**Data sheet on teen Anxiety**

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| [From the National Institute of Mental Health](https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml)  Based on diagnostic interview data from National Comorbidity Survey Adolescent Supplement (NCS-A), Figure 3 shows lifetime prevalence of any anxiety disorder among U.S. adolescents aged 13-18.3   * An estimated 31.9% of adolescents had any anxiety disorder. * Of adolescents with any anxiety disorder, an estimated 8.3% had severe impairment. DSM-IV criteria were used to determine impairment. * The prevalence of any anxiety disorder among adolescents was higher for females (38.0%) than for males (26.1%). * The prevalence of any anxiety disorder was similar across age groups. |
| Is time spent using social media associated with mental health problems among adolescents?  In this cohort study of 6595 US adolescents, Adolescents who spend more than 3 hours per day on social media may be at heightened risk for mental health problems, particularly internalizing problems.  *Riehm KE, Feder KA, Tormohlen KN, et al. Associations Between Time Spent Using Social Media and Internalizing and Externalizing Problems Among US Youth.*JAMA Psychiatry.*Published online September 11, 2019. doi:10.1001/jamapsychiatry.2019.2325* |
| Adolescents with anxiety disorders often have low self-esteem, poor problem-solving, and a strong desire to be accepted. Combined, these qualities may predispose them to experience unique stressors when using social  network sites. Focus groups of adolescent Facebook users who have a primary anxiety diagnosis  uncovered narratives describing individuals’ perspectives related to how Facebook can influence their anxiety. There were six themes related to Facebook stressors: seeking approval, fearing judgment, escalating interpersonal issues, wanting privacy, negotiating self and social identity, and connecting & disconnecting. Future quantitative studies are recommended to further understand the relationships between Facebook stressors and expressed anxiety in teens.  *Calancie, O., Ewing, L., Narducci, L. D., Horgan, S., & Khalid-Khan, S. (2017). Exploring how social networking sites impact youth with anxiety: A qualitative study of Facebook stressors among adolescents with an anxiety disorder diagnosis. Cyberpsychology: Journal of Psychosocial Research on Cyberspace, 11(4), article 2.* |
| A growing body of research confirms the relationship between digital media and depression. Although there is evidence that greater electronic media use is associated with depressive symptoms, there is also evidence that the social nature of digital communication may be harnessed in some situations to improve mood and  to promote health-enhancing strategies. Much more research is needed to explore these possibilities.  *Digital Media, Anxiety, and Depression in Children by Elizabeth Hoge, David Bickham and Joanne Cantor Pediatrics 2017;140;S76* |
| A random sample of 688 undergraduate university students found that prevalence rates of smartphone-related compulsive behavior, functional impairment, tolerance and withdrawal symptoms were substantial. 35.9% felt tired during daytime due to late-night smartphone use, 38.1% acknowledged decreased sleep quality, and 35.8% slept less than four hours due to smartphone use more than once. Whereas gender, residence, work hours per week, faculty, academic performance (GPA), lifestyle habits (smoking and alcohol drinking), and religious practice did not associate with smartphone addiction score; personality type A, class (year 2 vs. year 3), younger age at first smartphone use, excessive use during a weekday, using it for entertainment and not using it to call family members, and having depression or anxiety, showed statistically significant associations with smartphone addiction. Depression and anxiety scores emerged as independent positive predictors of smartphone addiction, after adjustment for confounders.  *Depression, anxiety, and smartphone addiction in university students- A cross sectional study*  *Jocelyne Matar Boumosleh, Doris Jaalouk Department of Nursing and Health Sciences, Notre Dame University-Louaize, Zouk Mosbeh, Lebanon* |
| 10 Reasons Teens Have So Much Anxiety Today  We've created an environment that fosters anxiety rather than resilience.  1. Electronics offer an unhealthy escape.  Constant access to digital devices lets kids escape uncomfortable emotions like boredom, loneliness, or sadness by immersing themselves in games when they are in the car or by chatting on social media when they are sent to their rooms. And now we're seeing what happens when an entire generation has spent their childhoods avoiding discomfort. Their electronics replaced opportunities to develop mental strength, and they didn't gain the coping skills they need to handle everyday challenges.  2. Happiness is all the rage.  Happiness is emphasized so much in our culture that some parents think it's their job to make their kids happy all the time. When a child is sad, his parents cheer him up. Or when she's angry, they calm her down.  Kids grow up believing that if they don't feel happy around the clock, something must be wrong. That creates a lot of inner turmoil. They don't understand that it's normal and healthy to feel sad, frustrated, guilty, disappointed, and angry sometimes, too.  3. Parents are giving unrealistic praise.  Saying things like, "You're the fastest runner on the team," or "You're the smartest kid in your grade," doesn't build self-esteem. Instead, it puts pressure on kids to live up to those labels. That can lead to crippling fear of failure or rejection.  4. Parents are getting caught up in the rat race.  Many parents have become like personal assistants to their teenagers. They work hard to ensure their teens can compete: They hire tutors and private sports coaches and pay for expensive SAT prep courses. They make it their job to help their teens build transcripts that will impress a top school. And they send the message that their teen must excel at everything in order to land a coveted spot at such a college.  5. Kids aren't learning emotional skills.  We emphasize academic preparation and put little effort into teaching kids the emotional skills they need to succeed. In fact, a national survey of first-year college students revealed that 60 percent feel emotionally unprepared for college life.  Knowing how to manage your time, combat stress, and take care of your feelings are key components to living a good life. Without healthy coping skills, it's no wonder teens are feeling anxious over everyday hassles.  6. Parents view themselves as protectors rather than guides.  Somewhere along the line, many parents began believing their role is to help kids grow up with as few emotional and physical scars as possible. They became so overprotective that their kids never practiced dealing with challenges on their own. Consequently, these kids have grown up to believe they're too fragile to cope with the realities of life.  7. Adults don't know to help kids face their fears the right way.  At one end of the spectrum, you'll find parents who push their kids too hard. They force their children to do things that terrify them. On the other end, you'll find parents who don't push kids at all. They let their kids opt out of anything that sounds anxiety-provoking.  Exposure is the best way to conquer fear but only when it's done incrementally. Without practice, gentle nudging, and guidance, kids never gain confidence that they can face their fears head-on.  8. Parents are parenting out of guilt and fear.  Parenting stirs up uncomfortable emotions, like guilt and fear. But rather than let themselves feel those emotions, many parents are changing their parenting habits. So they don't let their kids out of their sight because it stirs up their anxiety, or they feel so guilty saying no to their kids that they back down and give in. Consequently, they teach their kids that uncomfortable emotions are intolerable.  9. Kids aren't being given enough free time to play.  While organized sports and clubs play an important role in kids' lives, adults make and enforce the rules. Unstructured play teaches kids vital skills, like how to manage disagreements without an adult refereeing. And solitary play teaches kids how to be alone with their thoughts and comfortable in their own skin.  10. Family hierarchies are out of whack.  Although kids give the impression that they'd like to be in charge, deep down they know they aren't capable of making good decisions. They want their parents to be leaders—even when there is dissension in the ranks. And when the hierarchy gets muddled—or even flipped upside down—their anxiety skyrockets.  *Amy Morin, LCSW, is a licensed clinical social worker, psychotherapist, and the author of 13 Things Mentally Strong People Don’t Do.* |