

Different Types of Anxiety

PHOBIAS

A specific Phobia is diagnosed when particular objects, situations or events bring about intense fear and avoidance, even though the real threat of harm is small.

For example, fear of needles, certain animals, and heights to name a few.

SOCIAL PHOBIA

Social phobia is diagnosed when children avoid social interactions such as talking to new people, speaking up in class or performing in public. Children experience extreme levels of shyness and fear being seen in a negative light. They may be self-conscious and find it difficult to make and keep friendships.

OBSESSIVE COMPULSIVE DISORDER

The child with OCD has intrusive and unwanted thoughts that often do not make rational sense. The thoughts could relate to germs or sometimes a need for symmetry. To try to stop the thoughts they repeat a particular action, such as washing their hands or counting.

GENERALISED ANXIETY

Generalised anxiety disorder is diagnosed when kids have excessive and unrealistic worries about many things. They may worry the past, the present, and the future. They may worry about "what if..", school, friends, and their behaviour. They often seek constant reassurance.

SEPARATION ANXIETY

Separation anxiety is diagnosed when the child is fearful and distressed at being away from their main caregiver. Children often fear that something bad will happen and they will avoid sleepovers and going to school.

POST TRAUMATIC STRESS DISORDER

PTSD may develop after a traumatic event where the child's life was in danger, or they witnessed another person's life in danger. Signs include disrupted sleep, irritability, poor concentration, constantly thinking about the event, or recreating the traumatic event through drawing or playing.