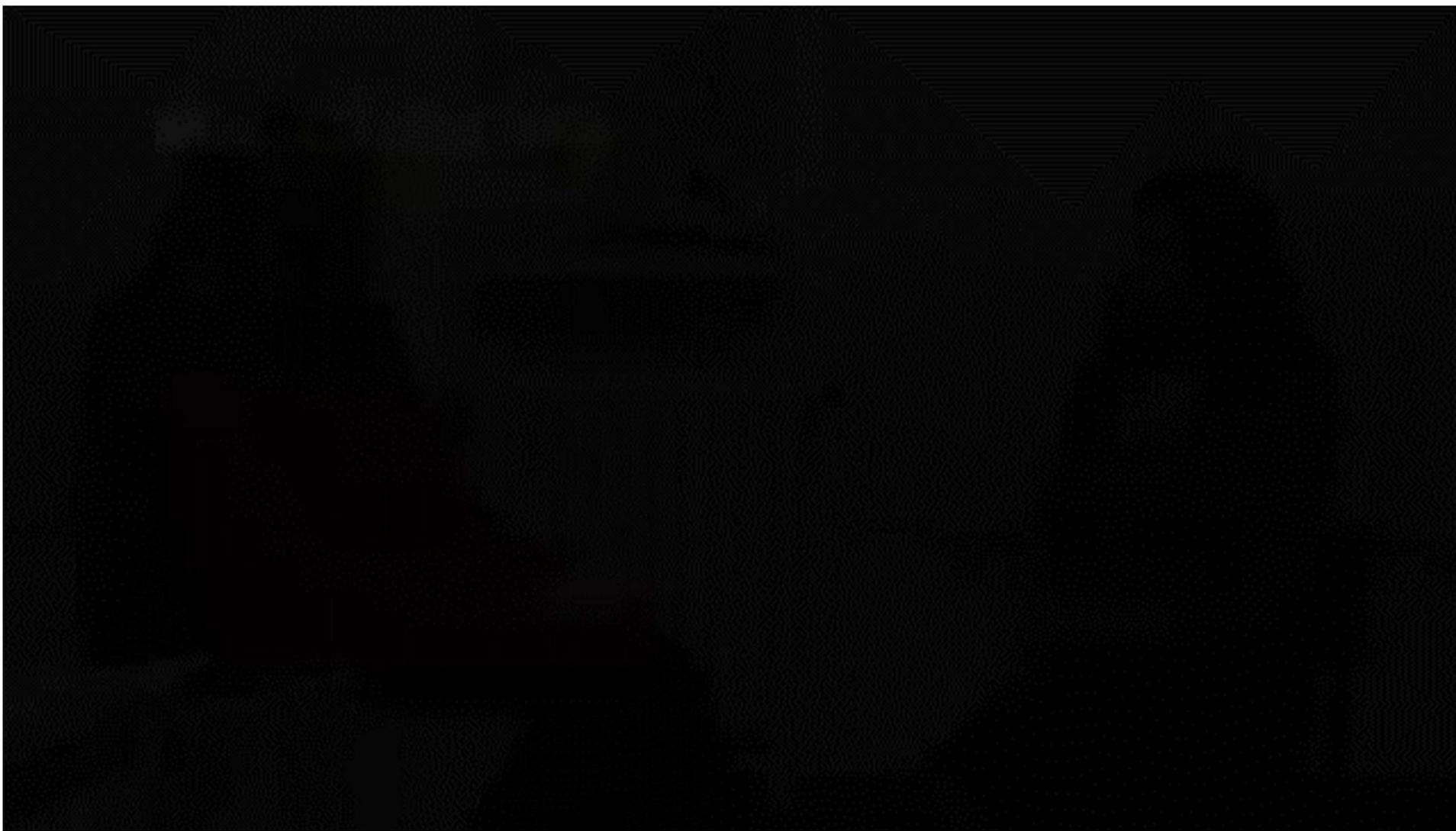
In some cases, such as if you have a diagnosis of generalised anxiety disorder (GAD), your doctor may decide to prescribe you a drug called pregabalin. This is an antiseizure drug which is normally used to treat epilepsy, a neurological disorder that can cause seizures, but is also licensed to treat anxiety.

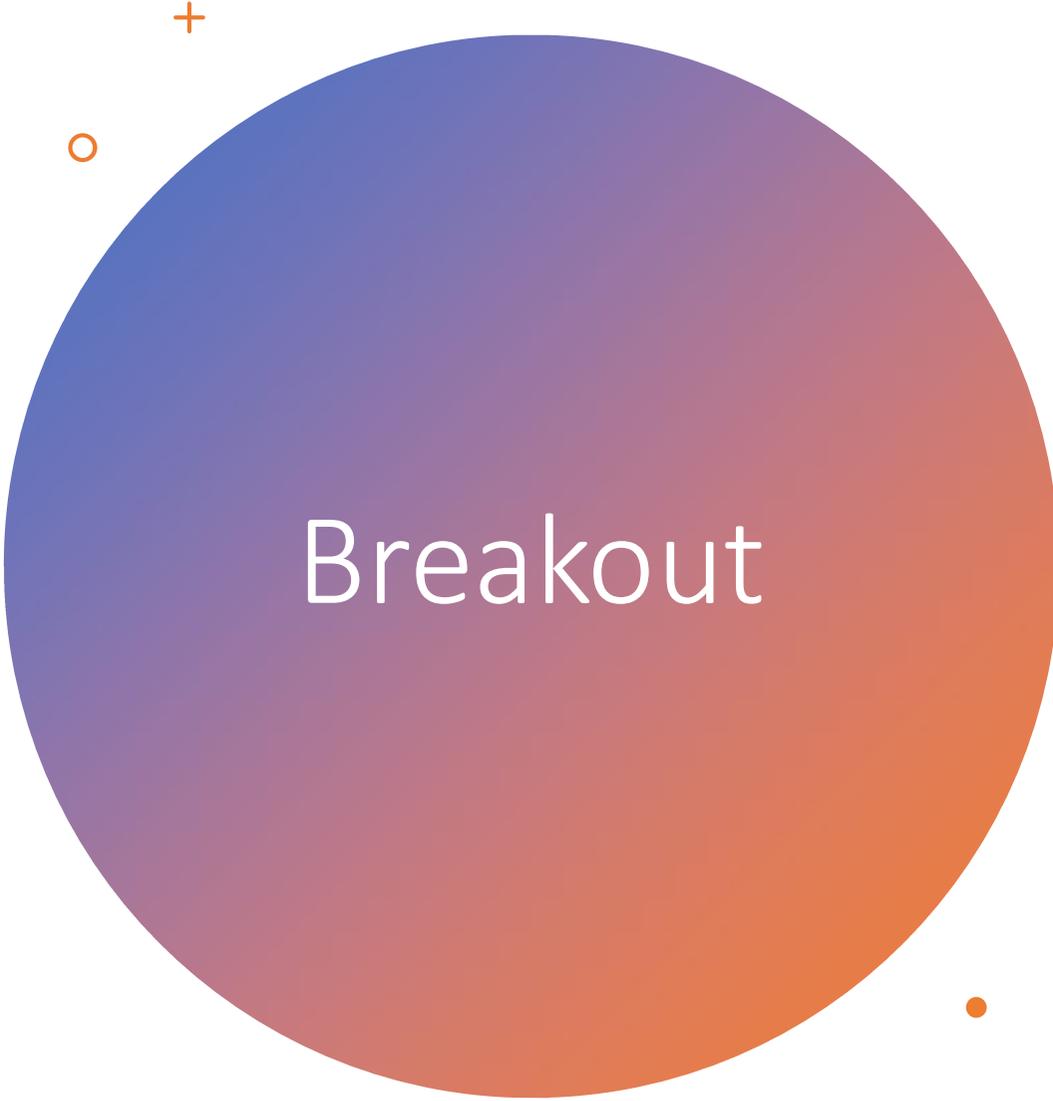
- Beta-blockers

Beta-blockers are sometimes used to treat the physical symptoms of anxiety, such as a rapid heartbeat, palpitations and tremors (shaking). But they are not psychiatric drugs so they don't reduce any of the psychological symptoms. They can be helpful in certain situations that trigger phobia.

- Benzodiazepine tranquillisers

If you experience very severe anxiety that is having a significant impact on your day-to-day life, you may be offered a benzodiazepine tranquilliser. But these drugs can cause unpleasant side effects and can become addictive, so your doctor should only prescribe them at a low dose for a short time, to help you through a crisis period.





Breakout

What are the signs and symptoms of OCD?



Obsessive compulsive behaviour

- Persistent, unpleasant thoughts that dominates thinking to the extent it interrupts other thoughts.
- Some common obsessions that affect people with OCD include:
 - fear of deliberately harming yourself or others – for example, fear you may attack someone else, such as your children
 - fear of harming yourself or others by mistake – for example, fear you may set the house on fire by leaving the cooker on
 - fear of contamination by disease, infection or an unpleasant substance
 - a need for symmetry or orderliness – for example, you may feel the need to ensure all the labels on the tins in your cupboard face the same way

Obsessive compulsive behaviour

- cleaning and hand washing
- checking – such as checking doors are locked or that the gas is off
- counting
- ordering and arranging
- hoarding
- asking for reassurance
- repeating words in their head
- thinking "neutralising" thoughts to counter the obsessive thoughts
- avoiding places and situations that could trigger obsessive thoughts

UK MH Facts

- 1 in 4 people experience MN issue at some point in their lives
- Mixed anxiety and depression the most common MH disorder
- Suicide remains the most common cause of death for men 20-49 yrs
- Population is living longer and older members of society are more susceptible to MH issues
- In 2014, **19.7% of people in the UK aged 16 and over showed symptoms of anxiety or depression** - a 1.5% increase from 2013 and higher among females (22.5%) than males (16.8%)
- 12% 5-16 you have a clinically diagnosed MH problem yet 70% do not receive suitable intervention
- **50%** of mental health problems are established by age 14 and **75%** by age 24