



Childhood Anxiety during the Pandemic

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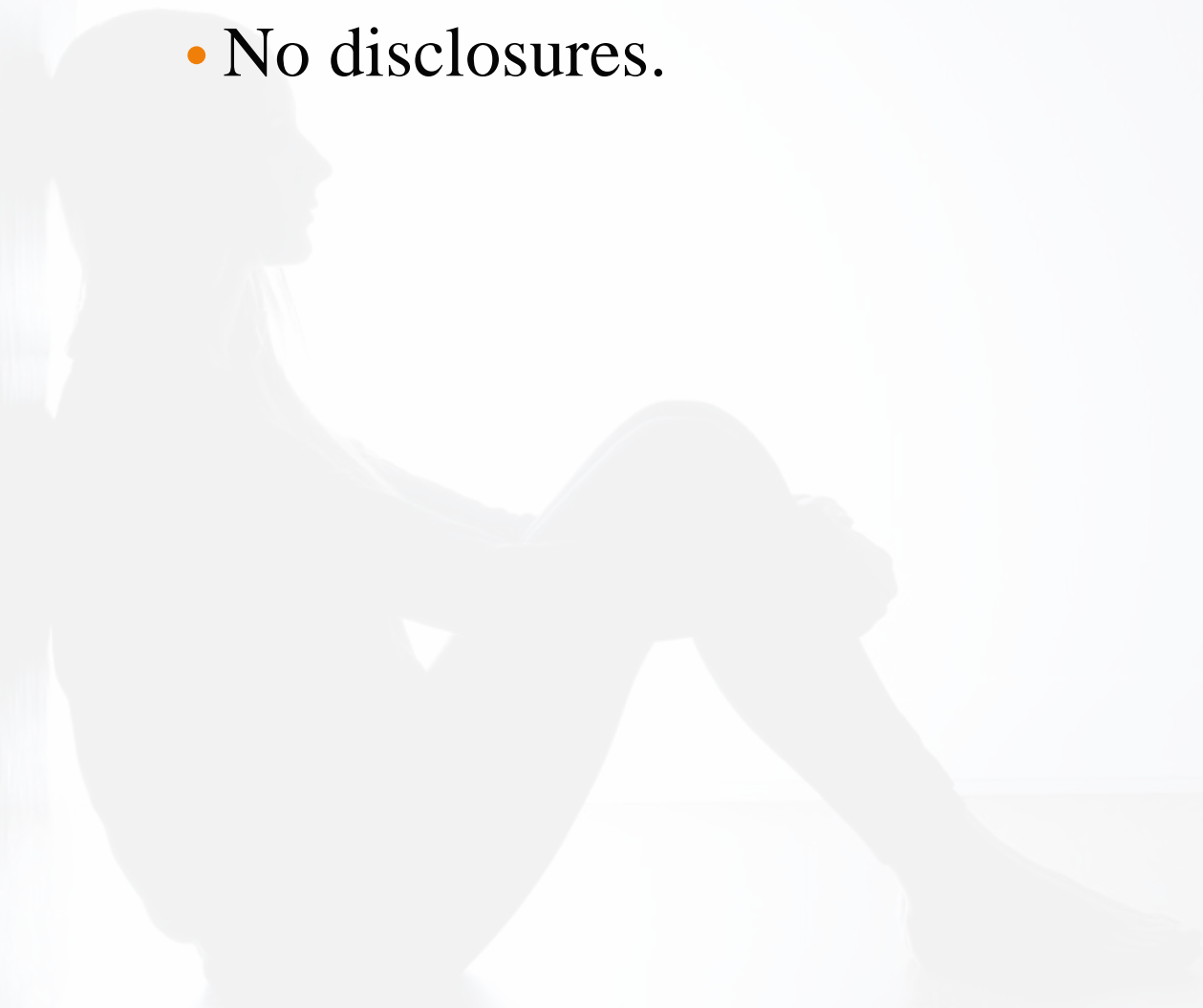
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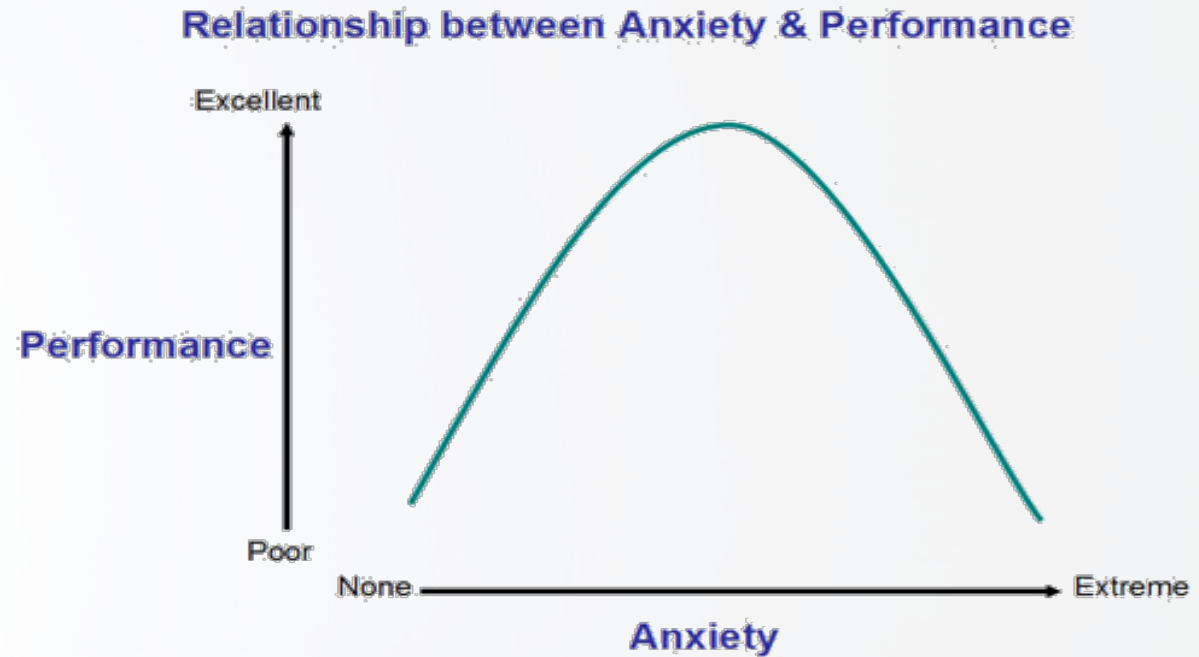
Disclosures

- No disclosures.

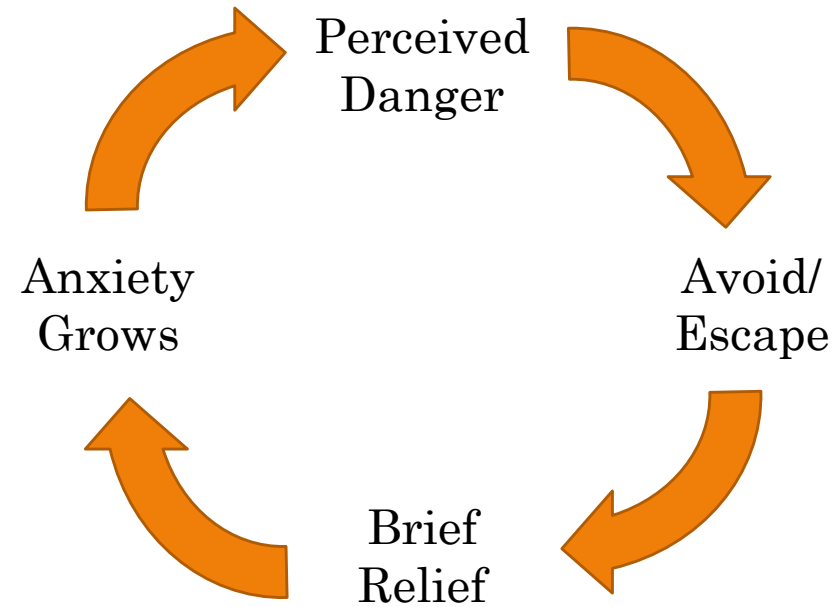
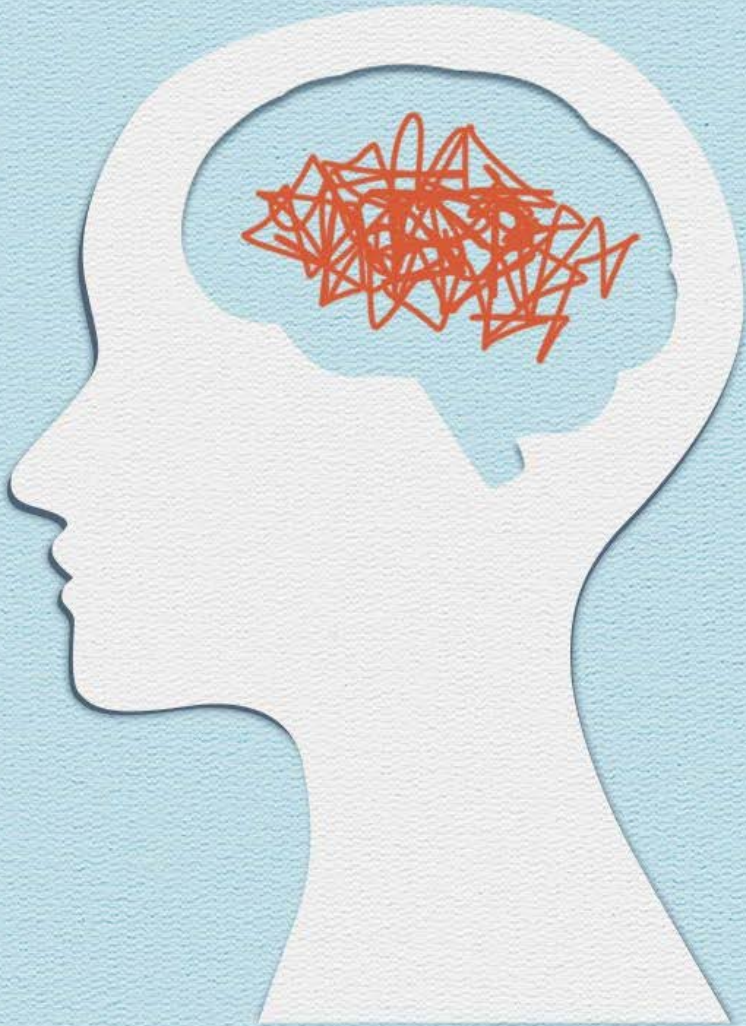


Anxiety

- Anxiety is not bad - it motivates us to avoid danger and prepares for action.
- Anxiety is a disorder when it interferes with functioning



Anxiety Cycle



Breaking the Cycle:

- Stay in it without avoiding it
- Change your rules
- Face your fears

Covid-19 Pandemic

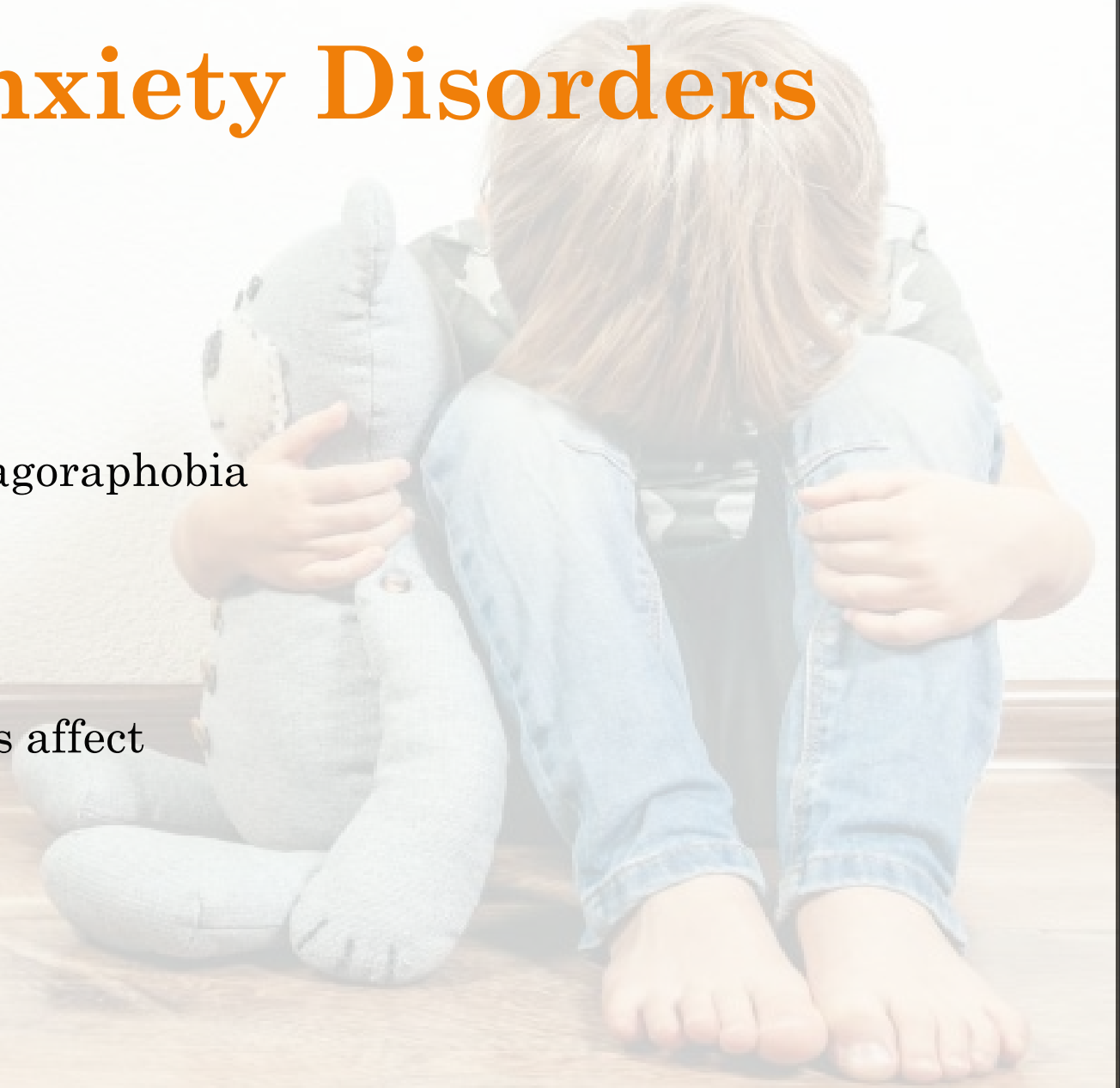
Pandemic is a rare reality

We are all in it together



Childhood Anxiety Disorders

- Generalized Anxiety Disorder
- Panic Disorder
- Social Anxiety Disorder with agoraphobia
- OCD
- PTSD
- Major depression with anxious affect



Effect of Measures taken during pandemic

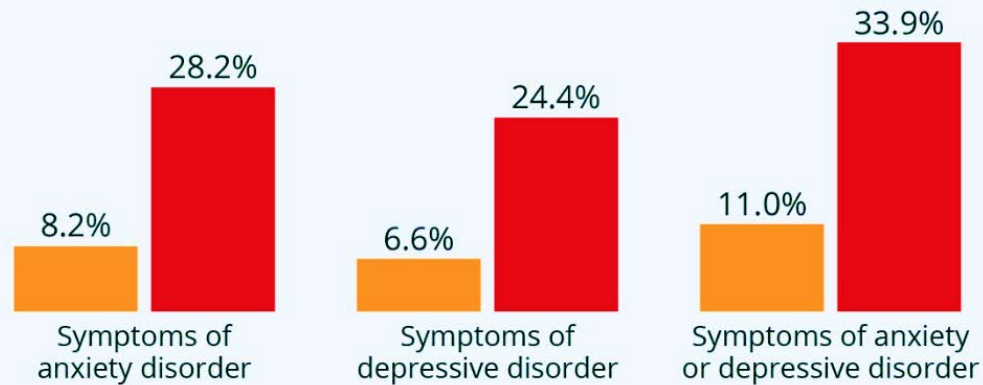
- Isolation
- Lack of peer contact
- Reduced opportunity for stress reduction
- Increase risk for parental mental health, domestic violence, and Child maltreatment
- Increased medical issues and lack of services
- Limited in-home support
- Lack of structured activities for children

Increased Anxiety in Adults

Pandemic Causes Spike in Anxiety & Depression

% of U.S. adults showing symptoms of anxiety and/or depressive disorder*

■ January-June 2019 ■ May 14-19, 2020



* Based on self-reported frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale.

Sources: CDC, NCHS, U.S. Census Bureau



Increased Anxiety in Adults Cont.

During late June 2020, 40% of US adults reported struggling with mental health or substance use:

- 31-31% reported anxiety and depressive symptoms
- 26 % reported trauma symptoms
- 13% started and increased subs use
- 11% considered suicide

Symptoms of Anxiety

A young child with short brown hair, wearing a blue hoodie, is clinging to the side of an adult wearing a yellow sweater and blue jeans. The child's arms are wrapped around the adult's waist, and they appear to be seeking comfort or support. The background is a soft, out-of-focus light gray.

Younger age group:

- clingy, agitated, refusing to engage/comply
- hyperactivity, restlessness, sleep issues

Adolescent age group:

- isolating themselves
- irritability, depression
- increased arguments/ poor compliance
- lack of energy/ activity
- increased somatic symptoms
- increased drug use

Helpful Plans

For parents/ Care providers:

- **Accepting the New normal during current pandemic period**
- **Accepting health guidelines to take safe measures (CDC guideline, State guidelines)**
- **Compartmentalizing the worries**

For younger kids:

- **Reassurance**
- **Regular routine, predictability**
- **Spending 1:1 time with parents/ care providers**
- **Allowing to express their worries: ask questions, validate, accept not having all answers**
- **Outdoor or indoor play activities, coloring, art/ craft activities**

Helpful Plan

For adolescents:

- **Talk about it: reassure, validate, explore information together**
- **Limit TV/ Internet news exposure**
- **Keep routine especially sleep cycle**
- **Involve in structured activity: online classes, learning tools**
- **Yoga, meditation, mindfulness activities**
- **Experiential learning: variety of play, projects e.g. gardening, building items, art/ craft, music/ dance, playing instruments**
- **Games, movies, face time with family/ friends for limited duration**



Helpful Action

Seek help from Mental health professionals when needed:

- Emergency mental health services
- Crisis line
- Telehealth clinic visits (telephone or video sessions) with Child and adolescent psychiatrists and therapists

Interventions



Stressors

- Child Abuse
- Lower Household Income
- Parental Stress
- Food Insecurity
- School Closures
- Inadequate Housing
- Reduced Regular Health Check-Ups
- Barriers to Visiting Children at Foster Care
- Loss of Extracurricular Activities

Interventions

- Parental Support
- Consultations with Scientific Experts
- Government Task Forces
- Youth Advisory Council
- Close-knit communities
- Cash transfer programs
- Parental Support Programs
- Parental Education

Bibliography

- Child Adolescent Psychiatry Mental Health (2020) 14:20, Fegert et al. Challenges and burden of Coronavirus 2019 pandemic for child and a adolescent mental health; a narrative review to highlight clinic and research needs in the acute phase and the long return to normality
- CDC Morbidity and Mortality weekly report, August 14, 2020: Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020