



COMORBID ANXIETY AND DEPRESSION IN CHILDREN AND ADOLESCENTS: PREVALENCE AND MANAGEMENT

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INTRODUCTION

Anxiety disorders tend to co-occur with depression and literature suggests that the comorbidity between the two is more prevalent among children and adolescents¹. Comorbidity rates in youth are estimated to be 20-50%². Comorbid anxiety and depression is associated with symptom severity, poor prognosis, poor response to treatment, and increased risk of suicide among youth.

METHODS

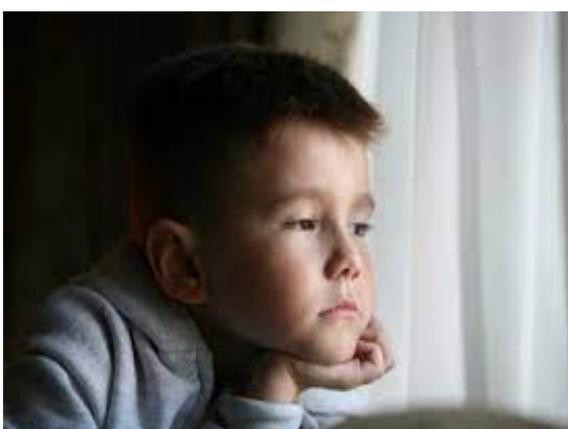
We searched databases Pubmed and Google Scholar. We reviewed 33 articles and included 5 in this review. Systematic review involving 115 articles published between 1987 and 2015¹. Analysis of data from the 2016 National Survey of Children's Health to estimate prevalence of depression, anxiety and behavioral issues among children². Randomized controlled trial conducted to assess efficacy of the transdiagnostic program, EMOTION among children between 8-12 years³. Randomized controlled trial assessing the impact of 12 sessions of CBT on symptoms⁴. Assessment of the psychometric properties of the Revised Child and Adolescent Scales⁵.



KEYWORDS: Comorbid Anxiety, Depression, Children and Adolescents

CONCLUSIONS

The literature suggests that comorbid anxiety and depression is common amongst children and adolescents. Further research to understand their pathophysiology and develop diagnosis strategies is necessary for effective treatment.



AIM

The purpose of this study is to assess the prevalence and management of comorbid anxiety and depression in children/adolescents.

RESULTS

Comorbidity between anxiety and depression was supported by literature¹. In spite of the high symptom severity, there is less understanding about the exact pathophysiology and neurobiology of comorbid anxiety and depression. This is complicated by a lack of a dimensional, evidence-based assessment, which causes inadequate diagnosis and management. Among children aged 3-17, 7.1% had current anxiety while 3.2% had current depression². The intervention had twice the reduction in symptoms compared to the control³. The effectiveness of CBT was demonstrated⁴. The Revised Child and Adolescent Scale is a reliable screening tool⁵.

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