



Anxiety and Depression in Children & Adolescents

References used for presentation:

Hirsch, G. (2002). Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorders.

New York University Child Study Center. Website: <http://www.aboutourkids.org>

National Mental Health Association (2006). Children's mental health matters: Anxiety disorders in children. From http://www.nmha.org/children/children_mh_matters/anxiety.cfm

National Institute of Mental Health. (2005). Anxiety Disorders (NIH Publication No. 3879).
Washington, DC: U.S. Government Printing Office.

National Institute of Mental Health. (2005). Depression (NIH Publication No. 00-3561).
Washington, DC: U.S. Government Printing Office.

National Institute of Mental Health. (2000). Depression in children and adolescents: A fact sheet for physicians (NIH Publication No. 00-4744). Washington, DC: U.S. Government Printing Office.

National Institute of Mental Health (2002). Child and adolescent mental health. Retrieved October 25, 2003, from <http://www.nimh.nih.gov/publicat/childmenu.cfm>

New York University Child Study Center. Website: <http://www.aboutourkids.org>

Helpful Websites:

<http://www.aboutourkids.org> - The New York University Child Study Center website

<http://www.nimh.nih.gov> - National Institute of Mental Health (NIMH)

<http://www.nmha.org> - National Mental Health Association (NMHA)

<http://www.apa.org> - American Psychological Association (APA)

<http://www.aacap.org> - American Academy of Child and Adolescent Psychiatry

<http://www.psych.org> - American Psychiatric Association

<http://www.maginationpress.com> - This is an APA website and offers countless books for children, adolescents, parents, and families on a wide range of topics, some of which include depression, anxiety, AD/HD, divorce, stepfamilies, psychotherapy, medication, sexual abuse, etc.

<http://www.adaa.org> - Anxiety Disorders Association of America (ADAA)

<http://www.suicidology.org> - American Association of Suicidology (AAS)

<http://www.chadd.org> - Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)

<http://www.ffcmh.org> - Federation of Families for Children's Mental Health

<http://www.freedomfromfear.com> - Freedom From Fear

<http://www.ocfoundation.org> - Obsessive-Compulsive Foundation,

<http://www.headstartinfo.org> - Head Start Mental Health Resources

<http://www.mentalhealth.org> - Knowledge Exchange Network

<http://www.nasponline.org> - National Association of School Psychologists

Note: More websites can be found under the "Articles, Forms, & Links tab of www.doctordanw.com.

Helpful References:

Books for Children and Teens:

ANXIETY:

Cain, B.S. (2000). I don't know why...I guess I'm shy: A Story about taming imaginary Fears. Washington: DC, American Psychological Association. (ages 4-8)

Holmes, M. M. (2000). A terrible thing happened: A story for children who have witnessed violence or trauma. Washington: DC, American Psychological Association. (ages 4-8)

Huebner, D. (2005). What to do when you worry too much: A kid's guide to overcoming anxiety. Washington: DC, American Psychological Association. (ages 6-12)

Lobby, T. (1990). Jessica and the wolf: A story for children who have bad dreams. Washington: DC, American Psychological Association. (ages 3-8)

Shuman, C. (2003). Jenny is scared! When sad things happen in the world. Washington: DC, American Psychological Association. (ages 4-8)

DEPRESSION:

Andrews, B. (2002). Why are you so sad? A child's book about parental depression. Washington: DC, American Psychological Association. (ages 3-8)

Garland, E. J. (1997). Depression is the pits, but I'm getting better: A guide for adolescents. Washington: DC, American Psychological Association. (ages 12-15)

Goldblatt, R. (2004). The boy who didn't want to be sad. Washington: DC, American Psychological Association. (ages 4-8)

Books for Parents and Teachers:

Miller, J. A. (1999). The Childhood depression sourcebook. McGraw-Hill.

Riley, D. A. (2001). The depressed child: A parent's guide for rescuing kids. Taylor Trade Publishing.

Seligman, M. (1998). Learned optimism : How to change your mind and your life. Free Press.

Wilens, T. E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford Press.

Clearly the best book written for parents on this topic, with the most up-to-date information on psychiatric medications most likely to be used in the treatment of children's psychological and psychiatric disorders. The author is a nationally known expert in this field.

Zentall, S. S., & Goldstein, S. (1999). Seven steps to homework success. Plantation, FL: Specialty Press.

A wonderfully written, detailed guide to a variety of strategies proven to improve homework time at home. Truly a family guide to solving common homework problems.

Books for Adults:

ANXIETY:

Burns, D. (1999). Feeling good: The new mood therapy. New York, NY: William Morrow & Company.

Burns. D. (1999). The Feeling Good Handbook. Plume.

Ellis, A. (1999.) How to control your anxiety before it controls you. Citadel Press.

DEPRESSION:

Burns. D. (1999). Feeling good: The new mood therapy. New York, NY: William Morrow & Company.

Burns. D. (1999). The Feeling Good Handbook. Plume.

Ellis, A. (1975). A guide to rational living. Wilshire Book Company.

Seligman, M. (1998). Learned optimism : How to change your mind and your life. Free Press.

NOTE: Any references that have a summarization statement immediately following the citation, that explanation was taken directly from:

Barkley (2000). Taking charge of ADHD: The complete, authoritative guide for parents. New York: NY, Guilford Press.