

Anxiety 201 Resources

Books for Anxiety

- *Freeing Your Child From Anxiety* | Chansky
- *Freeing Your Child From OCD* | Chansky
- *Ready, Set, Breathe* | Naumburg
- *Some Days I Flip My Lid* | Bailey
- *Some Nights I Flip My Lid* | Bailey
- *What To Do When You Worry Too Much* | Huebner & Matthews
- *What To Do When You Dread Your Bed* | Huebner & Matthews
- *What To Do When Your Brain Gets Stuck* | Huebner & Matthews
- *The Invisible String* | Karst & Lew-Vriethoff
- *The Anxiety Workbook for Kids* | Alter

Phone Apps

- Calm
- Headspace
- Tactical Breather
- Insight Timer
- Colorfy
- Tide
- iBreathe
- Breathe2Relax
- Happify
- Sworkit
- Good News Network

Online Resources

- [Frog Square Breathing](#)
- [Hand Brain Model for Kids](#)
- [Mindfulness & Breathing Resource Folder](#)
- [AAP Media Family Plan](#)
- [OHA's Virtual Eating Disorder Training Series](#)

Complementary Medicine Drug/Herb/Supplement Interactions

- National Center for Complementary and Integrative Care
- Epocrates (app)
- Naturalmedicines.therapeuticresearch.com

References

- Beck, A. T., & Dozois, D. J. (2011). Cognitive therapy: Current status and future directions. *Annual Review of Medicine*, 62, 397-409. doi:10.1146/annurev-med-052209-100032
- Bennet, E. D., et al. (2017). Five out of the box techniques for encouraging teenagers to engage in counseling. *American Counseling Association VISTAS*:
<https://www.counseling.org/docs/default-source/vistas/encouraging-teenagers.pdf>
- Clin Child Fam Psychol Rev (2017) 20:201–225
- Ghandour RM, Sherman LJ, Vladutiu CJ, Ali MM, Lynch SE, Bitsko RH, Blumberg SJ. (2019). Prevalence and treatment of depression, anxiety, and conduct problems in U.S. children. *The Journal of Pediatrics*, 2019; 206:256-267.
- Herng-Sheng Lee, Hsin-Hao Chao, Wan-Ting Huang, Solomon Chih-Cheng Chen & Hsin-Yi Yang. (2020). Psychiatric disorders risk in patients with iron deficiency anemia and association with iron supplementation medications: a nationwide database analysis:
<https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/s12888-020-02621-0>
- Hopko, D., Robertson, S., & Lejuez, C. (2006). Behavioral activation for anxiety disorders. *The behavior analyst today*, 7, 212-232. <https://api.semanticscholar.org/CorpusID:55737644>
- Kerns, Kathryn A. & Brumariu, Laura E. (2014). Child Dev Perspect Is Insecure Parent-Child Attachment a Risk Factor for the Development of Anxiety in Childhood or Adolescence? Mar 1; 8(1): 12–17.
https://pubmed.ncbi.nlm.nih.gov/?term=Kerns%20KA%5BAuthor%5D&cauthor=true&cauthor_uid=24660023
- LeBlanc, N. & Marques, L. (2019). Anxiety in college: What we know and how to cope. *Harvard Health Blog*:
<https://www.health.harvard.edu/blog/anxiety-in-college-what-we-know-and-how-to-cope-2019052816729>
- Madigan, Sherri P. (2019). Association Between Screen Time and Children's Performance on a Developmental Screening Test. *JAMA Pediatr*. 2019;173(3):244-250. doi:10.1001/jamapediatrics.2018.5056. Published online January 28, 2019. Corrected on March 25, 2019.
- National Child Traumatic Stress Network. (2008). Engaging adolescents in treatment: Understanding the links between adolescent trauma and substance abuse. *NCTSN Resource*:
<https://www.nctsn.org/resources/engaging-adolescents-treatment-tips-mental-health-professionals>

Radesky JS, Weeks HM, Ball R, Schaller A, Yeo S, Durnez J, Tamayo-Rios M, Epstein M, Kirkorian H, Coyne S, Barr R. *Pediatrics*. 2020. *Young children's use of smartphones and tablets*. Jul;146(1):e20193518. doi: 10.1542/peds.2019-3518. Epub 2020 Jun 1. PMID: 32482771. <https://pubmed.ncbi.nlm.nih.gov/32482771/>

Reiter, J.T. et al. *J Clin Psychol Med Settings*. 2018 Jun;25(2):109-126. doi: 10.1007/s10880-017-9531-x.

Robinson, P.J. & Reiter, J.T. *Behavioral consultation and primary care: A guide to integrating services* (2016) Springer.

Sawchuk, C. & Craner, J. (2017). Evidence-based psychotherapy in primary care. *Focus*, 15:264-270. <https://focus.psychiatryonline.org/doi/pdf/10.1176/appi.focus.20170010>

Stiglic N, Viner RM. (2019). Effects of screentime on the health and well-being of children and adolescents: a systematic review of reviews. *BMJ Open* 2019;9:e023191. doi:10.1136/bmjopen-2018-023191

Wilson, Jaime AB, and Sven Schild. "Provision of Mental Health Care Services to Deaf Individuals Using Telehealth." *Professional Psychology: Research and Practice*, vol. 45, no. 5, 21 Mar. 2014, pp. 324–331., doi:<https://www.apa.org/pubs/journals/features/pro-a0036811.pdf>

Yeo SL, Schaller A, Robb MB, Radesky JS. (2021). Frequency and duration of advertising on popular child-directed channels on a video-sharing platform. *JAMA Netw Open*. 2021 May 3;4(5):e219890. doi: 10.1001/jamanetworkopen.2021.9890. PMID: 33983402

2007 and 2012 National Health Interview Studies