

Title:

A Close Encounter with GAD

Word Count:

593

Summary:

All children experience anxiety. One such anxiety disorder that is very common among them is called Generalized Anxiety Disorder (GAD). GAD is defined as chronic, excessive worry and fear that seems to have no real cause. This paper discusses the symptoms, medications and support for children with GAD.

Keywords:

anxiety

Article Body:

Watching a child struggle with anxiety can be very difficult for parents. Anxiety may begin to manifest itself in many ways, and it is important not to convince them that their child is already psychologically or emotionally impaired. Many parents lose track of the child's accomplishments and abilities so that they don't begin thinking of their child as fearful. Instead they can recognize what abilities their child has that might be useful in dealing with anxiety. Anxiety isn't always a bad thing. In fact, it can even be used to help motivate a person. Being anxious also help a person better respond to danger. Anxiety, the body's reaction to a perceived, anticipated or imagined danger or threatening situation, is a common occurrence among children. All children experience anxiety. Anxiety in children is expected as part of normal development. For example, from around 8 months through the preschool years, healthy youngsters experience separation anxiety at times of separation from their parents or other persons with whom they are close. Some children are overly tense or uptight. Some may seek a lot of reassurance, and their worries may interfere with their activities. There are different types of child anxiety. One such anxiety disorder very common among them is called Generalized Anxiety Disorder (GAD). GAD is defined as chronic, excessive worry and fear that seems to have no real cause. Children with GAD worry a lot about things such as future events, past behaviors, social acceptance, family matters, relationships, and/or school performance. Although younger children can show signs of excessive worry, GAD is usually diagnosed at about 12 years old. Studies also revealed that many children with GAD also have other anxiety disorders, common of which are social anxiety, depression, separation anxiety, and attention-deficit hyperactivity disorder. Worrying too much about things before they actually happen or being too concerned about friends and family are the most common symptoms of GAD. However, each child may experience symptoms differently. It may include constant thoughts and fears about safety of self and/or safety of parents, refusing to go to school, frequent stomach aches, headaches, or other physical complaints, muscle aches or tension, sleep disturbance, excessive worry about sleeping away from home, and clingy behavior with family members.

feeling as though there is a lump in the throat  
fatigue  
lack of concentration  
being easily startled  
irritability  
inability to relax

Several anxiety medications are available for the effective treatment of GAD. A few of these m

Paxil, Xanax, and Prozac. All of these medications are known as SSRIs, or selective serotonin

medications are all fairly new anti-depressants and have very little side effects. When a child

or she may experience overly nervous at first. However, after several weeks the feeling typical

consequences of anti-depressants that children may experience are: sleepiness, tiredness, and

These medications should only be taken after consultation with the child's physician. A physici

medications to be taken by a child depends on the child's physical structure, blood chemistry,

child's anxiety is.

Parents should not discount a child's fears. Aside from the symptoms mentioned above, anxious

compliant and eager to please, thus their difficulties may be missed. Parents should always be

anxiety so they can intervene early to prevent future complications.

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