Children’s Project ECHO: Anxiety in the Primary Care Setting

Evaluation and Screening of Anxiety Disorders

Cassie Reeve, PhD
Pediatric Psychologist
Children’s Hospital & Medical Center
<table>
<thead>
<tr>
<th>Disclosures</th>
<th>No Disclosures</th>
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</thead>
<tbody>
<tr>
<td>Consultant/</td>
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<td>Speakers bureaus</td>
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<td>Research funding</td>
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<td>Stock ownership/Corporate boards-employment</td>
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<td>Off-label uses</td>
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<tr>
<td>Session #1</td>
<td>Intro to Anxiety Disorders</td>
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</tbody>
</table>
| September 10 | a. DSM-5 Disorders  
|             | b. Normal Anxiety at various stages of childhood development  |
| Session #2  | Evaluation and Screening of Anxiety Disorders |
| Sept 24     |                           |
| Session #3  | Therapeutic Interventions I - overview. (Psychology) |
| Oct 8       |                           |
| Session #4  | Therapeutic Interventions II - OCD (Psychology) |
| Oct 22      |                           |
| Session #5  | Medication Interventions (Psychiatry) |
| Nov 5       |                           |
| Session #6  | Psychiatric and Medical Co-Morbidities (Psychiatry) |
| Nov 19      |                           |
| Session #7  | Special Topics: PTSD |
| Dec 3       |                           |
| Session #8  | 1. Anxiety and the Environment  
| December 17 | a. Social Media  
|             | b. Mass Tragedies, Crises, and Traumas (school shootings, pandemics, social unrest)  |
Overview & Learning Objectives

• Understand the process of assessing and evaluating for anxiety disorders.
• Identify screening measures to assess for anxiety disorders.
• Understand the importance of assessing and evaluating for anxiety disorders.
What We Know and Why It’s Important

• Fear and worry is common
  – Goal of screening/evaluation is to determine diagnosis and functional impairment

• 7.1% of children aged 3-17 years (approximately 4.4 million) have diagnosed anxiety
  – Rates of diagnosis are increasing over time

• Common comorbidities
  – Depression
  – ADHD
  – Behavioral Concerns
Symptoms To Investigate

- Moodiness, irritability
- Trouble concentrating, inattention
- Decline in grades, academic underachievement
- Avoiding activities or situations that cause anxiety
- Frequent reassurance seeking
Symptoms To Investigate

• Physical Illness or complaints (somatic complaints)
  – Headache, stomachache, appetite change, pain
• Often requires differential diagnosis in order to rule out medical causes
Functional Impairment

• These questions can give more information about functional impairment
  – Does anxiety get in the way of family or social relationships, education?
  – Frequency, intensity, duration of anxiety
  – Do your fears stop you from doing things you would like to do?
  – Coping skills
    • How do you stop anxiety?
    • Who do you talk to about your anxiety?
Generalized Anxiety Disorder

- Questions to ask
  - Would you describe yourself as a worrier?
  - Give examples of common worries—the weather, robbers, grades, health concerns
  - Do you ask a lot of “What if” questions
  - Ask teens if they worry about their future
  - Do you have problems falling asleep or staying asleep?
Social Anxiety Disorder

• Questions to ask
  – Would you describe yourself as shy?
  – Do you get anxious about meeting new people?
  – When you are around your peers, do you worry about saying the wrong thing? Getting embarrassed?
  – Will you raise your hand in class?
  – Will you order food at a restaurant?
Separation Anxiety Disorder

• These are often questions for parents

• Questions to ask
  – Ask what age difficulties with separation start?
  – Where do they sleep? Can they fall asleep on their own?
  – Will they go on overnights/sleepovers?
  – How are drop offs at school/daycare/grandparents house?

• History of separation anxiety increases risk of other anxiety disorders
Panic Disorder

• Questions to ask
  – Have you ever had a panic attack? Describe it
  – Have does your body feel when you are having a panic attack?
  – Are there things that happen first to cause feelings of panic?
  – Are you avoiding certain things out of fear of having another panic attack?
Screening Measures
SCARED


  – 8 years and up, Child and parent form, 41 items

  – Subscales
    • Panic Disorder or Significant Somatic Symptoms, Generalized Anxiety Disorder, Separation Anxiety Disorder, Social Anxiety Disorder, Significant School Avoidance

  – Not intended as a diagnostic instrument when used in isolation
<table>
<thead>
<tr>
<th>SCARED</th>
<th>0</th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Not True or Hardly Ever True</td>
<td>Somewhat True or Sometimes True</td>
<td>Very True or Often True</td>
</tr>
<tr>
<td>1. When I feel frightened, it is hard to breathe</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2. I get headaches when I am at school.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>3. I don’t like to be with people I don’t know well.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>4. I get scared if I sleep away from home.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>5. I worry about other people liking me.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>6. When I get frightened, I feel like passing out.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>7. I am nervous.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>8. I follow my mother or father wherever they go.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>9. People tell me that I look nervous.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>10. I feel nervous with people I don’t know well.</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
**Scoring the SCARED**

<table>
<thead>
<tr>
<th>SCORING:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A total score of ≥ 25 may indicate the presence of an <em>Anxiety Disorder</em>. Scores higher than 30 are more specific. <strong>TOTAL =</strong></td>
<td></td>
</tr>
<tr>
<td>A score of 7 for items 1, 6, 9, 12, 15, 18, 19, 22, 24, 27, 30, 34, 38 may indicate <em>Panic Disorder</em> or <em>Significant Somatic Symptoms</em>. <strong>PN =</strong></td>
<td></td>
</tr>
<tr>
<td>A score of 9 for items 5, 7, 14, 21, 23, 28, 33, 35, 37 may indicate <em>Generalized Anxiety Disorder</em>. <strong>GD =</strong></td>
<td></td>
</tr>
<tr>
<td>A score of 5 for items 4, 8, 13, 16, 20, 25, 29, 31 may indicate <em>Separation Anxiety SOC</em>. <strong>SP =</strong></td>
<td></td>
</tr>
<tr>
<td>A score of 8 for items 3, 10, 26, 32, 39, 40, 41 may indicate <em>Social Anxiety Disorder</em>. <strong>SC =</strong></td>
<td></td>
</tr>
<tr>
<td>A score of 3 for items 2, 11, 17, 36 may indicate <em>Significant School Avoidance</em>. <strong>SH =</strong></td>
<td></td>
</tr>
</tbody>
</table>

- [https://www.midss.org/content/screen-child-anxiety-related-disorders-scared](https://www.midss.org/content/screen-child-anxiety-related-disorders-scared)
- This link has PDF’s of Child and Parent versions of SCARED
- Also has Excel spreadsheet that calculates for you!
Screening Measures

Spence Children’s Anxiety Scale

• Spence Children’s Anxiety Scale (SCAS) (Spence, 1998)
• 44 items on child scale, 38 items on parent scale
• Ages 8 to 15
• Assesses six domains including:
  – Generalized anxiety, panic/agoraphobia, social phobia, separation anxiety, obsessive compulsive disorder and physical injury fears
• Not intended as a diagnostic instrument when used in isolation
# Spence Children’s Anxiety Scale

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I worry about things...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>2.</td>
<td>I am scared of the dark...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>3.</td>
<td>When I have a problem, I get a funny feeling in my stomach...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>4.</td>
<td>I feel afraid...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>5.</td>
<td>I would feel afraid of being on my own at home...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>6.</td>
<td>I feel scared when I have to take a test...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>7.</td>
<td>I feel afraid if I have to use public toilets or bathrooms...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>8.</td>
<td>I worry about being away from my parents...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>9.</td>
<td>I feel afraid that I will make a fool of myself in front of people...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>10.</td>
<td>I worry that I will do badly at my school work...</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
</tbody>
</table>
Screening Measures
Spence Children’s Anxiety Scale

• Scoring
  – Subscale Score Calculation

<table>
<thead>
<tr>
<th>Subscale</th>
<th>Score</th>
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<tbody>
<tr>
<td>Panic attack and agoraphobia</td>
<td>12</td>
</tr>
<tr>
<td>Separation anxiety</td>
<td>5</td>
</tr>
<tr>
<td>Physical injury fears</td>
<td>2</td>
</tr>
<tr>
<td>Social phobia</td>
<td>6</td>
</tr>
<tr>
<td>Obsessive compulsive</td>
<td>13</td>
</tr>
<tr>
<td>Generalized anxiety disorder / overanxious disorder</td>
<td>1</td>
</tr>
</tbody>
</table>

• T-score based on age and gender
# SCAS (PARENT REPORT) - Girls Aged 7-9

<table>
<thead>
<tr>
<th>OCD</th>
<th>Social Phobia</th>
<th>Panic Agoraphobia</th>
<th>Separation Anxiety</th>
<th>Physical Injury Fears</th>
<th>Generalised Anxiety</th>
<th>Total SCAS</th>
<th>T-Score</th>
<th>Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>≥8</td>
<td>≥13</td>
<td>≥7</td>
<td>≥12</td>
<td>≥9</td>
<td>≥10</td>
<td>≥53</td>
<td>≥70</td>
<td>≥98%</td>
</tr>
<tr>
<td>7</td>
<td>12</td>
<td>6</td>
<td>11</td>
<td>8</td>
<td>9</td>
<td>50-52</td>
<td>69</td>
<td>97%</td>
</tr>
<tr>
<td>6</td>
<td>11</td>
<td>6</td>
<td>10</td>
<td>8</td>
<td>8</td>
<td>41-49</td>
<td>68</td>
<td>96%</td>
</tr>
<tr>
<td>5</td>
<td>10</td>
<td>4-5</td>
<td>9</td>
<td>7</td>
<td>7</td>
<td>39-40</td>
<td>67</td>
<td>95%</td>
</tr>
<tr>
<td>4</td>
<td>9</td>
<td>3</td>
<td>8</td>
<td>7</td>
<td>6</td>
<td>38-40</td>
<td>66</td>
<td>94%</td>
</tr>
<tr>
<td>3</td>
<td>8</td>
<td>2</td>
<td>6</td>
<td>5</td>
<td>5</td>
<td>38-40</td>
<td>65</td>
<td>94%</td>
</tr>
<tr>
<td>2</td>
<td>6</td>
<td>1</td>
<td>5</td>
<td>4</td>
<td>4</td>
<td>28-29</td>
<td>60 Elevated</td>
<td>84%</td>
</tr>
<tr>
<td>1</td>
<td>5</td>
<td>0</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>28-29</td>
<td>60 Elevated</td>
<td>84%</td>
</tr>
<tr>
<td>0</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>28-29</td>
<td>60 Elevated</td>
<td>84%</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>28-29</td>
<td>60 Elevated</td>
<td>84%</td>
</tr>
</tbody>
</table>

1. Repeated activities
2. Fears dark
3. Feeling in stomach
4. Fears something bad
5. Fears being home alone
6. Fears public toilets
7. Away from parents
8. Fears doctors
9. School work
10. Fears heights
11. Fears transport
12. Fears being home alone
13. Fears going to school
14. Fears sleeping alone
15. Fears sleeping alone
16. Fears dogs
17. Fears being home alone
18. Fears insects
19. Heart beats fast
20. Fears insects
21. Fears insects
22. Fears insects
23. Fears insects
24. Fears insects
25. Fears insects
26. Fears insects
27. Fears insects
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92. Fears insects
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94. Fears insects
95. Fears insects
96. Fears insects
97. Fears insects
98. Fears insects
99. Fears insects
100. Fears insects

<table>
<thead>
<tr>
<th>OCD</th>
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<th>Total SCAS</th>
<th>T-Score</th>
<th>Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>Total</td>
<td>SCAS Total</td>
<td>SCAS T-Score</td>
<td></td>
</tr>
<tr>
<td>T-Score</td>
<td>T-Score</td>
<td>T-Score</td>
<td>T-Score</td>
<td>T-Score</td>
<td>T-Score</td>
<td>SCAS Percentile</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Repeated activities
- Fears dark
- Feeling in stomach
- Fears something bad
- Fears being home alone
- Fears public toilets
- Away from parents
- Fears doctors
- School work
- Fears heights
Screening Measures
GAD-7

• Generalized Anxiety Disorder -7 (Spitzer R.L., Kroenke K., Williams J.B.W, Lowe B., 2006)

• Screening tool and symptom severity measure for the four most common anxiety disorders
  – Generalized Anxiety Disorder, Panic Disorder, Social Phobia and Post-Traumatic Stress Disorder

• 7 item screening tool
• Ages 13 and up
• Not intended as a diagnostic instrument when used in isolation
# GAD-7

**Over the last two weeks, how often have you been bothered by the following problems?**

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feeling nervous, anxious, or on edge</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Not being able to stop or control worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Worrying too much about different things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Trouble relaxing</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Being so restless that it is hard to sit still</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Becoming easily annoyed or irritable</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Feeling afraid, as if something awful might happen</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult
Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “not at all,” “several days,” “more than half the days,” and “nearly every day.” GAD-7 total score for the seven items ranges from 0 to 21.

0–4: minimal anxiety
5–9: mild anxiety
10–14: moderate anxiety
15–21: severe anxiety
Screening Measures with Behavioral Health

• Broad measures for variety of emotional and behavioral concerns
  – Behavior Assessment Scale for Children – Third Ed. (BASC-3)
  – Child Behavior Checklist (CBCL)
• Multidimensional Anxiety Scale for Children - Second Edition (MASC-2)
  – Broad Anxiety Assessment Measure, ages 8-19
• Beck Anxiety Inventory (BAI)
  – Brief anxiety assessment Ages 17+
• Children’s Yale-Brown OC Scale
  – Checklist of common obsessions and compulsions
  – Ages 6-17
Links to Screeners

• SCARED
  https://www.midss.org/content/screen-child-anxiety-related-disorders-scared

• Spence Children’s Anxiety Scale
  https://www.scaswebsite.com/

• GAD-7
References


References


