ANXIETY IN THE
PEDIATRIC
POPULATION
DURING THE COVID-
19 PANDEMIC

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I HAVE NO DISCLOSURES TO REPORT.
IRB APPROVED
STUDY:

Protocol Title: Assessment of Anxiety in Children during the COVID-19 Pandemic

Protocol # 21:15

Principal Investigator: Carlos Lastra, MD

Sub-investigator: Luz Goyco-Ortiz, MD
OBJECTIVES:

- Review previous published studies.
- Explain the purpose of the study.
- Describe the methods of the study.
- Discuss the study results.
The purpose of the study is to assess anxiety in children during the COVID-19 pandemic.

The COVID-19 illness has affected many families, creating environmental changes at home.
BACKGROUND TO OUR STUDY:

- The national prevalence of anxiety in 2016-2019:
  - Children age 6-11y was 6% and for children age 12-17y was 10%.

- Study conducted in China:
  - Showed that 40.4% of the studied group had developed psychosocial problems.

- Study conducted in Shaanxi Province, China:
  - Showed increased in the clinginess, distraction, irritability and fear of the pandemic.

- Study conducted in Brazil from April to May 2020:
  - Showed that the prevalence increased from 6.2% to 19.4% and 21.8%.

- Meta-analysis in 2021:
  - Showed that the prevalence of anxiety increased from 11.6 to 20.6%.
THE HYPOTHESIS:

• Due to the COVID-19 Pandemic:
  • there will be an increase in the prevalence and level of anxiety in the pediatric population.
METHODS:

• SCARED Questionnaire:
  • A 41-item questionnaire/2 versions.
  • Measures anxiety in 4 domains.
  • A total score of $\geq 25$ may indicate the presence of an Anxiety Disorder.
  • Scores higher than 30 are more specific.
  • Languages: English, Spanish
METHODS:
-DATA COLLECTION:
AUGUST 2021-APRIL 2022

Inclusion criteria

Well-Child Visits

How Lane
My Whole Child Pediatrics
University Associates

Age
8-17 years-old
Parent

Accompanied by:
Legal guardian
METHODS:

Exclusion criteria: Mental impairment
METHODS:
VARIABLES MEASURED FOR:

<table>
<thead>
<tr>
<th>Children:</th>
<th>Adults/parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Age</td>
<td>• Level of education</td>
</tr>
<tr>
<td>• Gender</td>
<td>• Household income</td>
</tr>
<tr>
<td>• Race/ethnicity</td>
<td>• Civil status</td>
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<tr>
<td>• COVID exposure/diagnosis</td>
<td></td>
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<tr>
<td>• Anxiety</td>
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</table>
METHODS: DATA ANALYSIS

- Multiple linear regression
- Dependent variable: Children SCARED score
- Independent variables: COVID exposure, COVID + result, Household income, Age
DEMOGRAPHICS:

- 108 PARTICIPANTS
- 51% MALES, 49% FEMALES
RESULTS:

- Child SCARED questionnaires: 33%
- Parent SCARED questionnaires revealed: 13%
RESULTS:

Prevalence of Anxiety

- Pre-Covid
- Brazil CAQ
- Meta-Analysis
- Brazil NRS
- Our Study
- China

Anxiety Rates

0.00%  5.00%  10.00%  15.00%  20.00%  25.00%  30.00%  35.00%  40.00%  45.00%
RESULTS:

- Ethnicity

![Pie chart showing the distribution of scores greater than or equal to 25 by ethnicity.]

- Hispanics: 36%
- Asians: 17%
- Europeans: 5%
- African Americans: 8%
- N/a: 0%
RESULTS

COVID exposure & Scared Score

p value: 0.484

COVID result & Scared Score

p value: 0.629
RESULTS:

HOUSEHOLD INCOME
RESULTS:

AGE VARIABLE

p value: 0.0147
DISCUSSION:

Data collected is indicative of increased level of anxiety in the pediatric population.

33\% of prevalence of anxiety in the pediatric population in our study.

The results that we have gather help us prove our hypothesis to be true.

Two significant variables: parental scores positively correlated. Child age negatively correlated.

Population most affected: Hispanics.
The COVID-19 pandemic has affected our health and it has also triggered mental health instability in all ages.

As we initially expected there has been an increased in the prevalence and level of anxiety in the pediatric population.

It is time to facilitate resources that will help with the mental health of the pediatric population and well-being.
LIMITATIONS:

- SAMPLE SIZE
- POPULATION STUDIED
- NO PRIOR DATA
REFERENCES:

- https://www.midss.org/content/screen-child-anxiety-related-disorders-scared/
- https://www.apa.org/advocacy/health/children
THANK YOU!

How Lane Clinic
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University Associates Pediatrics

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ANY QUESTIONS?