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Childs Psychology PSX AA9

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er i Maria de la Maria de Mari

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- ► Defined by American Psychological Association
 - Anxiety is an emotion characterized by leelings of tension, worked thoughts and physical changes like increased blood pressure (Anxiety, n.d.).

Symplons

- What are some of the general symptoms of Anxiety?
 - Feelings-of panic tear and uneasiness
 - Froblems sleeping - -
 - ◆ Coldor sweaty hands and/or feet
 - Sherressoforesh
 - Heart pale lations
 - * AA Inability to be Still and calm
 - Dry mouth
 - ("Anxiety Disorders." n.d.

- Anxiety is a normal part of childhood
 - Example: Seeing a scary movie; being able to be comforted. This anxiety is temporary.
- An anxiety disorder is not a normal part of childhood
- A PROPERTY OF CONTROL OF STREET
- * Anxiety disciders are among the most prevalent = . psychiatric disorders experienced by children (Affrunti & Woodfull-Berden 2015)

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- Generalized Anxiety Disorder (GAD)
- Page Disorcer
- Separation-Anxiety Disorder
 - COOR MANIATOR DISCIPLINATION OF THE PROPERTY O
- * Selective Willism
 - -Postraumatic Stress Disorder
- Specific Phobias

Disorder (GAD)

Tiefalizet Ataiena

- Excessive worry about a variety of topics (Carrelt 2014)
- - Tend to worry about many things: =
 - Very hard on themselves
 - May seek constant approval or reassurance from others
 - Strive for perfection
- C'Childhood-Anxiety Disorders n.d.

Symbions

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Excessive worry

- Postossines

- And Andrews

difficulty concentrating

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mascle tension

Sleep disturbance Star

(Davis 2013 o 425)

Compulsive Discussion

- Eharacterized by unwanted and intrusive thoughts (which are obsessions)
- Feeling compelled to constantly repeat ritual or routines to try and ease the anxiety (which are compulsions)
- Most children are diagnosed by age 10
- ("Childhood Anxlety Disorders"; n.d.)

- Lear of dirtand germs and other
- Violation of feligious or moral rules

 - - Aggressive thoughts
 - Body concerns
 - (Davis, 2013, p-422)

- - Counting checking arranging possessions

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- -Praying, confessing,
- Sceking reassurance
- (Davis 2013 o 422)

- - Meaning that they came suddenly and Lior no reason

("Childhood Anxiety Disorders" n.d.)

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- General symptoms
- * shortness of breath
- → lear of losing control or "going crazy"
 - For children most common are
- - s chost pain
 - nausea
 - (Davis: 2013. p. 419-420)

ACCIONANCE DISCHOOL

- "When separation anxiety disorder occurs, a child experiences excessive anxiety away from home or when separated from parents or caregivers" ("Childhood Anxiety Disorders").
- this more common with ages seven to nine

May develop extreme homesiekness even during brief.

Often a fear of a disaster befalling the primary:

attachment figure in their absence.

- intense fear of social and performance situations and
- LIKC
 - ____ Being called on in class

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Social anxiety can effect a child's school performance

- Video:
 - filles://www.evouldee.com/watch?v=Sa8zorViRDz5
 - ("Childhead Anxiety Disorders": h.d.) -- -- -- -- -- --

- Whatis 17
- * When a child refuses to speak to talk in certain * ***
- A child can have normal behavior and talk at home or in comfortable cituations, which surprises parents when teacher report that they refuse to speak at school

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(Childhood Anxlety Disorders"; n.d.)

Disorder (DISD)=

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- For a child or adolescent to be diagnosed with PTSD
 - traumatic enough to produce teclings of extreme tear, helptessness, or horror (or in children, developmentally atypical disorganized or agitated behavior). (Davis, 2013, p.//23)



- PISD-include:
 - intrusive thoughts or nightmares;
 - avoidance of trauma-related stimuli or memories,

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Encreased psychological arousal not present before the

-These symptoms must be present for more than 1

- A specific Phobia is "marked persistent, unusual, or excessive fear of a specific objector situation" (Davis = 2014, p.420)
 - → It is important to note that some fear in children is
 right at during their development.
 - (Davis-2014)

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- LPossible subtypes of phobias:
 - * animal type
 - natural environment type (i.e., storms or heights):

urur arang dan ban-tanggan arang dan

- blood-injection-injury type
- * Situation type (f.e., tunnels, elevators, flying)...
- or other type (which sould include fear of sickness or a
- -- (Davis-2013- 6-420)-

Ligually develops in later childhood

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- To be diagnosed, a child under 18 must present symptoms for at least 6 months because some irrational fears in children are common
- - (Davis, 2013, p.420-421)

- * Iantrums Tantrums Tantrums
- Freezing in place

to the Table of the Total

- Chiqing to a familiar adult
- avoidance headaches and stomachaches

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Children may also not see that their fear is unreasonable

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Just ike another medical condition. Anxiety disorders --

Most common used it Cognitive Behavioral Thorapy

—(CBT)

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Therapy (CDT)

- *-What-is-CBT9
 - Scientifically shown to be effective in the line of the street of the

- Acceptance and commitment therapy (ACI)

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Dialectical behavioral therapy (DBT)

Commissent therapy (ACT)

- uses strategies of acceptance and mindfulness
 - It diving in the moment and experiencing things without judgment) as a way to cope with unwanted thoughts, feelings, and
 - sensations: ("Treatment"; n.d.)

Incrapy (DBI)

Ecileal Belawouth

emphasizes taking responsibility for one's problems and helps children examine how they deal with conflict and intense negative emotions. ("Treatment" n.d.)

- Medication can be useful in treating anxiety disorders
- In fact a major research study found that a combination of CBT and an antidepressant worked better for children ages 7-17 than either treatment alone? ("Treatment" in d.)
- -Can be short term or long term depending on the how

- "Selective serctonin reuptake inhibitors (SSRIS) are the amedications most commonly used in childrone and adult anxiety treatment
- some SSRIs for the treatment of pediatric obsessivecompulsive disorder have been approved by The U.S. Food-and Drug Administration (FDA)
- However there are some medicine such as tricyclic entidepressants and benzedlazopines, that are loss commonly used to treat children

("Iregimeni", n.d.)

Enging Anxiew.

- "Exercisina
- Good number
- * "Adequate amount of sleep
- Stress reduction
 - timit alcohol and calleine consumption
- reality registration of the second se
 - Talk to someone

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