

# Cues to Identify and Strategies to Manage Adolescent Anxiety & Depression

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# General Signs & Symptoms

<b>ANXIETY</b>	<b>DEPRESSION</b>
Worry, panic, fear, doubt, perfectionism— can be generalized or specific, can involve social anxiety, OCD, PTSD	Sadness/irritability, loss of interest, suicidal thoughts, changes in sleeping/eating, difficulty getting going
<b>Avoidance</b>	
<b>Attention Problems</b>	
<b>Social Withdrawal</b>	
<b>Physiological and Cognitive Symptoms</b>	
<b>Decline in Performance</b>	

# Is this Anxiety Normal?

- Is the child's worry out of proportion to the risk or demands of the situation?
- Are you unable to reassure the child with logical explanations?
- Are there physical symptoms of anxiety: headaches, stomachaches, sleep disturbances?
- Are other people in the child's life having to change plans to accommodate the child?
- Has the anxiety persisted for over 6 months?
- Does the anxiety lead to avoidance?
- Does the anxiety interfere with social, family, or academic functioning?

# Typical Adjustment Issues

- Shyness
- Managing Cultural Changes
- Friendships are important!
  - Mitigate adjustment problems
  - Prevent bullying and the negative impact of bullying

# Approaching Parents: The Dos and Don'ts

## Do...

Approach parents immediately when there is a concern related to safety

Respect family's confidentiality

Present observed behaviors and reported concerns

Be sensitive to the possibility of family based stressors

## Don't...

Hesitate to talk to parents if you are concerned or feel allegiance to the child and his/her desire for privacy

Speak to the family around others or in a public place

Speculate or make judgments about possible causes

Assume anything about parents' level of knowledge about the problem

# General Strategies

- Promote general involvement of all students
- Foster the development of friendships
- Consider the importance of the teacher-student relationship
- Work towards a bully-free environment
- Help reduce avoidance for specific students