

CHILD AND ADOLESCENT DEPRESSION AND ANXIETY PEARLS

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No disclosures



Outline and Objectives

Diagnosis

Treatment

When to refer

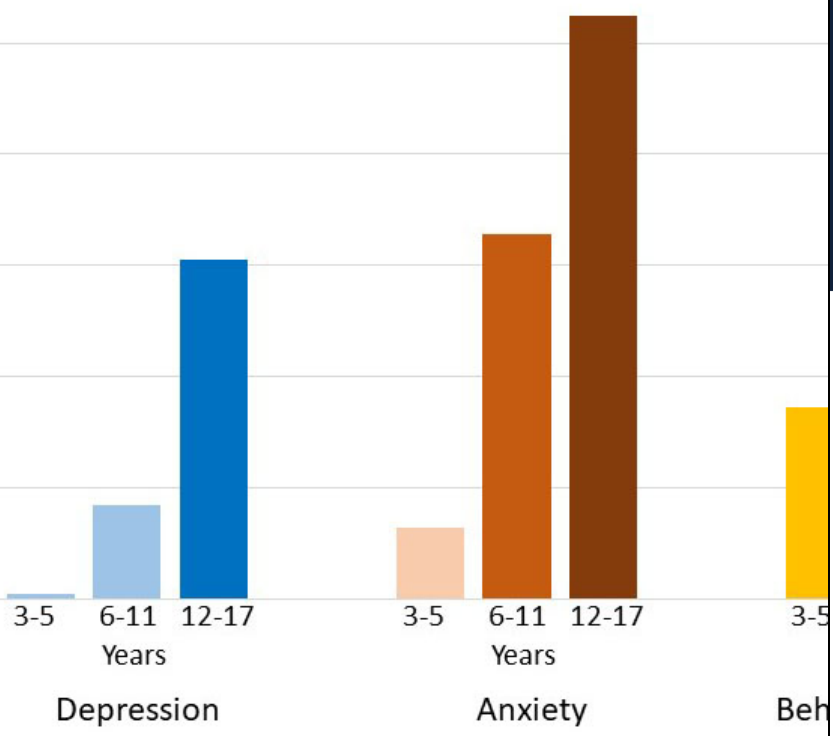
Accessing resources

Questions and discussion

1. Understand differences between diagnosis of depression and anxiety in children and adults
2. Identify effective ways to deliver first-line treatments
3. Effectively utilize available resources

Depression, Anxiety, Behavior Disorder

CDC Children's Mental Health Data & Statistics



suicide attempts soared during pandemic, CDC report says

SHARE & SAVE — f t e ...

Youth suicide attempts soared during pandemic, CDC report says

Researchers, though, cautioned against drawing direct lines between the spike and conditions brought on by the coronavirus pandemic.

June 11, 2021, 12:45 PM EDT

By David K. Li

Emergency room visits for [adolescent suicide attempts](#) soared this past summer and winter, especially among girls, perhaps in connection to [America's struggle with Covid-19](#), new Centers for Disease Control and Prevention data revealed Friday.

There was a 22.3 percent spike in ER trips for [potential suicides by children](#) aged 12 to 17 in summer 2020 compared to 2019, according to findings published in the CDC's "Morbidity and Mortality Weekly

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When Did the First Amendment Become Second to Cancel Culture?

npr nhpr

REN'S HEALTH

pediatricians say the mental health crisis among children has become a national emergency

April 20, 2021 · 3:50 PM ET

A SHIVARAM

A photograph showing the back of a person's head and shoulders as they look out a window. The window looks out onto a scene with trees and a bright, hazy sky, suggesting a sunset or sunrise. The person is wearing a light-colored, textured sweater.

SCOPE OF THE PROBLEM

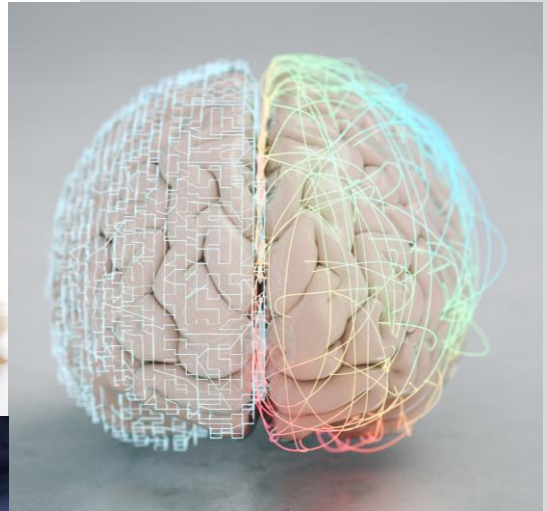
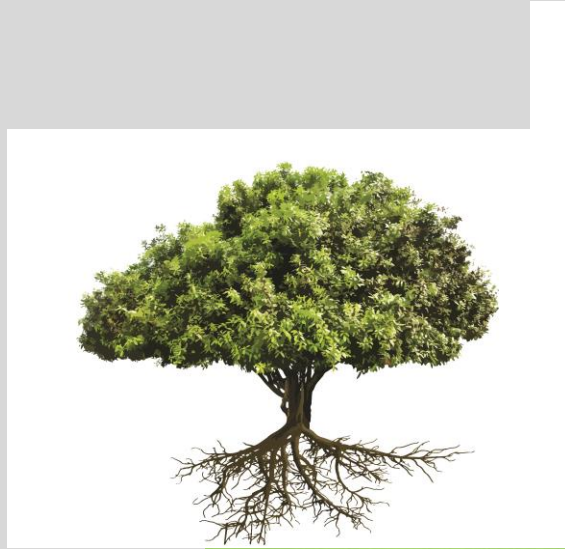
Diagnosis – Major Depression

- SIGECAPS
 - Sleep
 - Interest
 - Guilt
 - Energy
 - Cognition
 - Appetite
 - Psychomotor retardation or agitation
 - Suicide/death
- Differences in Children and Adolescents: Irritability, mood reactivity



Diagnosis – Major Depression

Risk factors



Diagnosis – Major Depression

Free screenings and rating scales:

Patient Health Questionnaire- A ages 11-17

PHQ-9 Modified for Teens

ADDRESSING Mental Health CONCERNS IN PRIMARY CARE A CONSENTED TOOL

PHQ-9: MODIFIED FOR TEENS

PHQ-9: Modified for Teens

Name _____

Clinician _____ Date _____

Instructions: How often have you been bothered by each of the following symptoms during the past two weeks? For each symptom put an "X" in the box beneath the answer that best describes how you have been feeling.

	(0) Not At All	(1) Several Days	(2) More Than Half the Days	(3) Nearly Every Day
1. Feeling down, depressed, or hopeless?				
2. Little interest or pleasure in doing things?				
3. Trouble falling asleep, staying asleep, or sleeping too much?				
4. Poor appetite, weight loss, or overeating?				
5. Feeling tired, or having little energy?				
6. Feeling bad about yourself — or feeling that you are a failure, or that you have let yourself or your family down?				
7. Trouble concentrating on things like school work, reading, or watching TV?				
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you were moving around a lot more than usual?				
9. Thoughts that you would be better off dead, or of hurting yourself in some way?				

In the **past year** have you felt depressed or sad most days, even if you felt okay sometimes? ☐ Yes ☐ No

If you are experiencing any of the problems on this form, how difficult have these problems 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

Has there been a time in the past month when you have had serious thoughts about ending your life? ☐ Yes ☐ No

Have you **ever**, in your **whole life**, tried to kill yourself or made a suicide attempt? ☐ Yes ☐ No

For Office Use Only Score 0

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

DECISION SUPPORT FOR CLINICIANS

Page 1 of 1

Center for Epidemiological Studies Depression Scale Modified for Children (CES-DC) ages 6-17

BRIGHT FUTURES TOOL FOR PROFESSIONALS

Center for Epidemiological Studies
Depression Scale for Children (CES-DC)

Number _____

Score _____

INSTRUCTIONS

Below is a list of the ways you might have felt or acted. Please check how *much* you have felt this way during the *past week*.

DURING THE PAST WEEK

	Not At All	A Little	Some	A Lot
1. I was bothered by things that usually don't bother me.				
2. I did not feel like eating, I wasn't very hungry.				
3. I wasn't able to feel happy, even when my family or friends tried to help me feel better.				
4. I felt like I was just as good as other kids.				
5. I felt like I couldn't pay attention to what I was doing.				

DURING THE PAST WEEK

	Not At All	A Little	Some	A Lot
6. I felt down and unhappy.				
7. I felt like I was too tired to do things.				
8. I felt like something good was going to happen.				
9. I felt like things I did before didn't work out right.				
10. I felt scared.				

DURING THE PAST WEEK

	Not At All	A Little	Some	A Lot
11. I didn't sleep as well as I usually sleep.				
12. I was happy.				
13. I was more quiet than usual.				
14. I felt lonely, like I didn't have any friends.				
15. I felt like kids I know were not friendly or that they didn't want to be with me.				

DURING THE PAST WEEK

	Not At All	A Little	Some	A Lot
16. I had a good time.				
17. I felt like crying.				
18. I felt sad.				
19. I felt people didn't like me.				
20. It was hard to get started doing things.				

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Diagnosis – Anxiety Disorders

Normal versus pathological

- Intensity in relation to threat
- Duration
- Development
- Impact on functioning!!!!



Diagnosis – Anxiety Disorders

- Generalized Anxiety Disorder – worry about everything all the time
- Social Anxiety Disorder – worry about others judging you
- Separation Anxiety Disorder – worry about something bad happening to loved ones
- Specific Phobia – worry about spiders, heights, etc.
- Panic Disorder – worry about having panic attacks (or fainting, or throwing up)
- School Avoidance – not in the DSM but a big problem
- Obsessive Compulsive Disorder – intrusive worries that don't always seem logical and behavioral responses aimed at reducing distress from worries



Diagnosis – Anxiety disorders

Screenings and rating scales:

- SCARED (parent and youth) age 8-17
- GAD 7 – ages 13+
- CYBOCs

Screen for Child Anxiety Related Disorders (SCARED) PARENT Version—Page 1 of 2 (to be filled out by the PARENT)

Developed by Boris Birmaher, M.D., Suneeta Khetarpal, M.D., Marlene Cully, M.Ed., David Brent, M.D., and Sandra McKenzie, Ph.D., Western Psychiatric Institute and Clinic, University of Pittsburgh (October, 1995). E-mail: birmaherb@upmc.edu

See: Birmaher, B., Brent, D. A., Chiappetta, L., Bridge, J., Monga, S., & Baugher, M. (1999). Psychometric properties of the Screen for Child Anxiety Related Emotional Disorders (SCARED): a replication study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38(10), 1230-6.

Name: _____ Date: _____

Directions:

Below is a list of sentences that describe how people feel. Read each phrase and decide if it is "Not True or Hardly Ever True" or "Somewhat True or Sometimes True" or "Very True or Often True" for your child. Then, for each statement, fill in one circle that corresponds to the response that seems to describe your child *for the last 3 months*. Please respond to all statements as well as you can, even if some do not seem to concern your child.

	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True	
1. When my child feels frightened, it is hard for him/her to breathe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PN
2. My child gets headaches when he/she is at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SH
3. My child doesn't like to be with people he/she doesn't know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SC
4. My child gets scared if he/she sleeps away from home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SP
5. My child worries about other people liking him/her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	GD
6. When my child gets frightened, he/she feels like passing out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PN
7. My child is nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	GD
8. My child follows me wherever I go.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SP
9. People tell me that my child looks nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PN
10. My child feels nervous with people he/she doesn't know well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SC
11. My child gets stomachaches at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SH
12. When my child gets frightened, he/she feels like he/she is going crazy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PN
13. My child worries about sleeping alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SP
14. My child worries about being as good as other kids.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	GD
15. When my child gets frightened, he/she feels like things are not real.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PN
16. My child has nightmares about something bad happening to his/her parents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SP
17. My child worries about going to school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SH
18. When my child gets frightened, his/her heart beats fast.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PN
19. He/she child gets shaky.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	PN
20. My child has nightmares about something bad happening to him/her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	SP

The background of the slide is a collage of overlapping, torn-edge sticky notes in various colors: blue, pink, yellow, and green. Each sticky note has a large, bold, black question mark printed on it. The notes are scattered across the entire frame, creating a textured, layered effect.

Must Ask Questions:

- **Signs/symptoms of mania, psychosis, and family history of bipolar**
- **Substance use (don't forget caffeine)**
- **Suicide risk assessment, non-suicidal self injury**
- **Differential - Grief/adjustment disorder/trauma/ADHD/Eating disorder**
- **Medical cause/further work up**

Treatments - psychosocial

- Psychotherapy
 - Brief interventions you can do
- Exercise, behavioral activation, sleep hygiene
- Treatment of parental mood and anxiety disorders
- School interventions



Treatments - Pharmacotherapy

Medication	FDA approval	Starting dose	Max dose	Tips
Fluoxetine	MDD 8+, OCD 7+	10 mg	80 mg	Long half-life means less withdrawal
Sertraline	OCD 6+	25 mg	200 mg	(may require BID dosing at low doses)
Citalopram		10 mg	40 mg	Fewer CYP450 interactions
Escitalopram	MDD 12+	5 mg	20 mg	
Paroxetine		10 mg	50 mg	may have more SI risk
Fluvoxamine	OCD 8+	25 mg	200 mg	BID dosing
Duloxetine	GAD 7+	20 mg	120 mg	less data above 60 mg
Venlafaxine		37.5 mg	225 mg	

What about Wellbutrin? Remeron? Antipsychotics?



Pharmacology Pearls

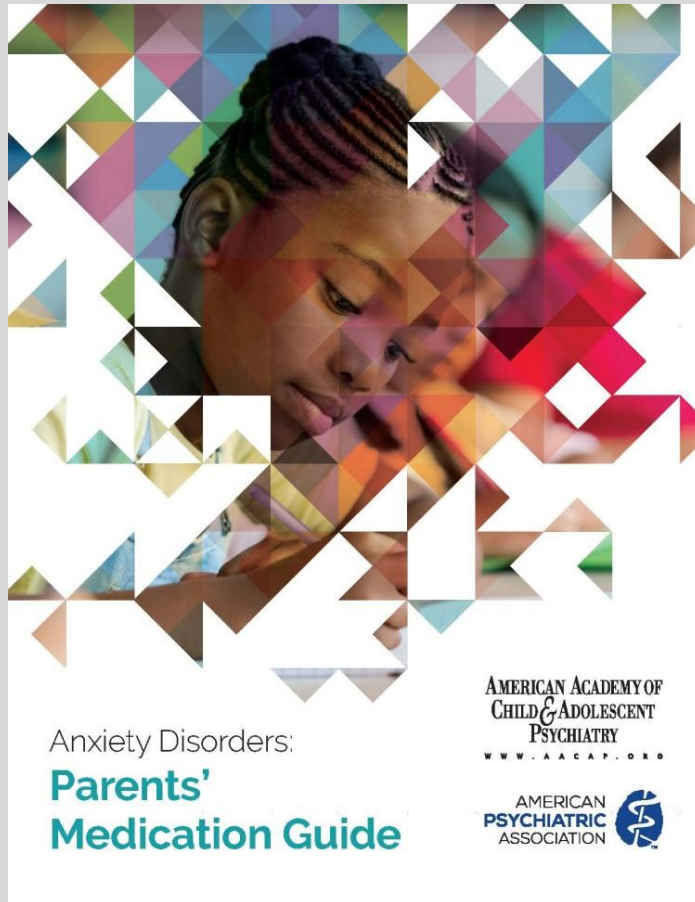
- Start low, go slow, but go (the more anxious the slower and lower)
- Which to choose? (family history, ease of admin, clinician comfort, patient preference, ? Genetic testing)
- Anticipatory guidance on interactions, side effects, serotonin syndrome
- FDA Blackbox warning
- Treat to clinical effect
- When & how to switch
 - Augmentation strategies?
- When & how to stop
 - Discontinuation symptoms vs. rebound
- Psychodynamics of prescribing

Neuroscience of SSRIs

- National Neuroscience Curriculum Initiative
 - DR. DANI WENTZEL, "SIMPLE LOGIC"
 - https://nncionline.org/course/dr-dani-wentzel-simple-logic/?course_type=content&course_page=1



AACAP Parents' Medication Guides



When to refer to psychiatry

Bipolar risk

Personality disorder or PTSD

Multiple co-morbidities

Suicidal or high risk

Trial of two or three SSRIs without benefit

Under 6 years of age

Resources – finding a therapist

- Call your insurance company
- Psychologytoday.com
- Apps like talkspace, Betterhelp – privacy and quality concerns
- Apps that are not a therapist but may use therapeutic tools: Headspace, CBT-I coach, e-moods tracker

Resources - Depression

For kids

- Think Good, Feel Good: A Cognitive Behaviour Therapy Workbook for Young People
- How To Get Unstuck From The Negative Muck: A Kid's Guide To Getting Rid Of Negative Thinking

Apps:

- My 3 or virtual hope box apps

For parents

- www.aacap.org
- www.nami.org
- www.childmind.org

Resources - Anxiety

For Kids

School age kids: (6-12 or less mature young teens)

Dawn Huebner PhD has a workbook called What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

For teens:

Conquer Anxiety Workbook for Teens: Find Peace from Worry, Panic, Fear, and Phobias by Tabatha Chansard PhD

Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress Regine Galanti PhD

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry by Lisa M. Schab LCSW

For Parents

Parenting Your Anxious Child with Mindfulness and Acceptance by Christopher McCurry

Anxiety in the Classroom website helpful to advocate for their kids in school
<https://anxietyintheclassroom.org/parents/>

Parents of Anxious Kids support group:
<https://iocdf.org/support-groups/parents-of-anxious-kids-poak/>

<https://www.naminh.org/find-support/online-support-groups/>

GOOD NEWS





QUESTIONS AND/OR DISCUSSION

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