**TOPIC: Anxiety & Stress**

The following represents a sample of information to get you started and is not meant to be exhaustive.

**Center Developed Documents, Resources, and Tools**

**Introductory Packets**

* + [**Anxiety, Fears, Phobias, and Related Problems: Interventions and Resources for School-Aged Youth (Introductory Packet)**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=3012&number=9999)
  + [**Affect and Mood Problems related to School Aged Youth (Introductory Packet)**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=3013&number=9995)

**Practice Briefs**

* + [**Schools as Caring, Learning Communities: A Center Practice Brief**](http://smhp.psych.ucla.edu/pdfdocs/caring.pdf)

**Quick Training Aid**

* + [**Support for Transitions to Address Barriers to Learning**](http://smhp.psych.ucla.edu/qf/transition_tt/transitionsfull.pdf)

**Guides to Practices**

* + [**Common Psychosocial Problems of School Aged Youth: Developmental Variations, Problems, Disorders and Perspectives for Prevention and Treatment**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=3013&number=9998)

**Technical Aid**

* + [**Welcoming and Involving New Students and Families**](http://smhp.psych.ucla.edu/pdfdocs/welcome/welcome.pdf)

**Continuing Education Modules**

* + [**Addressing Barriers to Learning: New Direction for Mental Health in Schools**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=2312&number=9998)
    - **Note: Section III of this packet, entitled *Frequently Identified Psychosocial Problems* provides information regarding Anxiety Problems.**

**Resource Aid Packets**

* + [**Student Psychotropic Medication: The School's Role (Resource Aid Packet)**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=2305&number=9999)
    - **Note: The section of this packet entitled *Brief Information on Medications and their Side Effects* provides information on medications for Anxiety Disorders.**

**Quick Find**

* + [**Post-Traumatic Stress**](http://smhp.psych.ucla.edu/qf/ptsd.htm)

**Article**

* + [**L. Taylor & H. Adelman. (1990). School Avoidance Behavior: Motivational Bases and Implications for Intervention. *Child Psychiatry and Human Development, 20*(4), 219-233**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=3004&number=15)

**Information Resources & Practice Notes**

* + [**About Anxiety Attacks**](http://smhp.psych.ucla.edu/pdfdocs/panic.pdf)
  + [**AboutPressures on Affluent Students Related to University Admission**](http://smhp.psych.ucla.edu/pdfdocs/affluent.pdf)
  + [**About Social Anxiety and Schools**](http://smhp.psych.ucla.edu/pdfdocs/socanx.pdf)
  + [**Addressing Student-Athlete Anxiety**](http://smhp.psych.ucla.edu/pdfdocs/athlete.pdf)
  + [**Back-to-School Anxiety**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=2101&number=9899)
  + [**Fidgety Students**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=2108&number=9897)
  + [**Students and Anxiety Problems**](http://smhp.psych.ucla.edu/pdfdocs/anxiety.pdf)
  + [**Students in Distress**](http://smhp.psych.ucla.edu/dbsimple2.asp?primary=2108&number=9896)
  + [**A Personal Look at a Student’s Selective Mutism**](http://smhp.psych.ucla.edu/pdfdocs/selectmut.pdf)
  + [**Mindfulness and Schools**](http://smhp.psych.ucla.edu/pdfdocs/mindful.pdf)
  + [**A Student's Perspective of Test Anxiety**](http://smhp.psych.ucla.edu/pdfdocs/testanx.pdf)
  + [**About Student Sleep Deprivation**](http://smhp.psych.ucla.edu/pdfdocs/sleep.pdf)

**Other Relevant Documents, Resources, and Tools on the Internet**

**Anxiety Disorders**

* + - * [**Adulthood Outcome of Tic and Obsessive-Compulsive Symptom Severity in Children With Tourette Syndrome**](http://archpedi.ama-assn.org/cgi/content/abstract/160/1/65)
      * [**Anxiety & the School Student**](http://www.healthyplace.com/anxiety-panic/caregiver/anxiety-and-the-school-student/menu-id-1302/)
      * [**Anxiety Disorders (Schoolbehavior.com)**](http://www.schoolbehavior.com/)
      * [**Anxiety Disorders in Children and Adolescents**](http://www.ncpamd.com/anxiety.htm)
      * [**Mental Health: A Report of the Surgeon General-Childhood Anxiety Disorders**](http://www.surgeongeneral.gov/library/mentalhealth/chapter3/sec6.html)
      * [**School-Based depression and anxiety prevention programs for young people: A systematic review and meta-analysis**](http://www.sciencedirect.com/science/article/pii/S0272735815301409)
      * [**School-Based Interventions for Anxious Children: Long-Term Follow-Up**](http://link.springer.com/article/10.1007/s10578-015-0555-x)
      * [**School-Based Intervention for Test Anxiety**](http://link.springer.com/article/10.1007/s10566-015-9314-1)
      * [**School Functioning and Use of School-Based Accommodations by Treatment-Seeking Anxious Children**](http://journals.sagepub.com/doi/abs/10.1177/1063426616664328)
      * [**Social Anxiety in Children with Anxiety Disorders: Relation with Social and Emotional Functioning**](http://www.springerlink.com/content/m52343828n395428/fulltext.pdf)
      * [**What Do Youth Referred for Anxiety Problems Worry About? Worry and Its Relation to Anxiety and Anxiety Disorders in Children and Adolescents**](http://www.springerlink.com/content/t47601m262080547/)

**Selective Mutism**

* + - * [**Brave Buddies: Helping kids with selective mutism find their voices**](http://www.childmind.org/en/clinics/programs/brave-buddies)
      * [**iSpeak: An online support group for young people and adults with Selective Mutism**](http://www.ispeak.org.uk/)
      * [**Selective Mutism: A review and integration of the last 15 year**](http://www.sciencedirect.com/science/article/pii/S0272735808001360)
      * [**Selective Mutism: Selected References & Resources**](http://www.selectivemutism.org/resources/library/References%20and%20Resources/SM%20Resources.pdf)
      * [**Selective Mutism Reference List (from the Selective Mutism Information and Research Assoc)**](http://www.selectivemutism.org/resources/library/References%20and%20Resources/SM%20Reference%20List%20from%20SMIRA.pdf)
      * [**Selective Mutism Foundation, Inc.**](http://www.selectivemutismfoundation.org/)
      * [**Selective Mutism Group ~ Childhood Anxiety Network**](http://www.selectivemutism.org/)
      * [**Selective Mutism Anxiety Research and Treatment (SMart) Center**](http://www.selectivemutismcenter.org/)
      * [**The Selective Mutism Treatment and Research Center**](http://www.selective-mutism.org/)
      * [**Selective Mutism Online**](http://selectivemutismonline.com/)

**Coping**

* + - * [**Coping with Fears and Stress**](http://www.ericdigests.org/1992-4/fears.htm)
      * [**Helping Students Cope with Test Anxiety**](http://www.ericdigests.org/2005-2/anxiety.html)

**Treatments and Assessments**

* + - * [**Back to School Anxiety Help**](http://www.schoolbehavior.com/Files/Back2SchoolAnxiety.pdf)
      * [**Evidence-Based Assessment of Anxiety and Its Disorder in Children and Adolescents**](http://www.informaworld.com/smpp/content%7Econtent=a783754930%7Edb=all)
      * [**The Feeling Thermometer**](http://www.schoolbehavior.com/Files/FeelingThermometer.pdf)
      * [**How to Help Children with Anxiety**](http://www.adaa.org/finding-help/helping-others/children)
      * [**Medication**](http://www.adaa.org/finding-help/treatment/medication)
      * [**Practice Parameters for the Assessment and Treatment of Children and Adolescents with Anxiety Disorders**](http://www.ncbi.nlm.nih.gov/pubmed/9334566?dopt=Abstract)

**Fact Sheets and Other General Info**

* + - * [**Schoolpsychiatry.org**](http://www2.massgeneral.org/schoolpsychiatry/info_anxiety.asp#interventions_school)

**Related Agencies and Websites**

* + - [**Anxiety Disorders Association of America**](http://www.adaa.org)
    - [**Center for Anxiety and Stress Treatment**](http://www.childfirst.ucla.edu/Resources.html)
    - [**Mental Health/Help Net (MHN)**](http://mentalhelp.net/)
    - [**National Anxiety Foundation**](http://www.lexington-on-line.com/naf.html)
    - [**National Institute of Mental Health**](http://www.nimh.nih.gov/)
    - [**Obsessive-Compulsive Foundation, Inc.**](http://www.ocfoundation.org)
    - [**The OCD Resource Center of South Florida**](http://www.ocdhope.com/)

**Relevant Publications That Can Be Obtained through Libraries**

* + - **Anxiety disorders. Moore, M. & Carr, A.   In: Alan Carr, Ed. What works with children and adolescents?:  A critical review of psychological interventions with children, adolescents and their families. Taylor & Francis/Routledge: Florence, KY, US, 2000. p. 178-202 of xii, 364pp.**
    - **Anxiety disorders in children and adolescents. (2004). Edited by Morris, T. L. & March, J. S. New York : Guilford Press.**
    - **Anxiety disorders in children and adolescents:  Research, assessment and intervention. Silverman, Wendy K., Ed; Treffers, Philip D. A., (Ed). Cambridge University Press: New York, NY, US, 2001. xv, 402pp. Series title: Cambridge child and adolescent psychiatry.**
    - **Anxiety disorders in children and adolescents. Rothe, Eugenio M.; Castellanos, Daniel.   In: H. Booney Vance, Ed; Andres Pumariega, Ed. Clinical assessment of child and adolescent behavior.. John Wiley & Sons, Inc: New York, NY, US, 2001. p. 383-412 of xvi, 557pp.**
    - **Cognitive-behavioral treatment of anxiety disorders in children: Long-term (6-year) follow-up. Barrett, P. M.; Duffy, A. L.; Dadds, M. R.; Rapee, R. M. Journal of Consulting & Clinical Psychology. American Psychological Assn: US, 2001 Feb. 69 (1): p. 135-141.**
    - **Drug treatment of anxiety disorders in children. New England Journal of Medicine. Coyle, Joseph T. Massachusetts Medical Society: US, 2001 Apr. 344 (17): p. 1326-1327.**
    - **Evidence-Based Psychosocial Treatments for Child and Adolescent Obsessive-Compulsive Disorder. Barrett, P. D.; Farrell, L.; Pina, A. A.; Peris, T. S.; Piacentini, J. *Journal of Child & Adolescent Psychology*. 37(1): p. 131-155 (2008).**
    - **Evidence-Based Psychosocial Treatments for Phobic and Anxiety Disorders in Children and Adolescents. Silverman, W. K.; Pina, A. A.; Chockalingam, V. *Journal of Child & Adolescent Psychology*. 37(1) (2008).**
    - ***Evidence-Based School Mental Health Services: Affect Education, Emotion Regulation Training, and Cognitive Behavioral Therapy*. Macklem, G.L. (2011). Springer.**
    - **Familial correlates of social anxiety in children and adolescents. Boegels, Susan M.; van Oosten, Annemarie; Muris, Peter; Smulders, Dianne. Behavior Research & Therapy. Elsevier Science Ltd: England, 2001 Mar. 39 (3): p. 273-287.**
    - **Generalized anxiety disorder in children and adolescents. Wagner, K. D. Psychiatric Clinics of North America. WB Saunders & Co: US, 2001 Mar. 24 (1): p. 139-153.**
    - **Issues in the diagnosis and assessment of anxiety disorders in children and adolescents. Schniering, C. A.; Hudson, J. L.; Rapee, R. M. Clinical Psychology Review. Elsevier Science Inc/Pergamon: US, 2000 June. 20 (4): p. 453-478.**
    - **School phobia, panic attacks, and anxiety in children. Cs�ti, M. (2003). J. Kingsley Publishers.**
    - **Self-reported anxiety in children and adolescents: A three-year follow-up study. Gullone, Eleonora; King, Neville J.; Ollendick, Thomas H. Journal of Genetic Psychology. Heldref Publications: US, 2001 Mar. 162 (1): p. 5-19.**
    - **Separation anxiety disorder in children and adolescents: Epidemiology, diagnosis and management. Masi, Gabriele; Mucci, Maria; Millepiedi, Stefania. CNS Drugs. Adis International Ltd: New Zealand, 2001. 15 (2): p. 93-104.**
    - **The prevalence and effects of test anxiety in school children. McDonald, Angus S. Educational Psychology. Carfax Publishing Ltd: United Kingdom, 2001 Mar. 21 (1): p. 89-101.**
    - **Treating generalized anxiety disorder : evidence-based strategies, tools, and techniques. Rygh, J. L. and Sanderson, W. C. (2004). New York : Guilford Press.**
    - **Your anxious child: How parents and teachers can relieve anxiety in children. Dacey, John S.; Fiore, Lisa B. Jossey-Bass Inc, Publishers: San Francisco, CA, US, 2000. xi, 242pp.**

***From the UCLA School Mental Health Project,*** [***http://smhp.psych.ucla.edu/***](http://smhp.psych.ucla.edu/)