

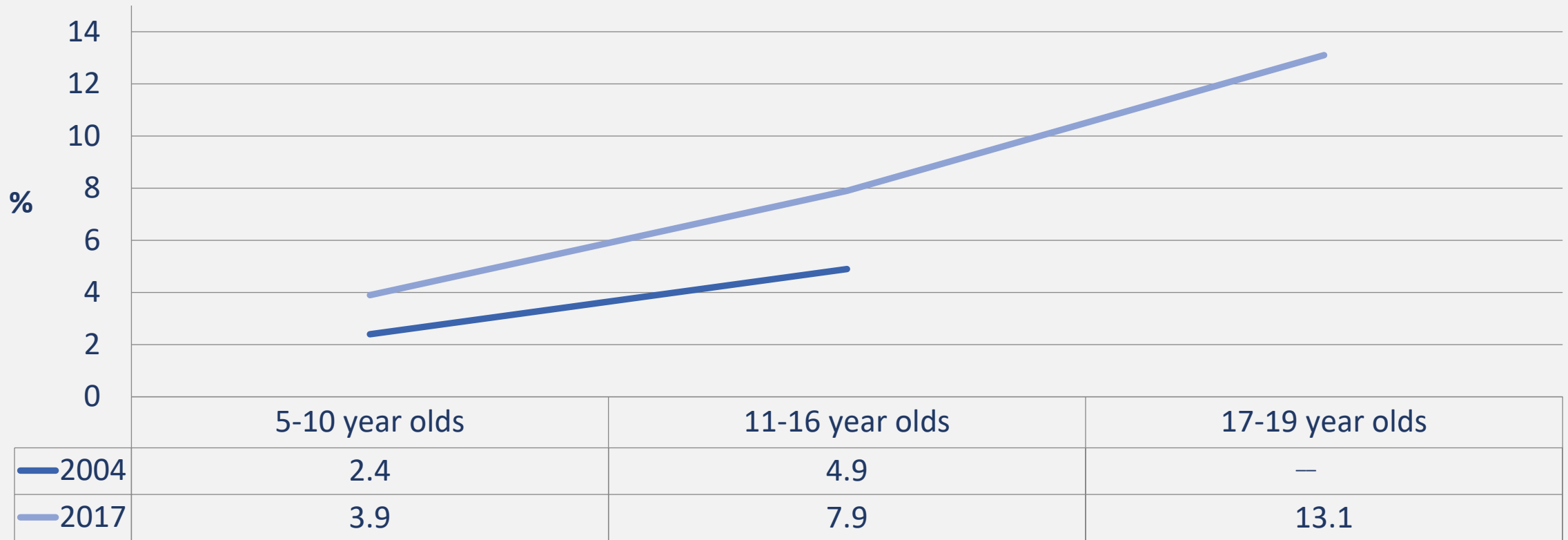


The Treatment of Anxiety Disorders in Adolescents

JCPP Advances Lecture
11th May 2023

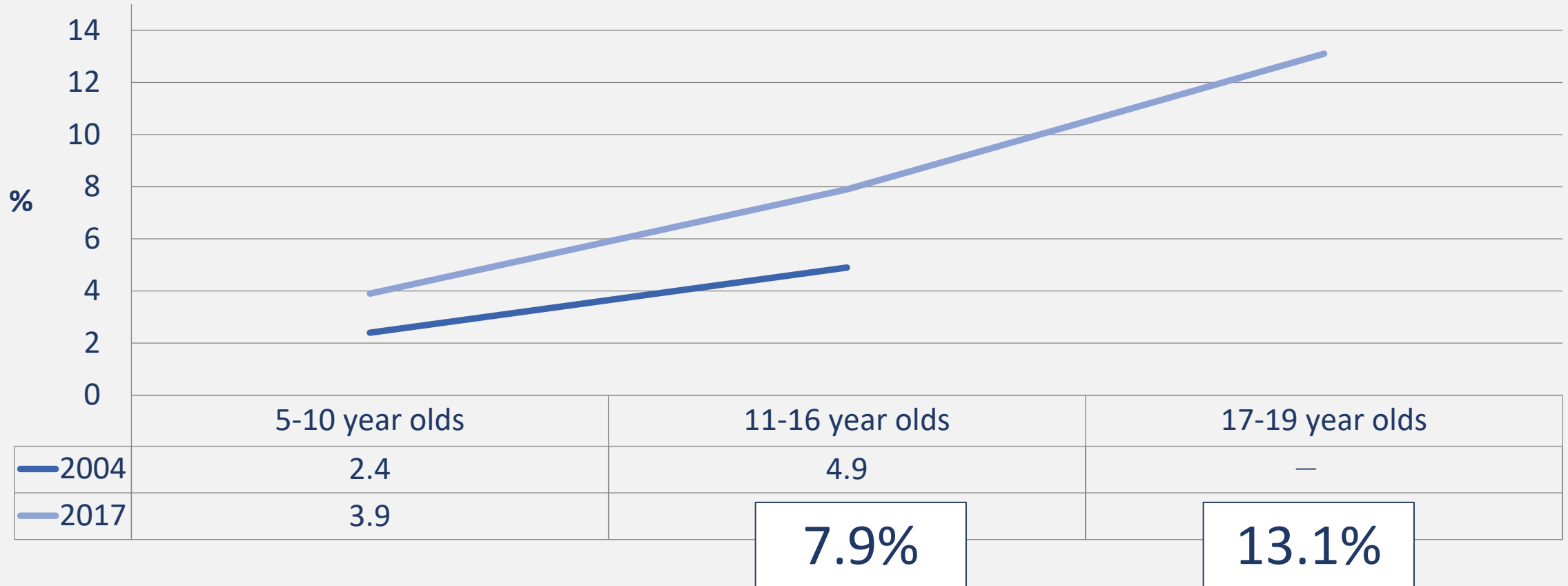
Polly Waite
Associate Professor of Clinical Psychology

Prevalence of Anxiety Disorders



Sadler, K., Vizard, T., Ford, T., Marchesell, F., Pearce, N., Mandalia, D., ... & Goodman, R. (2018). Mental Health of Children and Young People in England, 2017, NHS Digital.

Prevalence of Anxiety Disorders



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Are anxious adolescents different to anxious children?

100

Children consecutively referred for treatment of an anxiety disorder

100

Adolescents consecutively referred for treatment of an anxiety disorder

Compared to children, adolescents with an anxiety disorder had:



Different anxiety disorders as primary



More severe anxiety overall



More frequent co-morbid mood disorders



More frequent school non-attendance

Effectiveness of Psychological Treatments For Adolescent Anxiety Disorders



Age 11-18 years

k = 16 RCTs

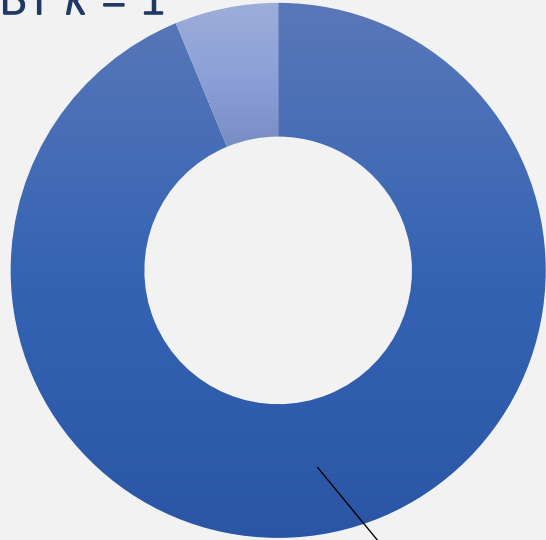
n = 766 adolescents

36.0

Baker, H. J., Lawrence, P. J., Karalus, J., Creswell, C., & Waite, P. (2021). The effectiveness of psychological therapies for anxiety disorders in adolescents: a meta-analysis. *Clinical Child and Family Psychology Review*, 1-18.

Effectiveness of Psychological Treatments For Adolescent Anxiety Disorders

Non-CBT $k = 1$



CBT $k = 15$

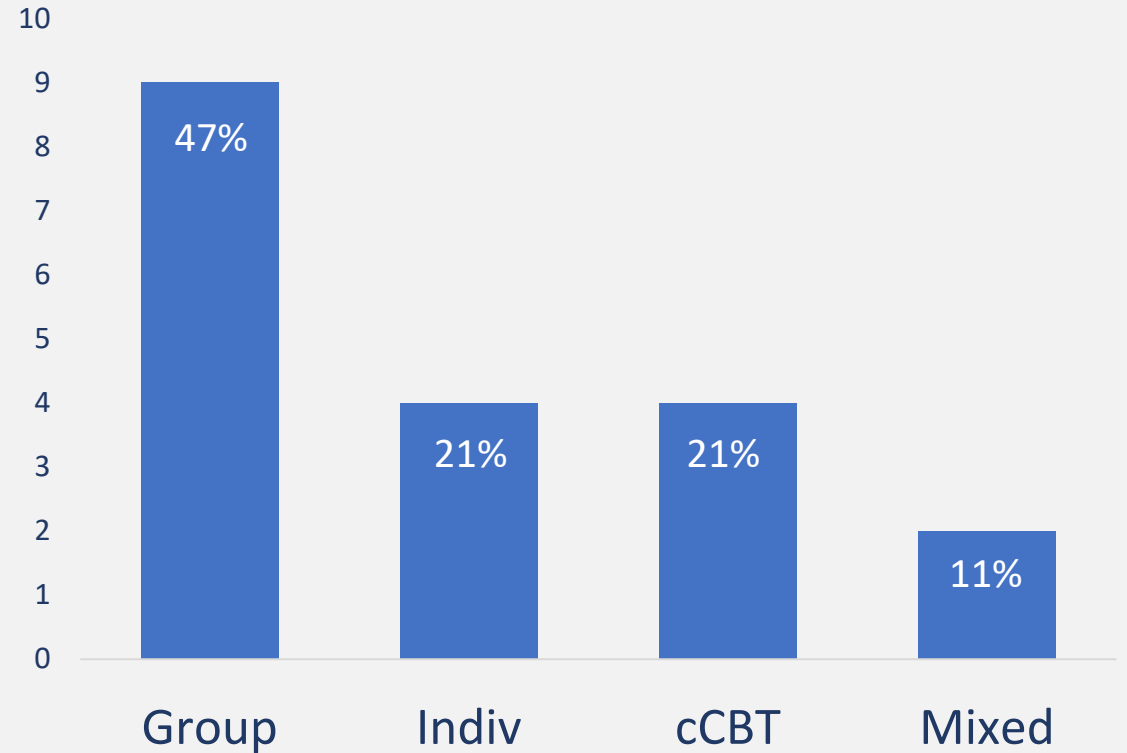
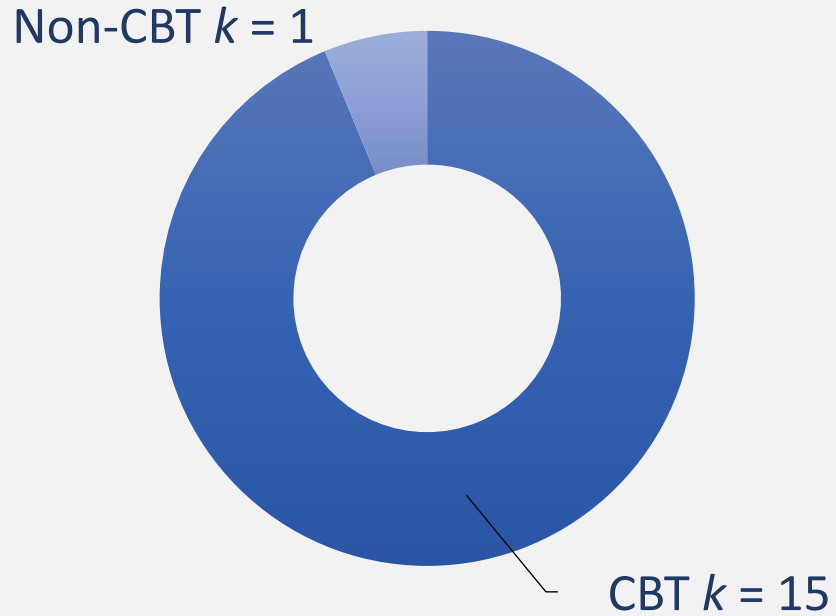
47%

21%

21%

11%

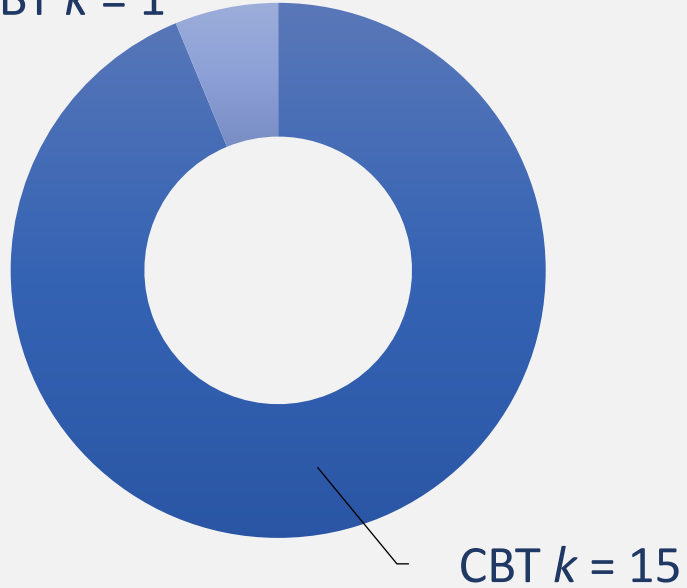
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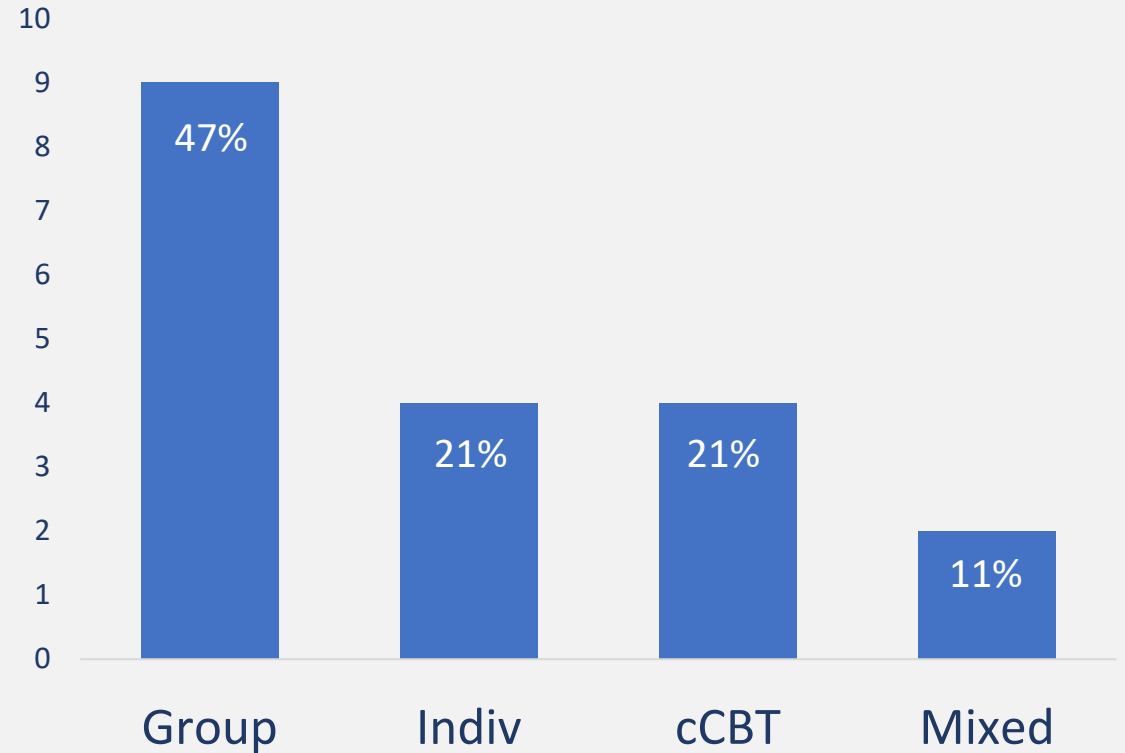
Effectiveness of Psychological Treatments For Adolescent Anxiety Disorders

Non-CBT $k = 1$



CBT $k = 15$

Session length
Range 4-29 hours
Mean length = 17.6 hours



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Effectiveness of Psychological Treatments For Adolescent Anxiety Disorders

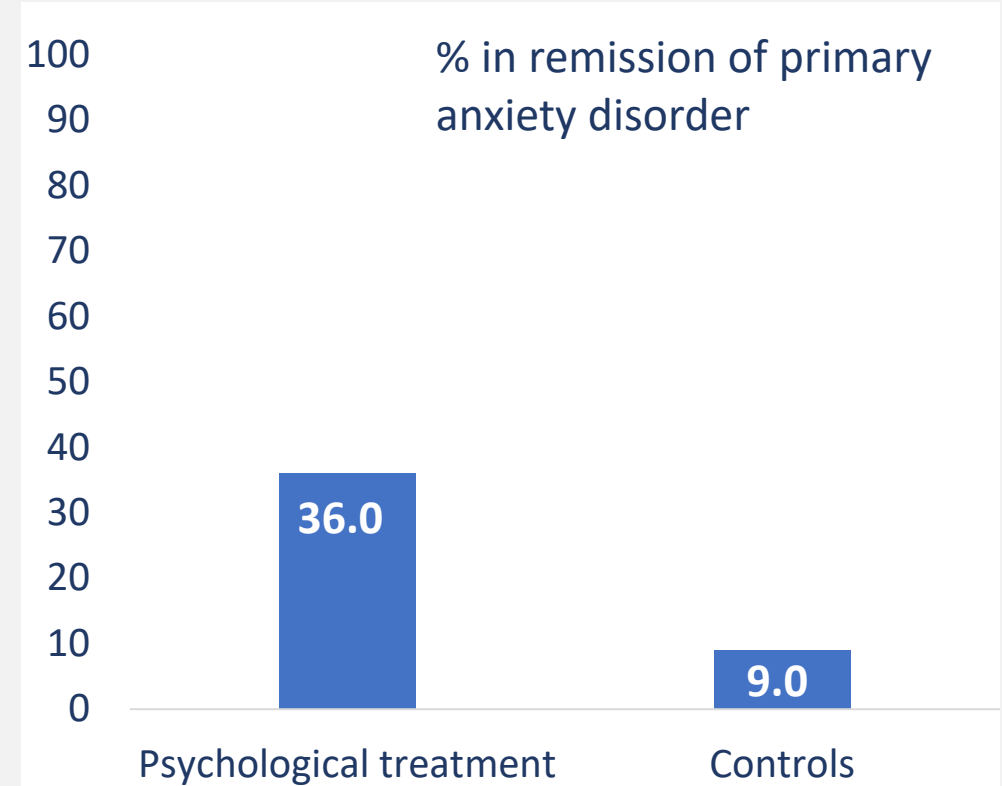
Age 11-18 years

k = 16 RCTs

n = 766 adolescents

The psychological treatment group showed:

- Greater remission from the primary anxiety disorder (k=9): RR = 7.94, 95% CI 3.19–12.7
- Greater symptom reduction (k=16): SMD = 0.454, 95% CI 0.22–0.69



'Impossible situation' as child mental health referrals rise above 1m

'Pressure on services continues to ratchet up' as staff struggle to cope with increasing need for support

'Pressure on services continues to ratchet up' as staff struggle to cope with increasing need for support

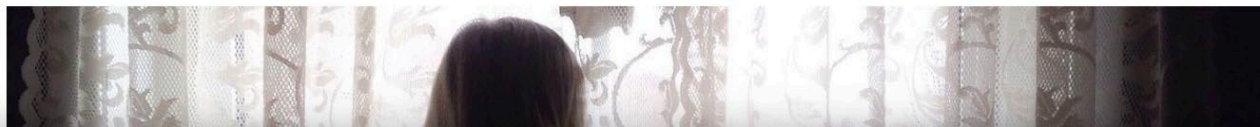
By Laura Donnelly, HEALTH EDITOR
15 March 2022 · 6:00am

More than one million referrals of children for specialist mental health services are expected in 2022, official figures show, as the Royal College of Psychiatrists warned it is "becoming an impossible situation to manage".

The Telegraph

HEALTH

Parents go private to get children mental health help



News > Health

Number of children needing help for serious mental health problems soars

NHS data shows rise to more than a million referrals last year

Jane Kirby • Tuesday 03 January



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Access to NHS mental health for children remains a 'postcode lottery'

Covid pandemic has seen referrals in England drop as more children than ever are struggling, says report
Coronavirus - latest updates
See all our coronavirus coverage



n's commissioner report says some areas spent as little as £16 per child and others as £165 on child and adolescent mental health. (Model posed photo) Photograph: Jon /NSPCC/PA

's access to specialist NHS mental health services in England is a "postcode lottery", with huge differences in spending and referrals depending on where families happen to live, according to a report

Is it possible to improve the effectiveness and efficiency of treatments for adolescents with anxiety disorders?



Evidence for Brief Cognitive Therapy in Adolescents with Social Anxiety Disorder



OSCA (Online Social anxiety Cognitive therapy for Adolescents) with therapist support
14 weekly online sessions + 20-min phone calls
Developed from CT-SAD based on Clark & Wells (1995) model

Leigh, E., & Clark, D. M. (2023). Internet-delivered therapist-assisted cognitive therapy for adolescent social anxiety disorder (OSCA): a randomised controlled trial addressing preliminary efficacy and mechanisms of action. *Journal of Child Psychology and Psychiatry*, 64(1), 145-155.

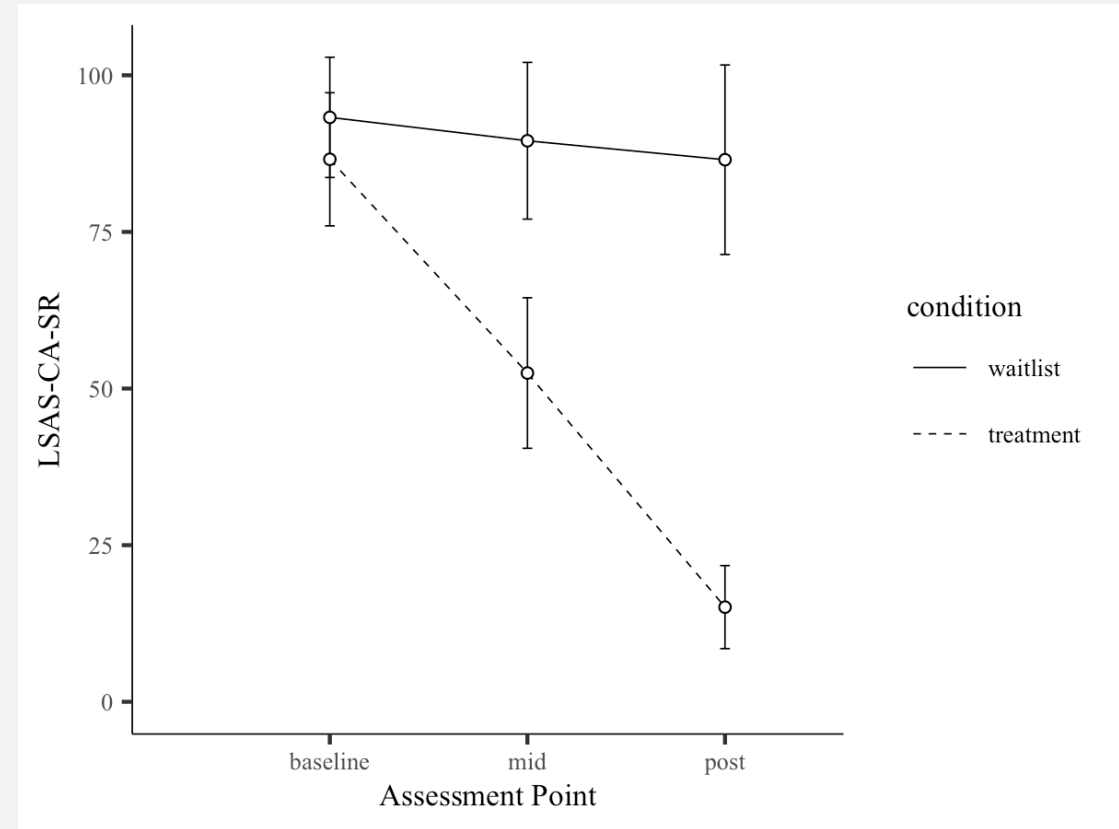
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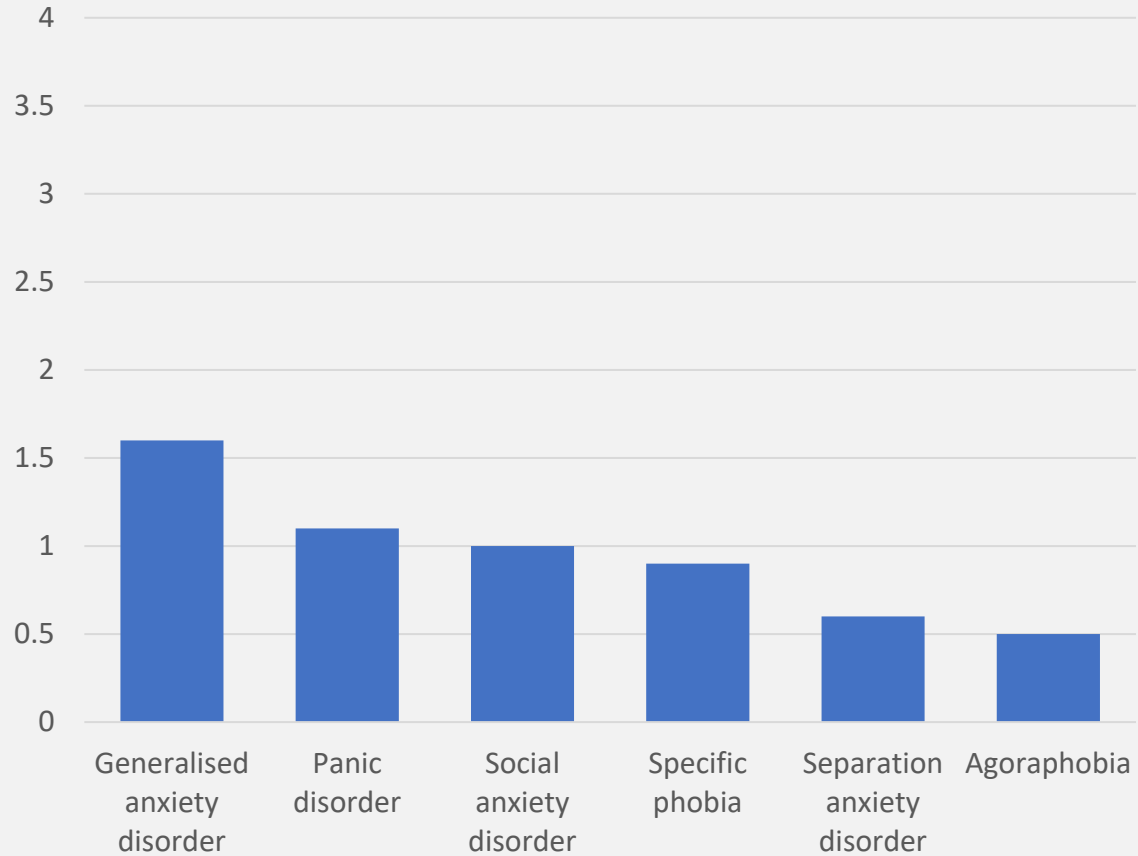
n = 43 (age 14-18 years)

- Mean patient time logged onto OSCA = 26.14 hours
- Mean therapist time per participant = 6.65 hours
- OSCA outperformed waitlist on all measures
- Associated with large effects that were maintained at 6-month follow-up
- 77% lost their SAD diagnosis post-treatment (compared to 14% in the waitlist)
- This increased to 91% at 6-months

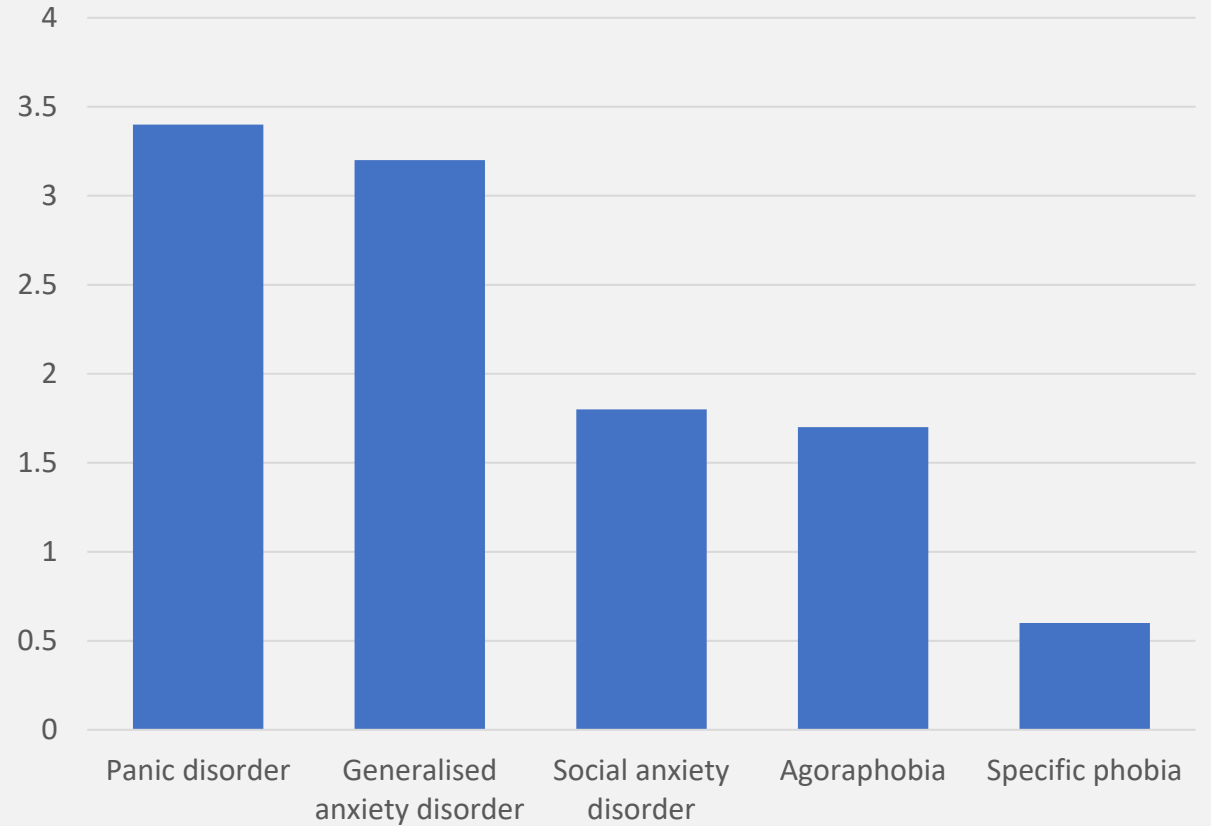


Prevalence of Anxiety Disorders in Adolescents

11-16 years



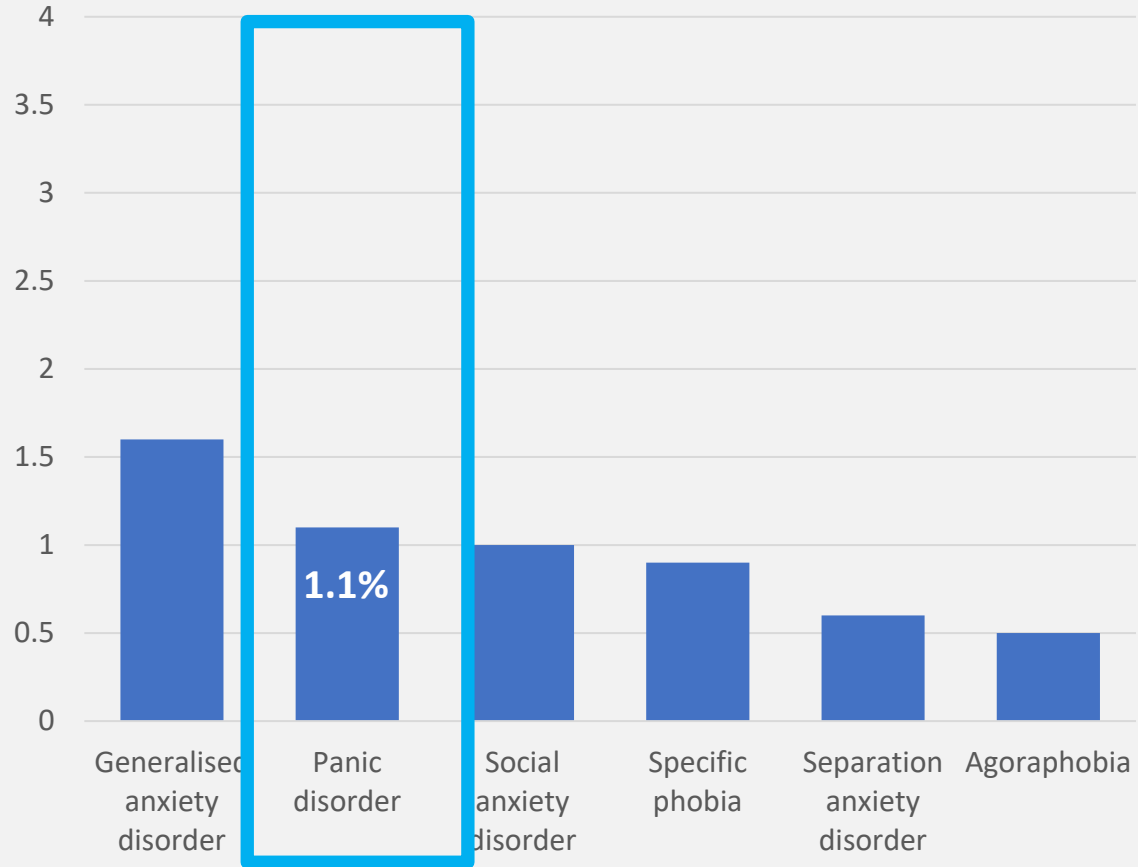
17-19 years



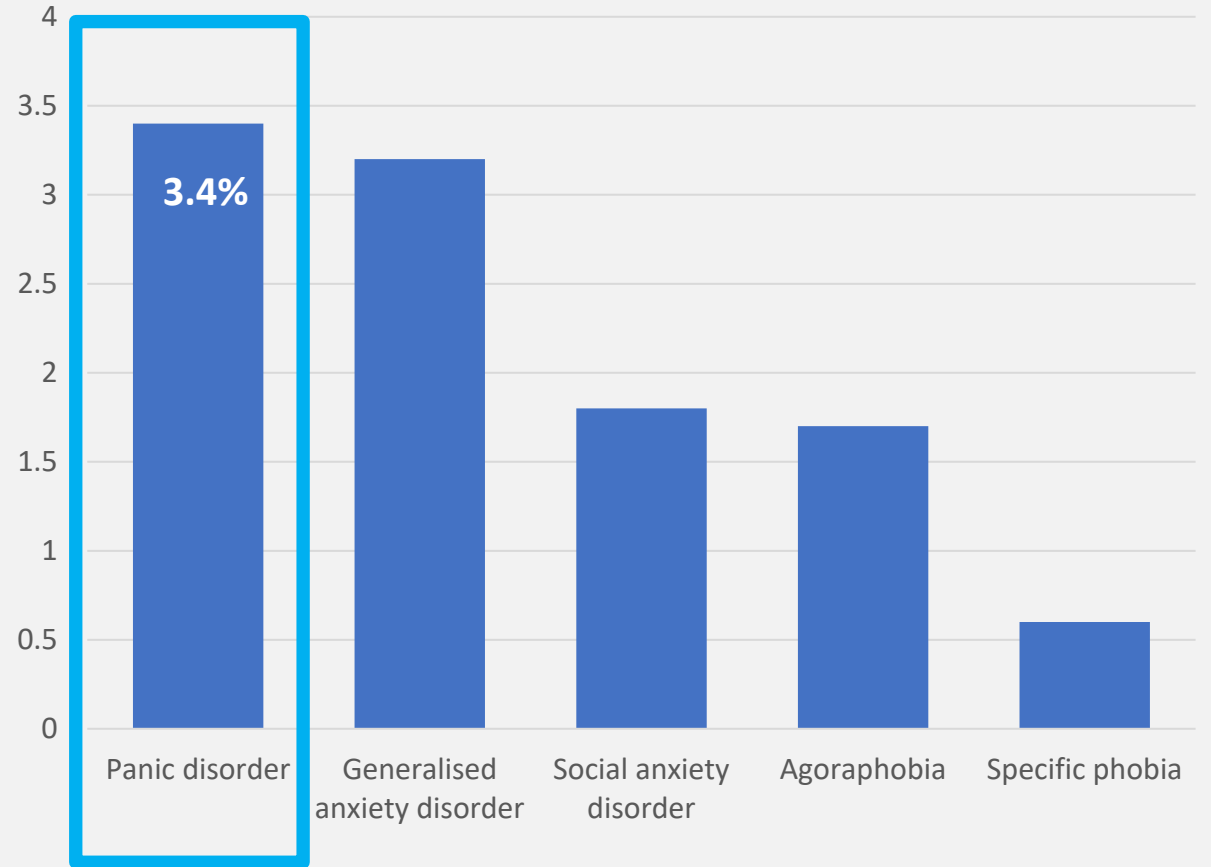
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Prevalence of Anxiety Disorders in Adolescents

11-16 years



17-19 years



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NICE guidance

Evidence-based recommendations

Generalised anxiety disorder and panic disorder in adults: management

Clinical guideline

Published: 26 January 2011

[nice.org.uk/guidance/cg113](https://www.nice.org.uk/guidance/cg113)

Panic Disorder in Adolescents

NICE guidance

Evidence-based recommendations

Generalised anxiety disorder and panic disorder in adults: management

Clinical guideline

Published: 26 January 2011

nice.org.uk/guidance/cg113

No guidance for
children/adolescents

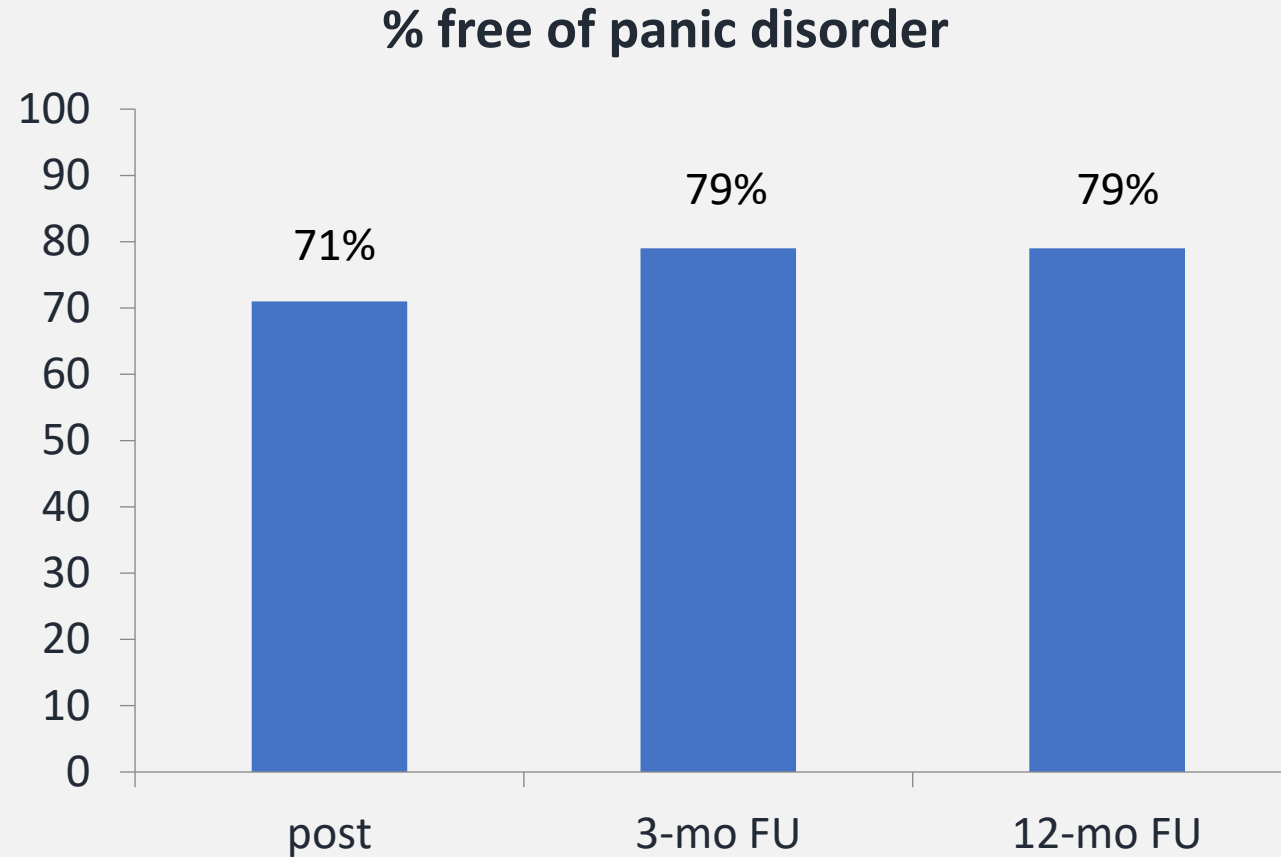


Brief Cognitive Therapy for Panic Disorder in Adults



Clark, D. M., Salkovskis, P. M., Hackmann, A., Wells, A., Ludgate, J., & Gelder, M. (1999). Brief cognitive therapy for panic disorder: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 67*(4), 583.

Brief Cognitive Therapy for Panic Disorder in Adults

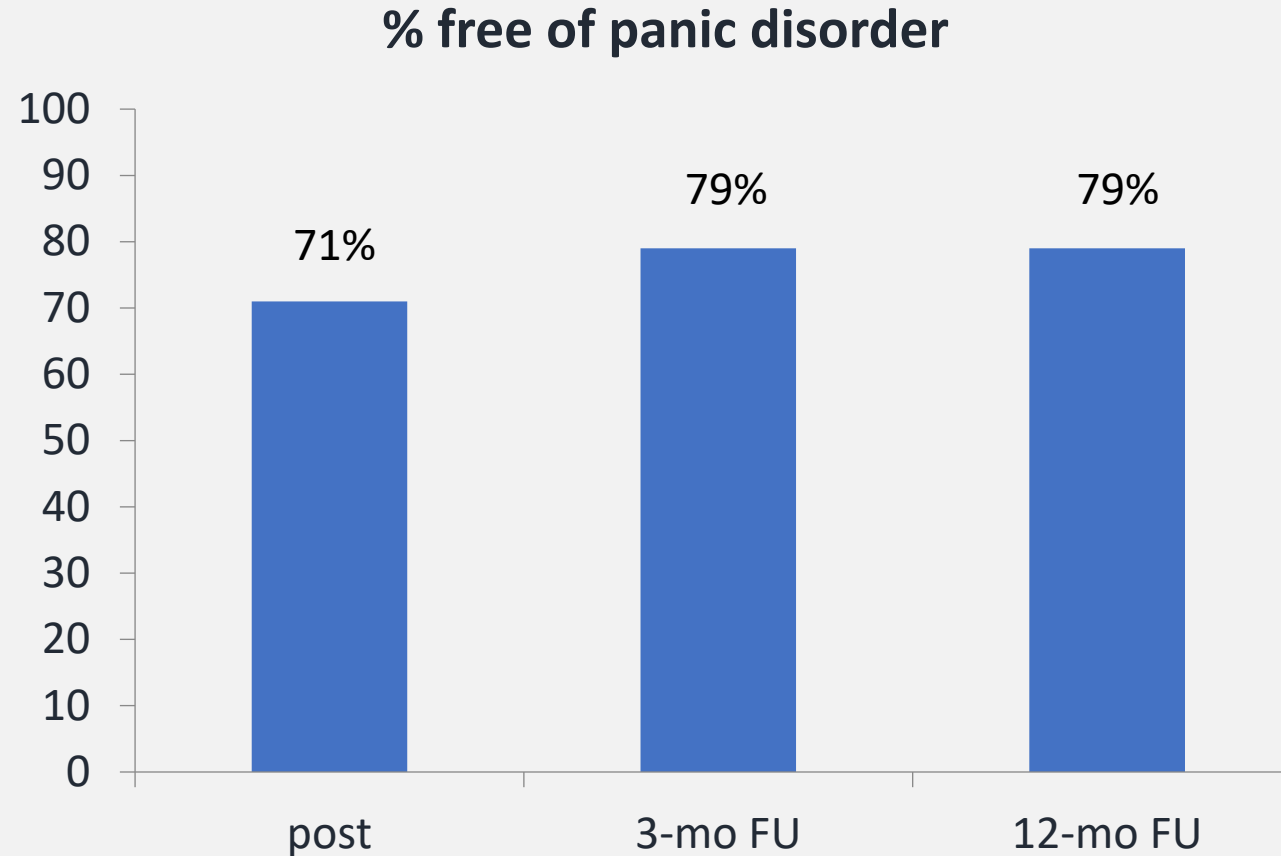


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Brief Cognitive Therapy for Panic Disorder in Adults



No significant differences between full (12 sessions) and brief CBT immediately or at 12-month follow up



Clark, D. M., Salkovskis, P. M., Hackmann, A., Wells, A., Ludgate, J., & Gelder, M. (1999). Brief cognitive therapy for panic disorder: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 67*(4), 583.

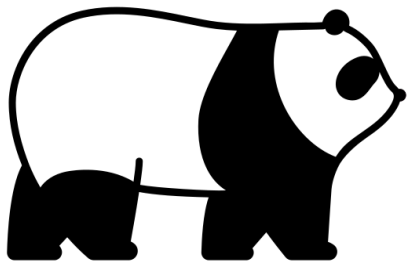
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The PANDA (Treatment of Panic Disorder in Adolescents) Feasibility Study

- Young people aged 11-18 years
- Referred to an NHS-commissioned clinic
- DSM-5 panic disorder



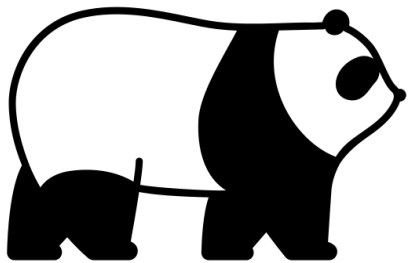
Waite, P. (2022). Protocol for a randomised controlled feasibility study examining the efficacy of brief cognitive therapy for the treatment of panic disorder in adolescents (PANDA). *Pilot and feasibility studies*, 8(1), 1-16.

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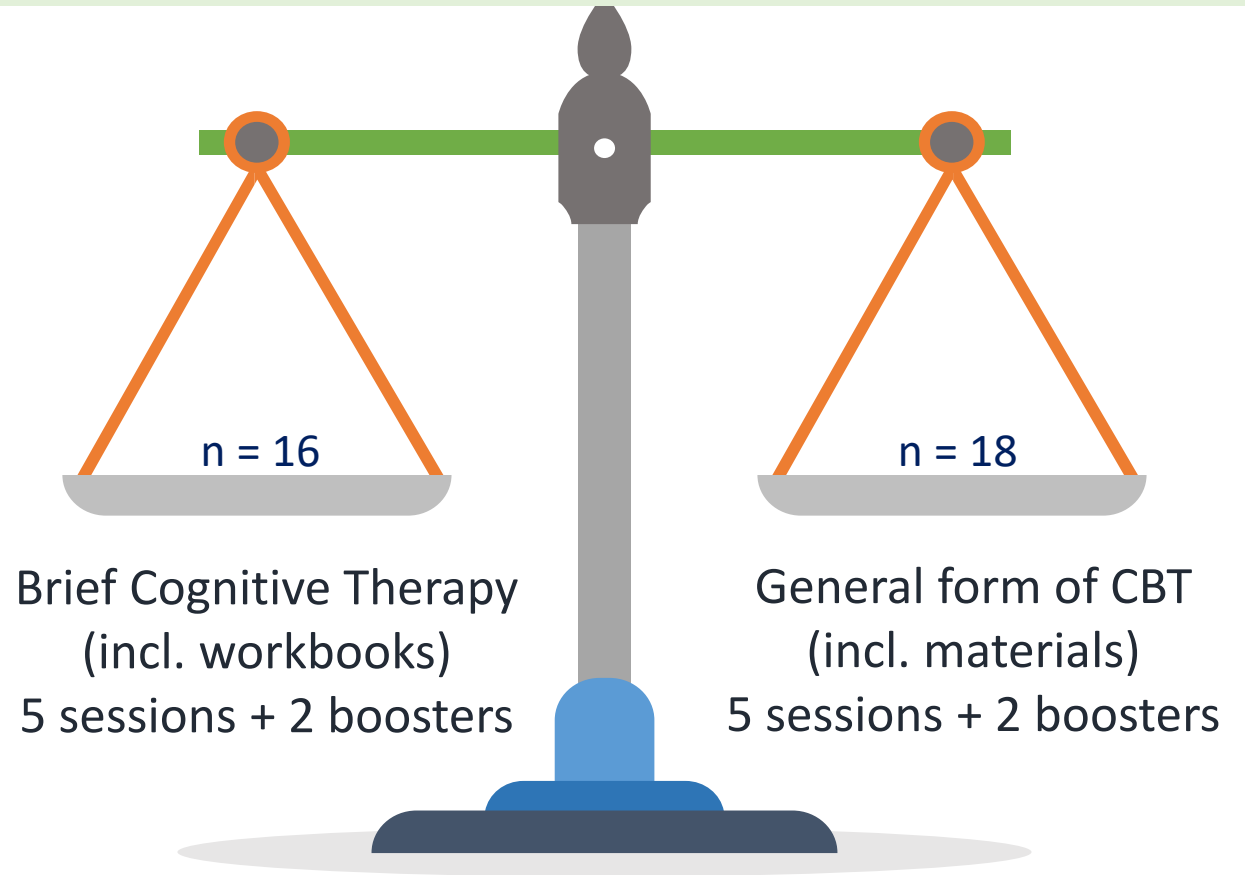
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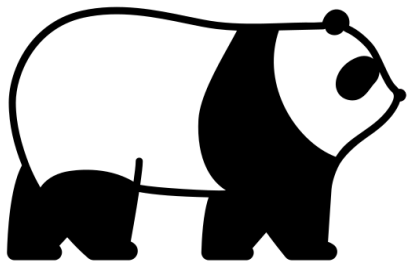
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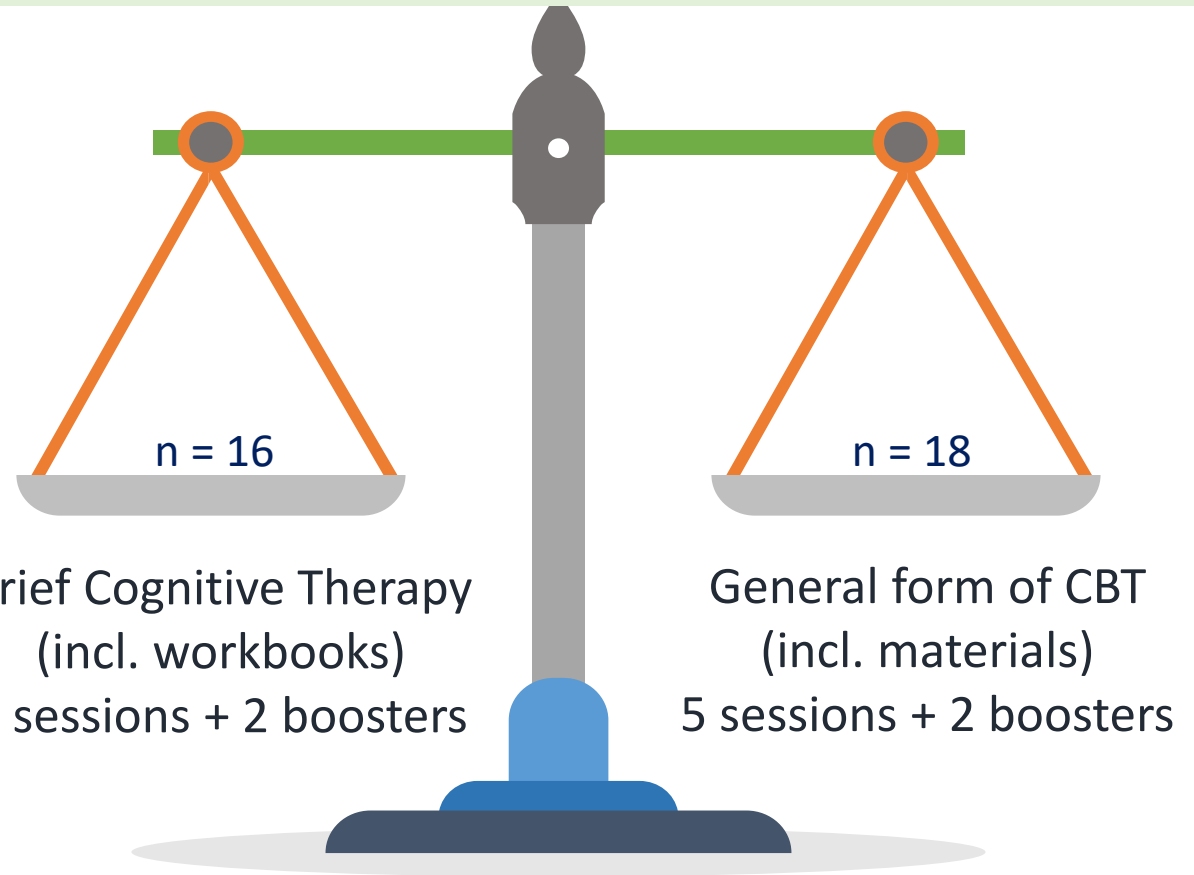
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All sessions delivered by Children's Wellbeing Practitioners (CWPs)



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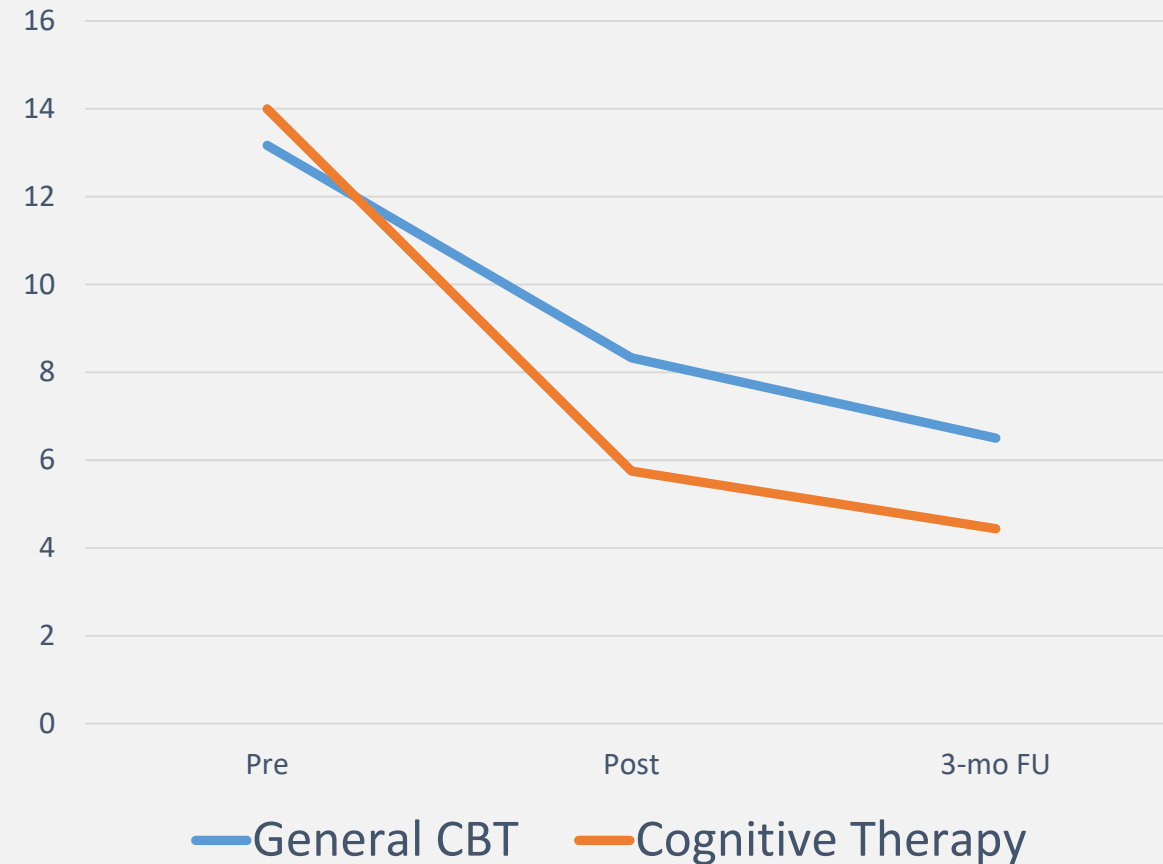
The PANDA (Treatment of Panic Disorder in Adolescents) Feasibility Study



- Met all feasibility criteria
 - Recruitment, drop-out rates, retention to assessments, acceptability and adverse events

PANDA Feasibility Study Initial Findings

- Met all feasibility criteria
 - Recruitment, drop-out rates, retention to assessments, acceptability and adverse events
- Exploratory analyses of outcomes at 3-month follow-up
 - Brief Cognitive Therapy effect size $d=1.96$, 100% reliable change
 - General form of CBT effect size $d=1.29$, 56% reliable change



Waite, P. et al. (in preparation). Findings from a Randomised Controlled Feasibility Study Examining the Efficacy of Brief Cognitive Therapy For the Treatment of Panic Disorder in Adolescents (PANDA).



- Further development and evaluation of brief CT for panic disorder
 - Consideration of implementation issues
 - Including of training, supervision as well as delivery of treatment
- Development of brief, effective treatments for other adolescent anxiety disorders
- Adaptations/development of treatments for autistic adolescents and those with other neurodevelopmental disorders

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Trial Steering Committee: Tamsin Ford, Cathy Creswell, Rosie Hill, Hiroko Plant & Richard-Meiser-Stedman

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