

Very early family-based intervention for anxiety: two case studies with toddlers

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ABSTRACT

Anxiety disorders represent the most common category of psychiatric disorder in children and adolescents and contribute to distress, impairment and dysfunction. Anxiety disorders or their temperamental precursors are often evident in early childhood, and anxiety can impair functioning, even during preschool age and in toddlerhood. A growing number of investigators have shown that anxiety in preschoolers can be treated efficaciously using cognitive-behavioural therapy (CBT) administered either by training the parents to apply CBT strategies with their children or through direct intervention with parents and children. To date, most investigators have drawn the line at offering direct CBT to children under the age of 4. However, since toddlers can also present with impairing symptoms, and since behaviour strategies can be applied in older preschoolers with poor language ability successfully, it ought to be possible to apply CBT for anxiety to younger children as well. We therefore present two cases of very young children with impairing anxiety (ages 26 and 35 months) and illustrate the combination of parent-only and parent-child CBT sessions that comprised their treatment. The treatment was well tolerated by parents and children and showed promise for reducing anxiety symptoms and improving coping skills.

INTRODUCTION

Anxiety disorders affect as many as 30% of children and adolescents and contribute to social and academic dysfunction. These disorders or their temperamental precursors¹ are often evident in early childhood, with 10% of children ages 2–5 already exhibiting anxiety disorders.² Anxiety symptoms in toddlerhood³ and preschool age⁴ show moderate persistence and map on to the corresponding Diagnostic and Statistic Manual anxiety disorders.^{5,6} Well-meaning parents, particularly those with anxiety disorders themselves, may respond to a child's distress around separating from parents or being around unfamiliar children by decreasing the child's exposure to these situations, for example, by not having the child start preschool or by not leaving the child with a childcare provider to go to work or socialise. In the short term, such responses may improve concurrent family function, strain the parent-child relationship, and reduce the

child's opportunity for increased autonomy, learning and social development.⁷ These avoidant strategies may initiate a trajectory where the child takes part in fewer and fewer activities, leading to social and academic dysfunction.⁸

Members of our research team began championing the idea of early intervention with young anxious children over two decades ago, with the aim of teaching children and their parents cognitive-behavioural strategies to manage anxiety before their symptoms become too debilitating.⁹ Although cognitive-behavioural therapy (CBT) has since emerged as the psychosocial treatment of choice for treating and preventing anxiety,^{10,11} at that time, most protocols that had been empirically tested were aimed at children ages 7 through early adolescence, with only a few enrolling children as young as age 6.¹² We developed and tested a parent-child CBT intervention (called "Being Brave") and reported efficacy in children as young as 4 years.^{12,13} The treatment involved teaching parents about fostering adaptive coping and implementing graduated exposures to feared situations, and modelling how to teach children basic coping skills and conduct exposures with reinforcement. In parallel, a growing number of investigators confirmed that anxiety in preschoolers could be treated efficaciously using CBT administered either by training parents to apply CBT strategies with their children or through direct intervention with children.^{14,15} Early family-based intervention using cognitive-behavioural strategies was shown to reduce rates of later anxiety and to attenuate the onset of depression in adolescence in girls.¹⁶

The question remains as to whether early intervention can be extended even younger. With few exceptions,^{17,18} most investigators do not offer direct CBT for anxiety to children under age 3 or 4,¹⁹ and none to our knowledge have treated anxiety disorders with CBT in children under age 2.¹⁹

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