Sleep, Behavioral Problems Often Linked in Teens

Study found increased cortisol near sleep onset and REM density were predictive of future depression.

By Patrice Wendling Chicago Bureau

PITTSBURGH — Adolescence is physically and high altitude, and adolescent phobias in children. “Studies have shown that parents of anxious children are often overprotective.”

Parental control, overprotection associated with anxiety in children

BY DAMIAN McNAMARA
Miami Bureau

MIAMI — Overprotection may be the mechanism through which parental anxiety and mood disorders lead to such disorders in their children, according to a poster presentation at the annual conference of the Anxiety Disorders Association of America.

A maternal anxiety disorder significantly predicted anxiety disorders in children in one report (J. Abnorm. Child Psychol. 2001;29:1-10). This study found that parental overprotection did not mediate the child’s anxiety, although other research suggests it does. For example, parental control was specifically associated with symptoms of general anxiety disorder in children in a study showing that the more children perceived parental behavior as anxious and controlling, the higher their reported anxiety levels were (P ers. Individ. Dif. 1998;25:1199-206).

To further elucidate the possible mediating effect of parental overprotection, Jacquelyn Doxie and associates assessed 63 children and adolescents from 7 to 16 years old. Children had to have three diagnoses—for example, phobia, social anxiety, and a mood disorder—to participate in the study. The current analysis is part of a larger study of how parental behavior might affect specific phobias in children.

The primary caregiver for each child completed the Anxiety Disorders Interview Schedule (ADIS), the ADIS-Parent, and the Parental Bonding Inventory. Researchers administered the ADIS-Child to the participants to determine the number of childhood anxiety diagnoses. The investigators used a two-step hierarchical regression analyses to determine if overprotection was indeed a mechanism to explain the relationship between parental and childhood anxiety.

“We found that if the parent is overprotective,” said Doxie, “then they interact with their other children differently with their nonanxious children. ‘Ask parents about how they interact with their other children,’ suggested Dr. Pinto Wagner, ‘and how they develop such behaviors.’”

The anxious child might elicit the parental behavior.

In addition, parents may deal differently with their nonanxious children.

Physical stress often precedes daily headache

BY BEN ABRAMOFF Contributing Writer

LOS ANGELES — New daily persistent headache in children and adolescents appeared to be most often caused by a physical stress, viral illness, or minor head trauma, according to a study findings reported by Dr. Kenneth Mack at the annual meeting of the American Headache Society.

Daily headache account for 23%, while head surgery and idiopathic intracranial hypertension each was associated with 10% of the cases. The onset of NDPH followed an appendectomy in one patient, and another child climbed in another. Five patients had no identifiable inciting events.

Dr. Mack noted that the onset of daily headache include analgesic overuse, psychological stress, caffeine, alcohol, and hypothyroidism, but Dr. Mack found no evidence of these in his study.

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Dr. Mack compared his results from this study with a follow-up study of 94 children (aged 7-18 years) who had a history of episodic migraines who evolved into transformed migraines.

He found that the transformed migraines that were abruptly triggered followed an illness, 46% of the time and were triggered by minor head trauma 18% of the time, while individual cases were triggered by adrenocorticotropic hormone (ACTH) of patients with history of migraines, but Dr. Mack noted that the onset of daily headache include analgesic overuse, psychological stress, caffeine, alcohol, and hypothyroidism, but Dr. Mack found no evidence of these in his study.

Dr. Mack noted that the onset of daily headache often be associated with symptoms that evolved into transformed migraines.

In a separate presentation at the Anxiety Disorders Association meeting, Aureen Pinto Wagner, Ph.D., said parents might unwittingly fuel anxiety in their children. ‘Parents have shown that parents of anxious children are often overprotective’.

However, she added, “Not all parents of anxious children are overprotective.” The anxious child might elicit the parental behavior.

In addition, parents may deal differently with their nonanxious children.

Physicians often arrive at diagnosis of new daily persistent headache (NDPH) in 43% of the 40 patients studied (range 12-18 years). Most common was infection with the Epstein-Barr virus, accounting for more than half of those illnesses, said Dr. Mack, a neurologist at the Mayo Clinic, Rochester, Minn.

Minor head trauma accounted for 23%, while head surgery and idiopathic intracranial hypertension each was associated with 10% of the cases. The onset of NDPH followed an appendectomy in one patient, and another child climbed in another. Five patients had no identifiable inciting events.

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