

Presenter Information

Mark Riddle, MD

Professor of Psychiatry and Pediatrics, Division of Child and Adolescent Psychiatry, Johns Hopkins University School of Medicine

Links to Resources

American Academy of Pediatrics

Anxiety: Pediatric Mental Health Minute Series

- <https://www.aap.org/en/patient-care/mental-health-minute/anxiety/>

Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP)

Educating Families about Anxiety

- <https://mdbhipp.org/wp-content/uploads/2024/11/quick-tips-for-providers.pdf>

Educating Families about Panic Attacks

- <https://mdbhipp.org/wp-content/uploads/2024/11/quick-tips-for-providers-panic-attacks-final2.pdf>

How PCPs can Partner with Parents and Schools to Address Anxiety, Fears, and Phobias

- https://myemail.constantcontact.com/BHIPP-Bulletin--March-2023.html?soid=1135849712553&aid=TyOMu_z4YG4

Recognizing Anxiety Symptoms in Primary Care

- https://mailchi.mp/adce945c9f88/bhipp_bulletin_march_2019

Highlights Regarding the Medication Management of Pediatric Anxiety Disorders

- https://mailchi.mp/296e8891eec4/bhipp_bulletin_may2019

Cognitive Behavioral Therapy for Pediatric Anxiety Disorders

- https://mailchi.mp/15dd244ca256/bhipp_bulletin_june2019

Child Mind

Anxiety in Children and Teens

- <https://childmind.org/topics/anxiety/>

Practice Wise

Modular Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct Problems (MATCH-ADTC)

- <https://welcome.practicewise.com/product/modular-approach-to-therapy-for-children-match-adtc/>

Screening Tools

Screen for Child Anxiety Related Emotional Disorders (SCARED)

- <https://www.pediatricbipolar.pitt.edu/clinical-services/clinical-tools>

Preschool Anxiety Scale

- <https://www.scaswebsite.com/portfolio/scas-pre-school-download-scale/>

Links to Research Articles

Anxiety Disorders in Children (Doyle, 2022)

- <https://publications.aap.org/pediatricsinreview/article/43/11/618/189750/Anxiety-Disorders-in-Children?autologincheck=redirected>

Anxiety Disorders in Children and Adolescents (Kowalchuk et al., 2022)

- <https://www.aafp.org/pubs/afp/issues/2022/1200/anxiety-disorders-children-adolescents.pdf>

Overcoming Barriers in CBT for Youth Anxiety and OCD: Addressing Parent Behaviors (Chiappini et al., 2021)

- <https://pubmed.ncbi.nlm.nih.gov/34468212/>

Maximizing Exposure Therapy: An Inhibitory Learning Approach (Craske et al., 2015)

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4114726/>