

Anxietatea sociala la adolescent

Conf . Dr. Florina Rad, As Univ Dr Ilinca Mihailescu,
As Univ. Dr. Emanuela Andrei, As. Univ. Dr.
Alexandra Buica

Psihiatria Copilului si Adolescentului – UMF Carol
Dvila Bucuresti



Cuprins

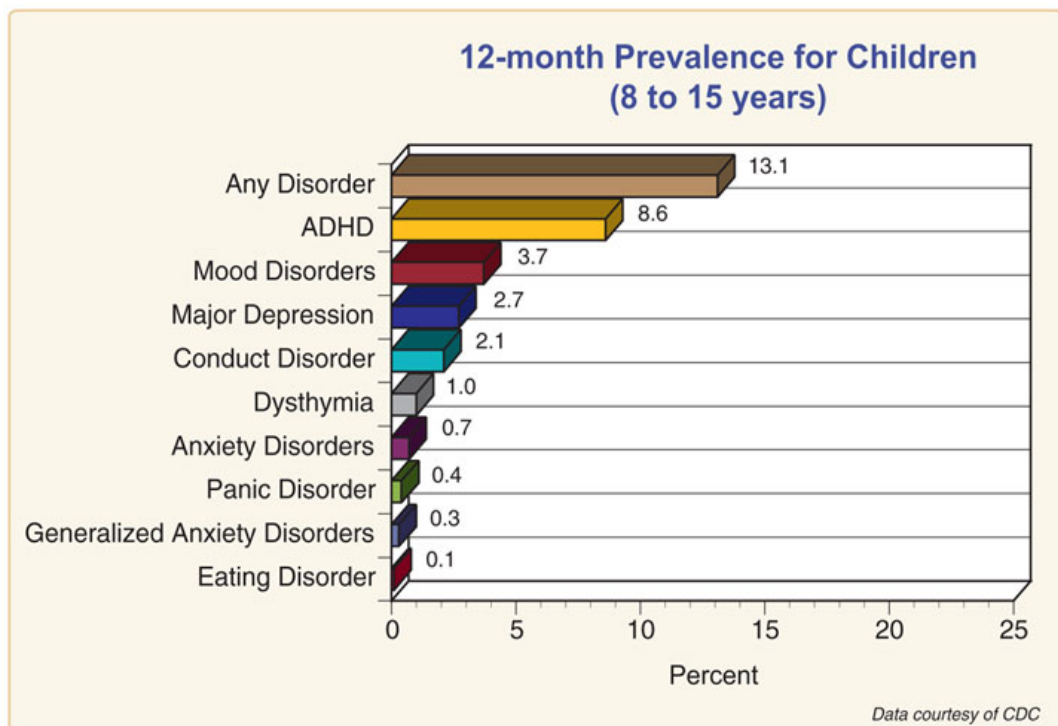
- 1. Importanta problemei - epidemiologie
- 2. Aspecte clinice
- 3. Parametrii practici de evaluare
- 4. Comorbiditatea cu TSA



Importanta problemei - epidemiologie



Epidemiologia tulburărilor psihice la copil și adolescent



CDC (SUA):

-1 din 6 copii, la un moment dat în viața sa prezintă o tulburare mintală

- 13% dintre copiii cu vârste între 8 și 15 ani au prezentat în 2015 o tulburare psihică diagnosticabilă

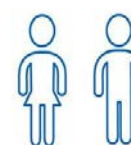


1 in 6 children aged 2-8 years has a mental, behavioral, or developmental disorder.

NHS (UK), 2017:

- 12.8% (1 din 8) dintre copiii cu vârste între 5 și 19 ani au prezentat o tulburare psihică diagnosticabilă

- Tulburările emoționale au fost cel mai răspândit tip de tulburare la copiii cu vârsta cuprinsă între 5 și 19 ani (8,1%)



12.8% of five to 19-year-olds had a mental disorder in 2017

NHS
Digital

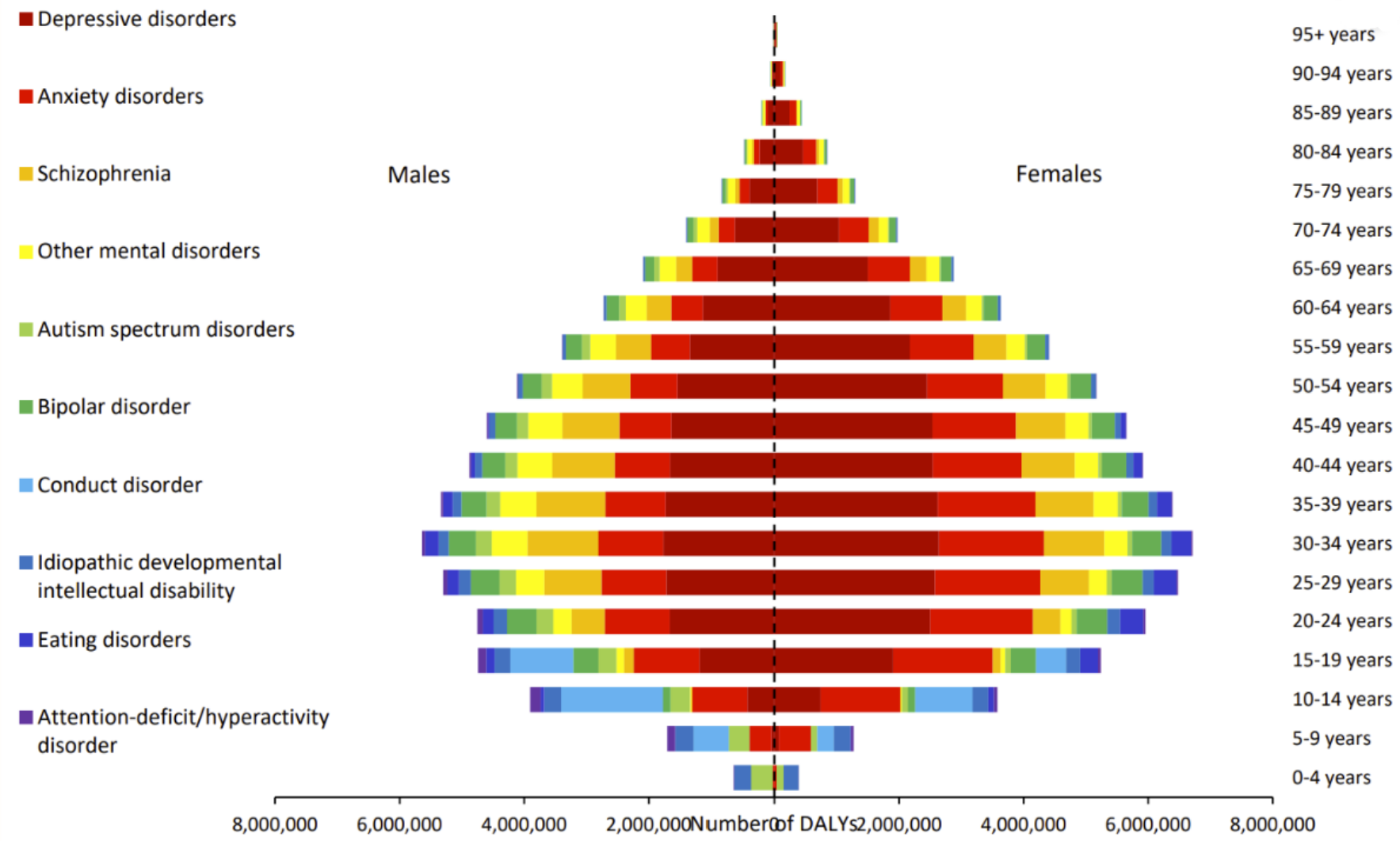
#ChildrensMentalHealthWeek



- **Depression, anxiety and behavioural disorders are among the leading causes of illness and disability among adolescents.**
- **Suicide is the fourth leading cause of death among 15-29 year-olds.**
- For adolescents, depression, substance use and suicide are important concerns. Among adolescents aged 12-17 years in 2018-2019 reporting on the past year:
 - 15.1% had a major depressive episode.²
 - 36.7% had persistent feelings of sadness or hopelessness.²
 - 4.1% had a substance use disorder.²
 - 1.6% had an alcohol use disorder.²
 - 3.2% had an illicit drug use disorder.²
 - 18.8% seriously considered attempting suicide.²
 - 15.7% made a suicide plan.²
 - 8.9% attempted suicide.²
 - 2.5% made a suicide attempt requiring medical treatment.²



Global disability-adjusted life-years (DALYs) by mental disorder, sex, and age in 2019



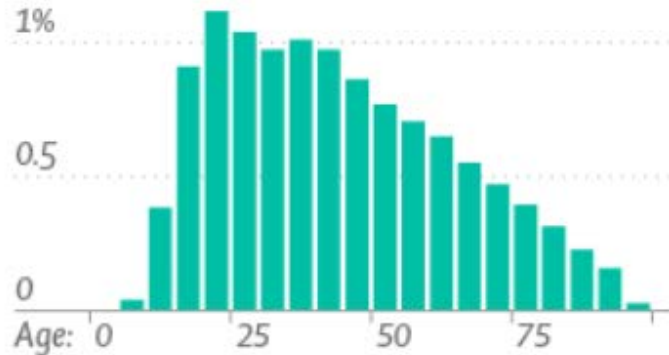
Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic
Lancet, 2021

The COVID-19 pandemic has had a large and uneven impact on global mental health

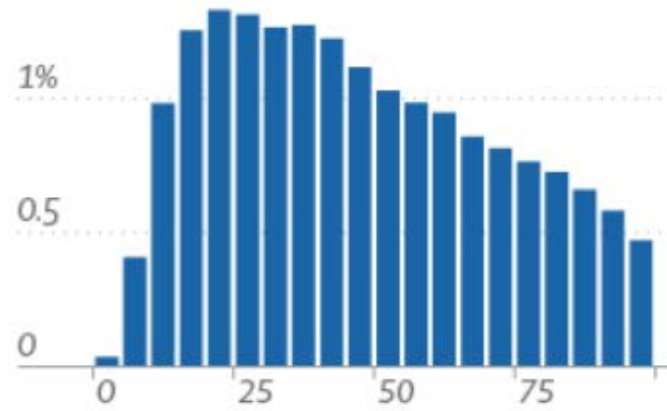
Younger people were hardest hit

Additional prevalence due to COVID-19, by age

Major depressive disorder



Anxiety disorders



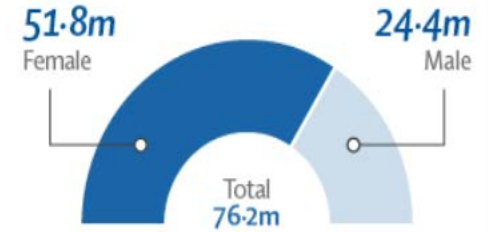
Increases were higher among females than males

Additional cases due to COVID-19, by gender

Major depressive disorder



Anxiety disorders



Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic
Lancet, 2021

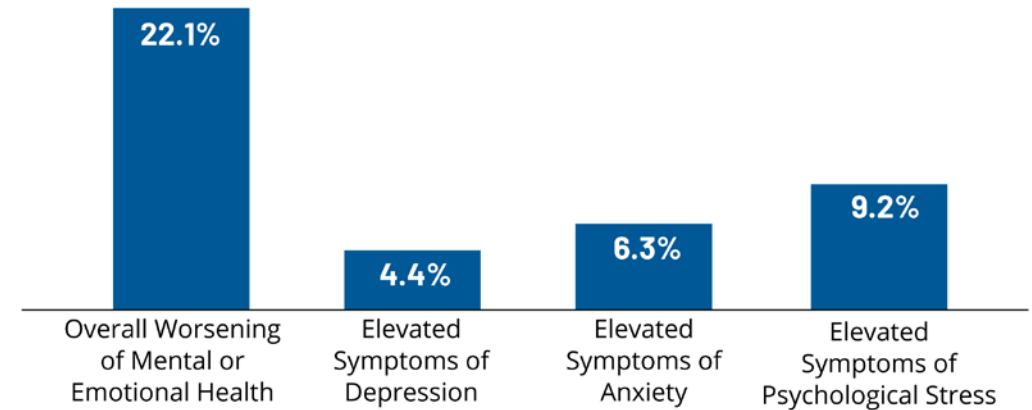
August 9, 2021

Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19

A Meta-analysis

Nicole Racine, PhD, RPsych^{1,2}; Brae Anne McArthur, PhD, RPsych^{1,2}; Jessica E. Cooke, MSc^{1,2}; [et al](#)

Share of Parents Reporting Worsening Mental Health For Their Children Ages 5-12, October - November 2020



Findings In this meta-analysis of 29 studies including 80 879 youth globally, the pooled prevalence estimates of clinically elevated child and adolescent depression and anxiety were 25.2% and 20.5%, respectively. The prevalence of depression and anxiety symptoms during COVID-19 have doubled, compared with prepandemic estimates, and moderator analyses revealed that prevalence rates were higher when collected later in the pandemic, in older adolescents, and in girls.



Age of onset
can be as early as
11 YEARS



78%
lifetime comorbidity with
other mental disorders

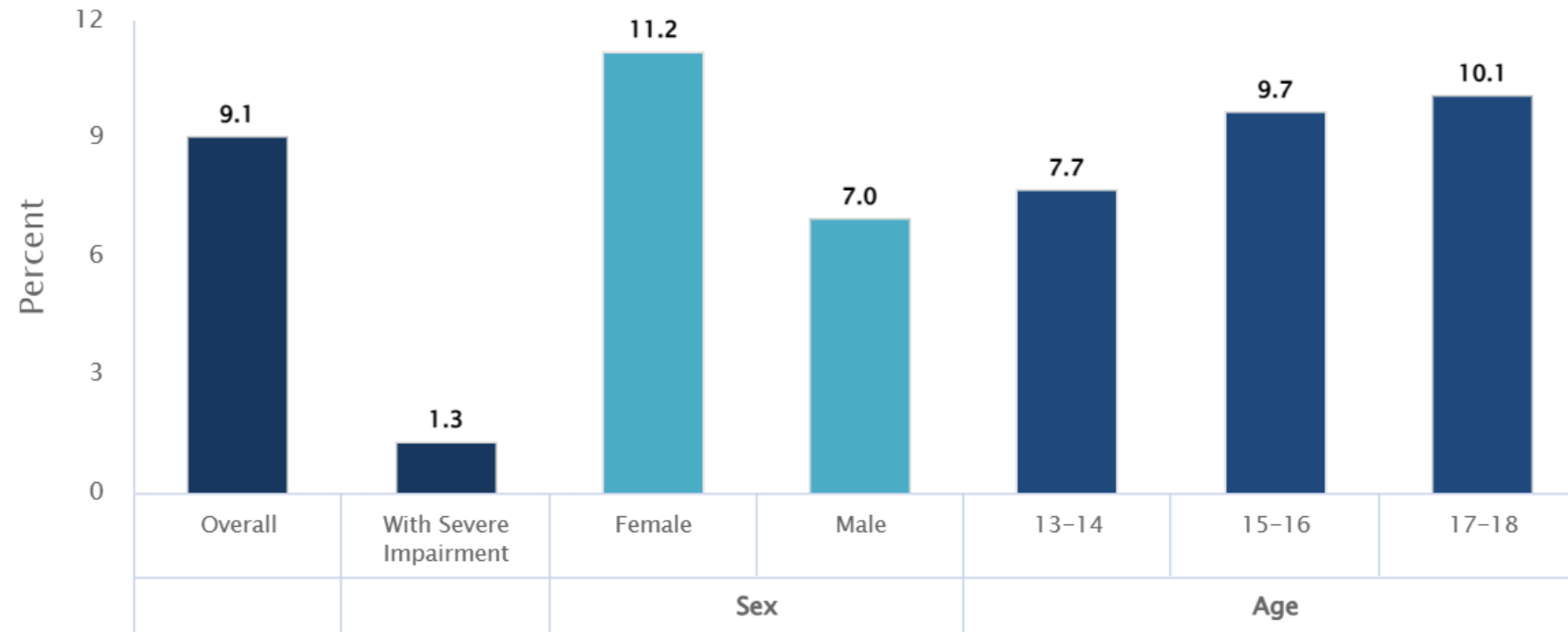
WHO, 2023

Tulburările Anxioase

- una dintre cele mai frecvent diagnosticate tulburări de sănătate mintală
- pe **locul opt** în clasamentul tulburărilor ce produc dizabilitate
- afectează 301 milioane persoane la nivel mondial
- fetele sunt afectate într-o proporție mai mare ca băieții
- **instalarea simptomelor se obiectivează cel mai des în copilărie și adolescență**
- doar **1 din 4** persoane cu anxietate ajung să primească tratament sau intervenții adecvate

Lifetime Prevalence of Social Anxiety Disorder Among Adolescents

Data from National Comorbidity Survey Adolescent Supplement (NCS-A)



National Comorbidity Survey (NCS), 2017



RESEARCH ARTICLE

Social anxiety in young people: A prevalence study in seven countries

Philip Jefferies^{1*}, Michael Ungar

Resilience Research Centre, Faculty of Health, Dalhousie University, Halifax, Nova Scotia, Canada

* Philip.jefferies@dal.ca

Studies also indicate younger individuals are disproportionately affected by social anxiety, with prevalence rates at around 10% by the end of adolescence [22–24], with 90% of cases occurring by age 23 [16]. Higher rates of social anxiety have also been observed in females and are associated with being unemployed [25, 26], having lower educational status [27], and living in rural areas [28, 29]. Leigh and Clark [30] have explored the higher incidence of social anxiety in younger individuals, suggesting that moving from a reliance on the family unit to peer interactions and the development of neurocognitive abilities including public self-consciousness may present a period of greater vulnerability to social anxiety. While most going through this developmentally sensitive period are expected to experience a brief increase in social fears [31], Leigh and Clark suggest that some who may be more behaviourally inhibited by temperament are at greater risk of developing and maintaining social anxiety.

Recent accounts suggest that levels of social anxiety may be rising. Studies have indicated that greater social media usage, increased digital connectivity and visibility, and more options for non-face-to-face communication are associated with higher levels of social anxiety [32–35]. The mechanism underpinning these associations remains unclear, though studies have suggested individuals with social anxiety favour the relative ‘safety’ of online interactions [32, 36]. However, some have suggested that such distanced interactions such as via social media may displace some face to face relationships, as individuals experience greater control and enjoyment online, in turn disrupting social cohesion and leading to social isolation [37, 38]. For young people, at a time when the development of social relations is critical, the perceived safety of social interactions that take place at a distance may lead some to a spiral of withdrawal, where the prospect of normal social interactions becomes ever more challenging.

Aspecte clinice

Introversion

Personality trait

Preference for low-stimulation settings

Limited social energy

Prefers individuals or small groups

Shyness

Personality trait

Fear of negative social judgment

Lacks confidence, esp. with strangers

More comfortable with familiar people

Social Anxiety Disorder

Mental illness

Overwhelming fear of humiliation

Social situations cause high stress

Fear, anxiety may trigger avoidance

Fobia socială/anxietatea socială:

teamă/anxietate intensă și persistentă legată de situații sociale sau care presupun performanță precum: interacțiunea socială (susținerea unei conversații), a fi observat (a mânca sau a bea în public), susținerea unui discurs.

- ✓ La copii simptomele pot să apară atât în timpul interacțiunii cu adulții cât și cu ceilalți copii.
- ✓ Persoana cu anxietate socială consideră că va fi evaluată negativ și va evita situația social respectivă
- ✓ Intensitatea anxietății este mult mai mare decât ar presupune situația respectivă și interferează semnificativ cu funcționarea



Fobia socială/anxietatea socială

teama marcată și persistentă de a se afla în situații sociale și este cea mai frecventă formă de anxietate cu debut la vârsta adolescenței.

atunci când se află sau anticipează posibila expunere la o situație socială copilul sau adolescentul trăiește o teamă intensă și ca rezultat va evita situația respectivă (educațională sau recreativă)

gândurile iraționale care stau în spatele anxietății sociale sunt centrate pe credințele ca va fi evaluat negativ de către ceilalți copii (inclusiv ca va fi considerat neinteresant, prost pregatit, neplăcut, neatractiv), că nu va performa suficient, că „se va face de râs”

Fobia socială/anxietatea socială

- teama de situații în care ar trebui să performeze în fața altor persoane – teama de a răspunde la școală, teama de a participa la un spectacol, recital, etc
- teama de a interacționa social, de a se întâlni cu prieteni sau cu persoane necunoscute
- teama de a iniția o conversație
- teama de a iniția un joc cu cei de aceeași vârstă
- teama de a avea întâlniri romantice
- dificultăți de a fi asertiv în situații sociale
- dificultăți de a rămâne în situații în care se simte observat sau evaluat

Performance Anxiety Vs. Social Anxiety

PERFORMANCE ANXIETY

- Specific fear or anxiety related to performing a particular task
- Triggered by specific situations such as public speaking, sports performance, or taking an exam
- Performance anxiety can occur in individuals even who do not have a general fear of social situations
- Not listed as a separate diagnosis in the DSM-5, but is considered a subtype of social anxiety disorder
- Can deal effectively in casual friends' sitting, family, or other social occasions except before or during a performance


SOCIAL ANXIETY DISORDER

- A constant fear of social situations and interactions with an unknown person
- Fear of being scrutinized, judged, or humiliated irrespective of any social situations
- Social anxiety disorder can occur in a variety of social situations, not specified only in performance-related settings
- Listed as a separate diagnosis in the DSM-5
- Cannot deal effectively with casual friends' sitting, family, or other social occasions because of strong social anxiety



Parametrii practici de evaluare





Several anxiety rating scales with acceptable psychometric properties are freely available, both for the general construct of anxiety as well as for specific anxiety disorders; for example:

- Screen for Child Anxiety Related Emotional Disorders (SCARED), parent and child versions <https://www.pediatricbipolar.pitt.edu/resources/instruments>⁷⁸
- Spence Children's Anxiety Scale (SCAS), parent and child versions <https://www.scaswebsite.com>⁷⁹
- Preschool Anxiety Scale, parent version <https://www.scaswebsite.com>⁷⁹
- Generalized Anxiety Disorder–7 (GAD-7), teen/adult version <https://www.phqscreeners.com>⁸⁰

AACAP OFFICIAL ACTION

 Check for updates

Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents With Anxiety Disorders

Heather J. Walter, MD, MPH, Oscar G. Bukstein, MD, MPH, A. Reese Abright, MD, Helene Keable, MD, Ujjwal Ramtekkar, MD, MPE, MBA, Jane Ripperger-Suhler, MD, Carol Rockhill, MD, PhD, MPH

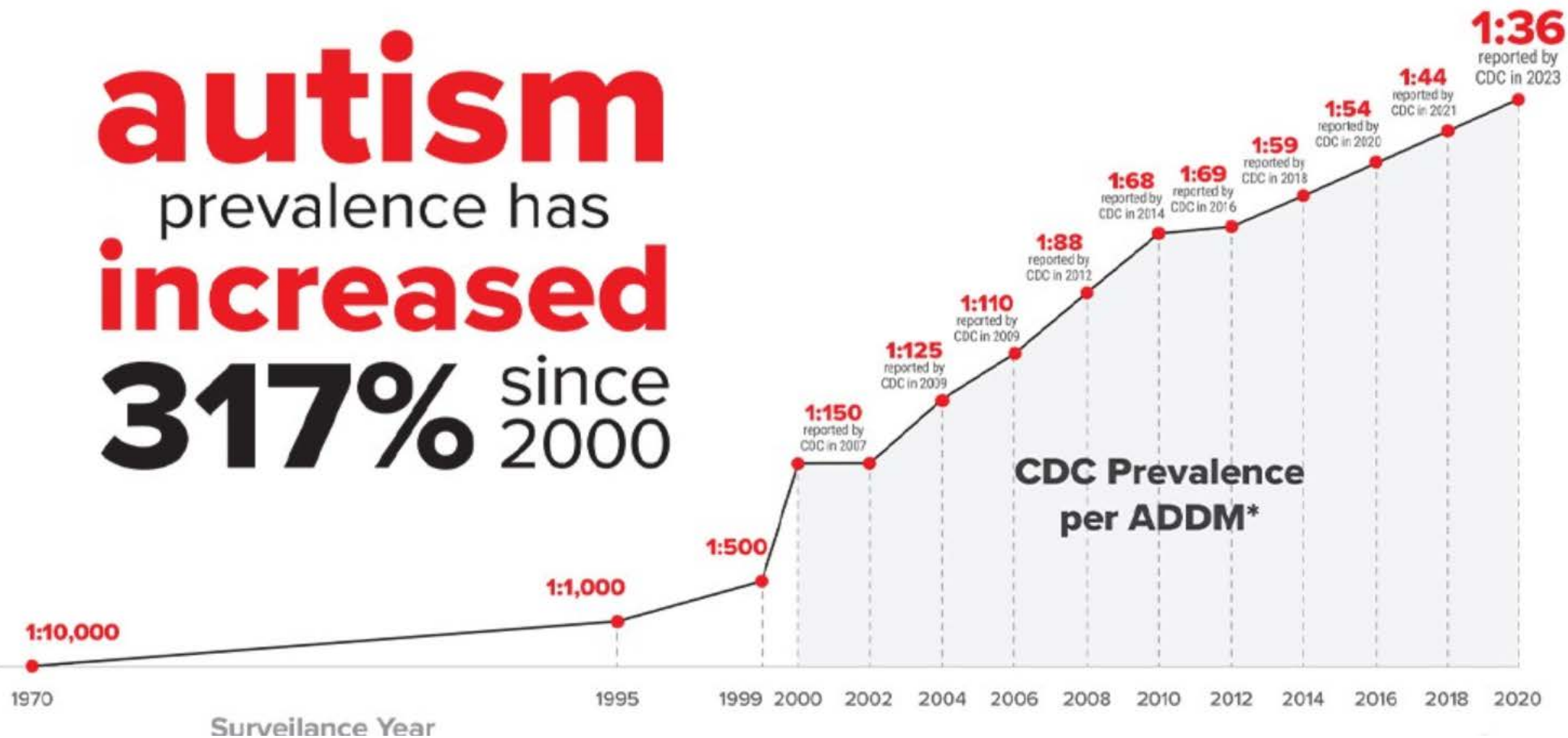
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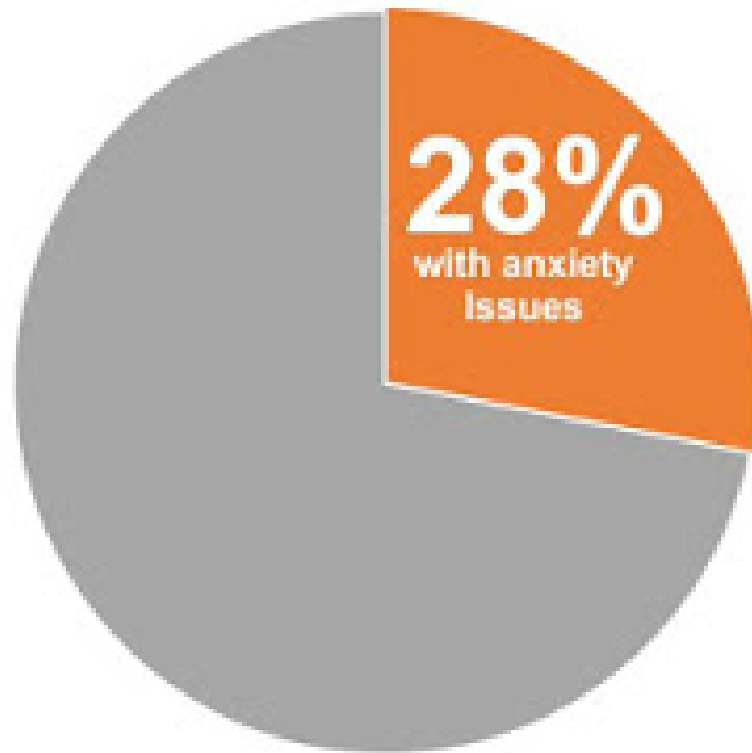
- 1. AACAP recommends (1C) that cognitive-behavioral therapy (CBT) be offered to patients 6 to 18 years old with social anxiety, generalized anxiety, separation anxiety, specific phobia, or panic disorder.**
- 2. AACAP recommends (1B) that selective serotonergic reuptake inhibitors (SSRIs) be offered to patients 6 to 18 years old with social anxiety, generalized anxiety, separation anxiety, or panic disorder.**
- 3. AACAP suggests (2C) that combination treatment (CBT and an SSRI) could be offered preferentially over CBT alone or an SSRI alone to patients 6 to 18 years old with social anxiety, generalized anxiety, separation anxiety, or panic disorder.**

Comorbiditatea cu TSA

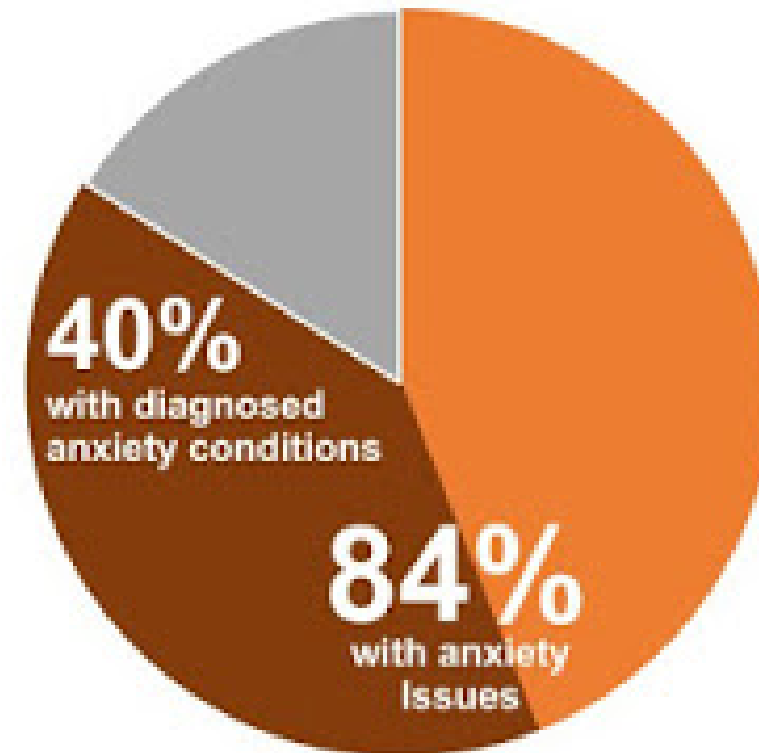
autism
prevalence has
increased
317% since
2000



Anxiety & Autism

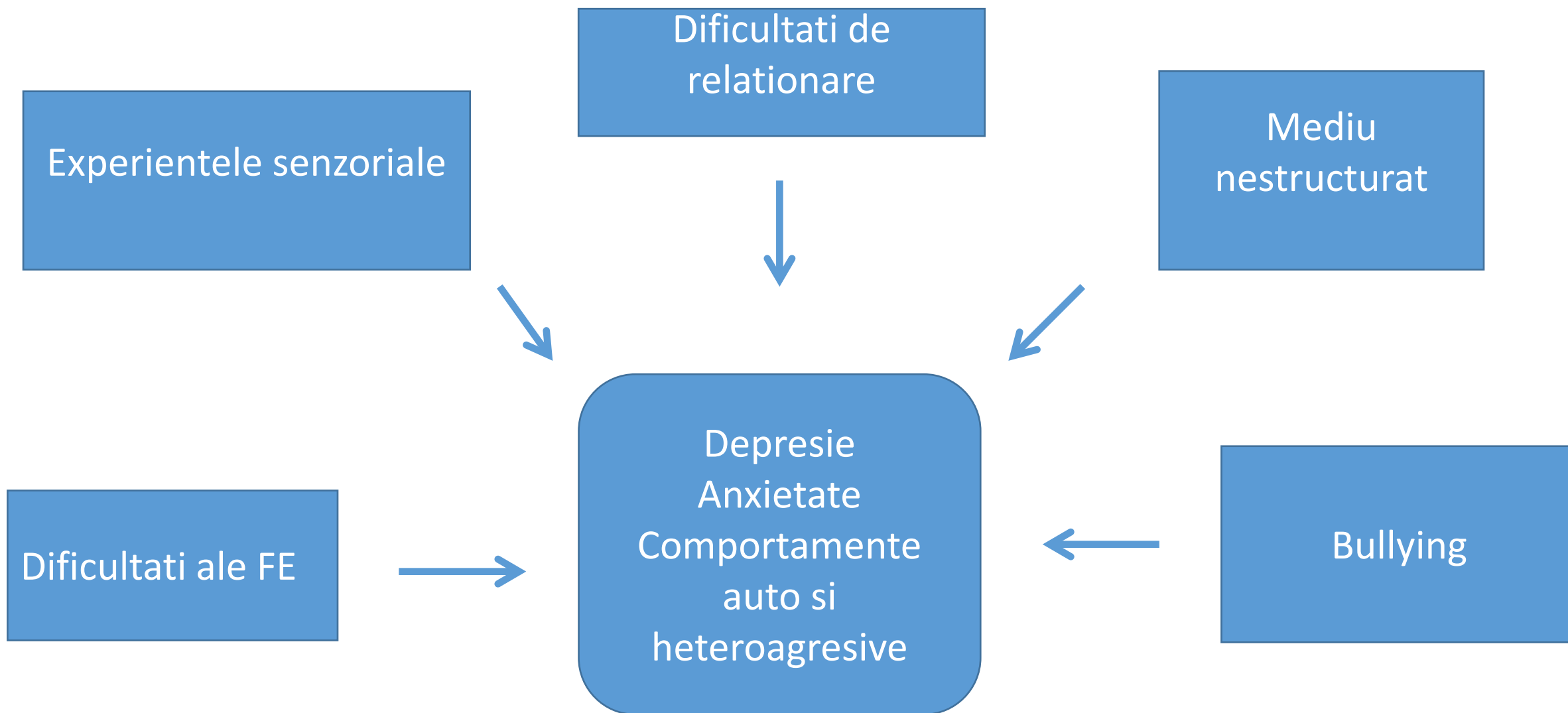


General Population



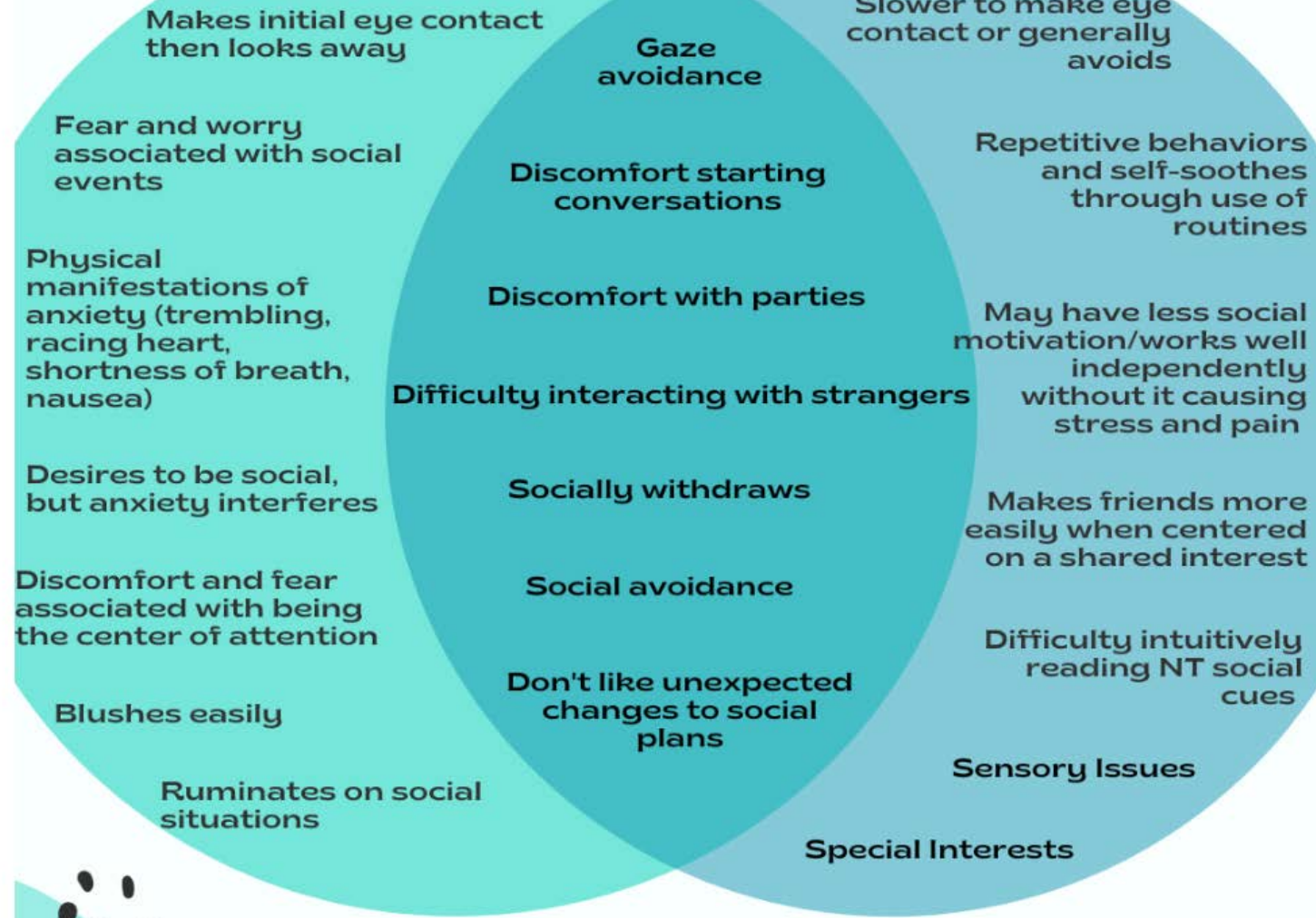
Autistic Population

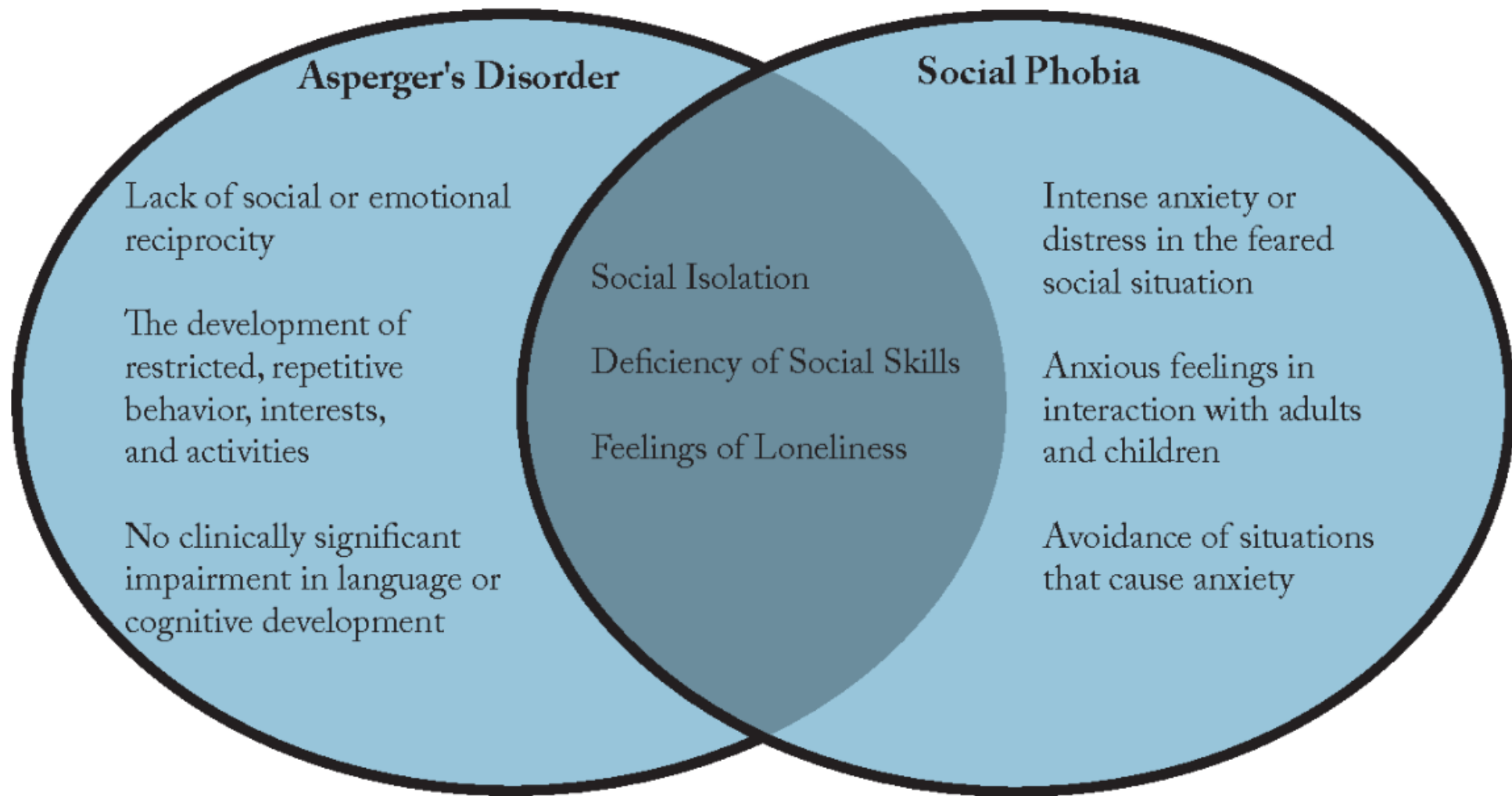
*Based on data from: Van Steensel, F. J. A. & Hoemmen, E. J. (2017).
"Anxiety levels in children with autism spectrum disorder: A meta-analysis".*



Social Anxiety

Autism





How to Tell Whether It Is Social Anxiety or Autism

When trying to distinguish between social anxiety and autism, it is important to look at a person's symptom history. If challenges in one's life have been present since childhood, these will likely stem from autism. If a more definitive starting point is identified, a social anxiety disorder diagnosis may be warranted. Additionally, this would also be the case if the person recognizes that their problems relate specifically to being worried, scared, or apprehensive about social interactions.

Can Someone Have Both Social Anxiety & Autism?

As stated earlier, research estimates that social anxiety disorder and autism have a high comorbidity rate at nearly 50%.³ This may be due to the challenges that arise for autistic individuals when their behaviors receive negative reactions from other people. These behaviors themselves are not necessarily the problem—as they're often used for self-expression.

When an autistic person frequently hears negative feedback about their differences, their social anxieties can become worse. This may also be problematic in the fact that discomfort can increase one's repetitive behaviors. All of these factors feed into a cycle that may develop into a social anxiety disorder.

Va multumesc!
florina.rad@umfcd.ro

