

# Fast Facts about Anxiety Disorder in Children

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## What is Anxiety Disorder?

All children experience anxiety, however if the anxieties begin to interfere with the daily activities of childhood, such as separating from parents, attending school and making friends, a referral should be made for mental health services.

Anxious children are often overly tense or uptight and often suffer from insomnia. Some may seek a lot of reassurance, and their worries may interfere with activities. Because anxious children may also be quiet, compliant and eager to please, their difficulties may be missed.

Children with severe anxiety problems may have:

- Many worries about things before they happen
- Constant worries or concern about school performance, friends, or sports
- Repetitive thoughts or actions (obsessions), rituals
- Fears of embarrassment or making mistakes
- Low self esteem

## Resources for Further Information about Anxiety Disorder

### **Anxiety Disorders Association of America**

11900 Parklawn Drive, Suite 100  
Rockville, MD 20852-2624  
(301) 231-9350  
<http://www.adaa.org>

### **Freedom From Fear**

308 Seaview Avenue  
Staten Island, NY 10305  
(718) 351-1717

### **National Alliance for the Mentally Ill (NAMI)**

200 North Glebe Road  
Suite 1015  
Arlington, VA 22203-3754  
(800) 950-NAMI  
<http://www.nami.org>