

Understanding Anxiety in IDD

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Objectives

- Participants will gain information on the prevalence of comorbid anxiety disorders in people with IDD
- Participants will learn about signs and symptoms of anxiety in people with IDD
- Participants will learn about the impact of untreated anxiety

Anxiety Prevalence

- A note about diagnostic overshadowing
- Considerations for accurate research evaluation
 - Inconsistent data collection/evaluation
- Impact of assessment strategies
- Anxiety rates: 3% - 22% (Reardon, et al. 2015)
- Maiano, et al. (2018) found prevalence of 5.4% with ranges from 0.1% to 40%



Symptoms of Anxiety

- Physical examinations are important!
- Increased irritability or aggressive behavior
 - This can include self-injurious behaviors
- Refusal to engage in a variety of activities
- Sleep disruption or enmeshed sleeping
- Increase in repetitive behaviors (physical and vocal)
- Parental accommodation



Untreated Anxiety



References

Reardon, T. C., Gray, K. M., & Melvin, G. A. (2015). Anxiety disorders in children and adolescents with intellectual disability: Prevalence and assessment. *Research in Developmental Disabilities*, 36, 175-190.

Maiano, C., Coutu, S., Tracey, D., Bouchard, S., Lepage, G., Morin, A. J., & Moullec, G. (2018). Prevalence of anxiety and depressive disorders among youth with intellectual disabilities: A systematic review and meta-analysis. *Journal of affective disorders*, 236, 230-242.

Questions

THANK YOU!

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