

ANXIETY IN ADOLESCENTS



What is Anxiety?

Fear and worry are a natural part of growing up. However, when this worry becomes excessive or occurring over an extended period of time it may likely be anxiety. Anxiety can vary from mild to severe and this variation also shows up in how anxiety presents through behaviors as well.

Common Behaviors due to Anxiety



Procrastination, Tearfulness, Sleepiness in School, Frequent Arguing, Irritability, Avoidance, School Refusal, Indecisiveness, etc.

It Is So Common!

Anxiety is the most common mental health disorder among children and adolescents. The literature shows that parents reported about 6% of children ages 6-11 and 10% of children ages 12-17 were diagnosed with anxiety.

Cultural Significance

It is also important to highlight that different cultures have different terminology when it comes to anxiety. Similarly, how someone describes anxiety and presents with anxious behaviors differs across various backgrounds and cultures.



Causes of Anxiety

Anxiety is caused by three factors that interact with each other. Including, genetics or biological makeup, emotional or psychological development, and environment which includes factors such as family, culture, school, peers, community, and the world at large.

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