

# The Assessment of Anxiety in Children and the Types of Anxiety Disorders

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## About the study

Anxiety disorders are defined and classified in diagnostic systems like the Diagnostic and Statistical Manual of Mental Disorders (DSM, currently version IV-TR, American Psychiatric Association) and the International Classification of Diseases (ICDS) (ICD, currently version 10, World Health Organization). Many anxiety disorders have clinical aspects across multiple systems, such as high levels of anxiety, physiological anxiety symptoms, and behavioural problems such as severe avoidance of fearful situations, and related discomfort or impairment. However, there are distinctions, and it's worth noting that narrowly classified anxiety disorders like panic disorder, agoraphobia, and subtypes of certain phobias have a lot of phenotypic variety or heterogeneity.

constantly imagine the worst-case circumstance. These anxieties may induce physical symptoms in children with GAD, such as headaches and stomach-aches. Because they are so burdened by their fears, your child may isolate themselves, avoiding school and friends.

### Panic disorder

A panic attack is a sudden, acute experience of worry that occurs

properly understanding life.

How do we determine whether the child's worries and fears are more than just passing thoughts? Here are a few questions to ponder:

- Do they express fear or anxiety on a regular basis, for weeks at a time?
- Is it difficult for them to sleep at night? Do they seem abnormally drowsy or exhausted during the day?
- Is it difficult for them to concentrate?
- Do they seem angry or easily irritated?

Anxiety disorders can manifest itself in a variety of ways in children. Some of the most common are:

### Generalized Anxiety Disorder (GAD)

GAD children are overly concerned about a variety of things, including school, their own safety and health, the health of family members and friends, money, and the security of their families. The list could go on indefinitely. A child suffering from GAD may

