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

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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.

INTRODUCTION

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:	Study conducted in China:	Study conducted in Shaanxi Province, China:	Study conducted in Brazil from April to May 2020:	Meta-analysis in 2021
• children age 6-11y was 6% and for children age 12-17y was 10%.	• showed that 40.4% of the studied group had developed psychosocial problems.	• showed increased in the clinginess, distraction, irritability and fear of the pandemic.	• Showed that the prevalence increased from 6.2% to 19.4% and 21.8%.	• 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.

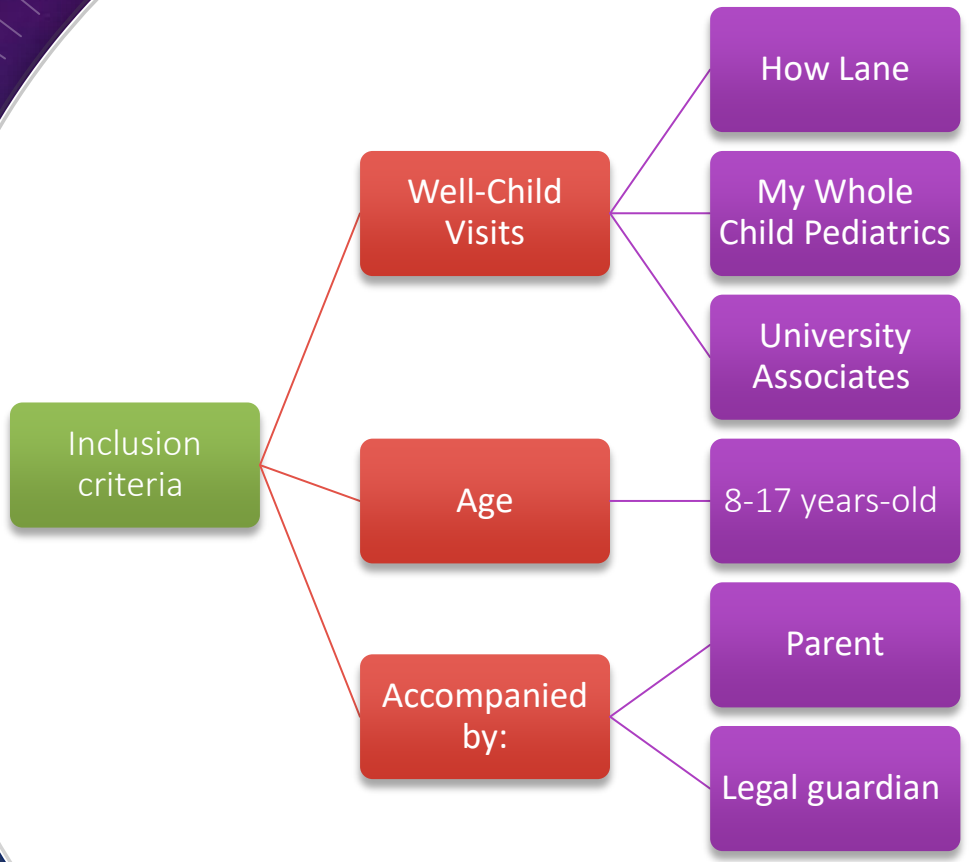
METHODS:

- **SCARED Questionnaire:**
  - A 41-item questionnaire/ 2 versions.
  - Measures anxiety in 4 domains.
  - A total score of ≥ 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



METHODS:

Exclusion criteria: — Mental impairment

METHODS:
VARIABLES MEASURED FOR:

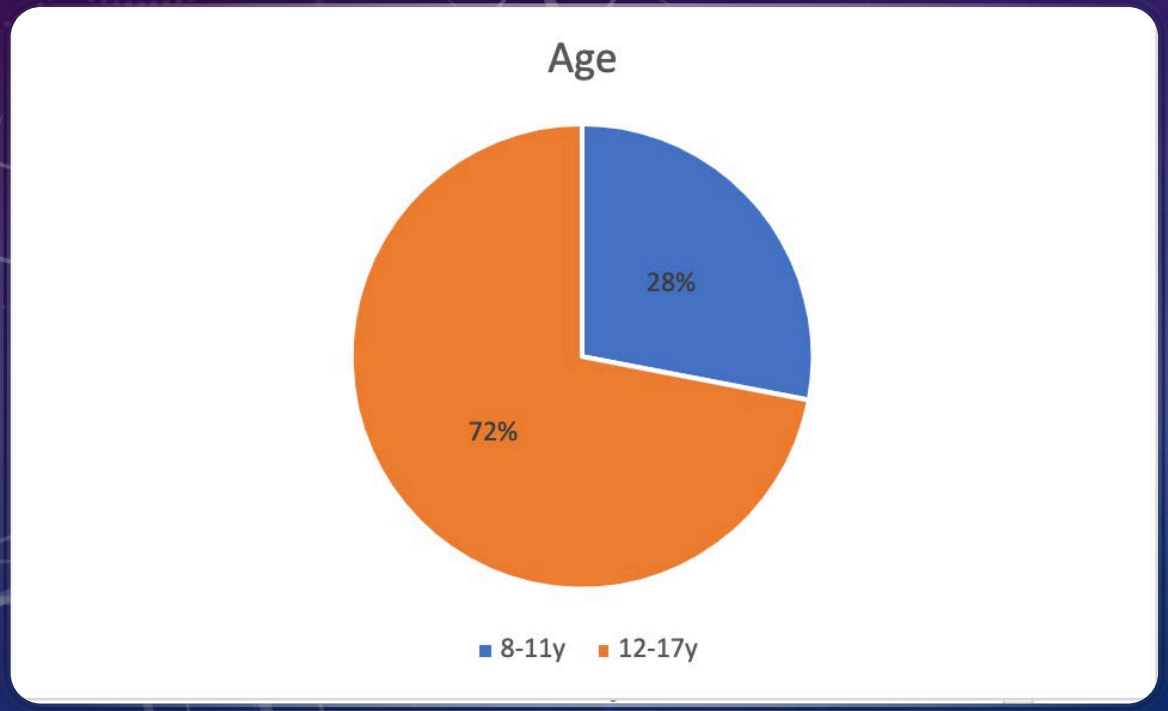
Children:	Adults/parents
• Age • Gender • Race/ethnicity • COVID exposure/diagnosis • Anxiety	• Level of education • Household income • Civil status

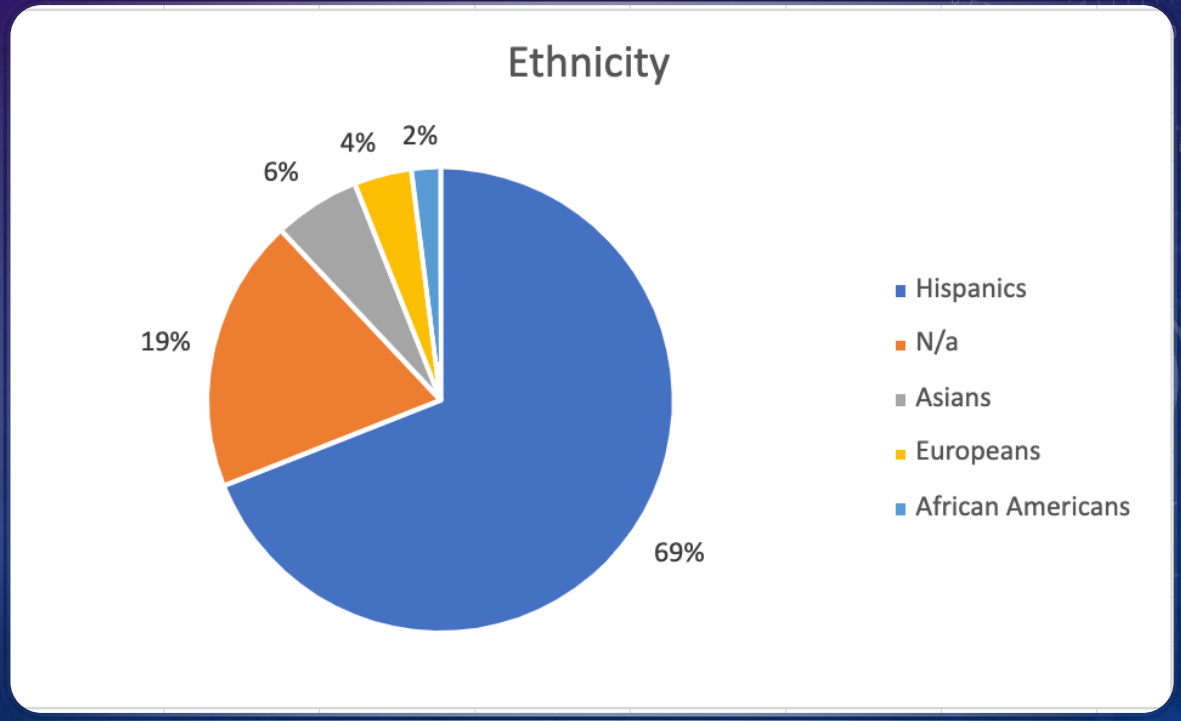
METHODS: DATA ANALYSIS

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

DEMOGRAPHICS:

- 108 PARTICIPANTS
- 51% MALES, 49% FEMALES

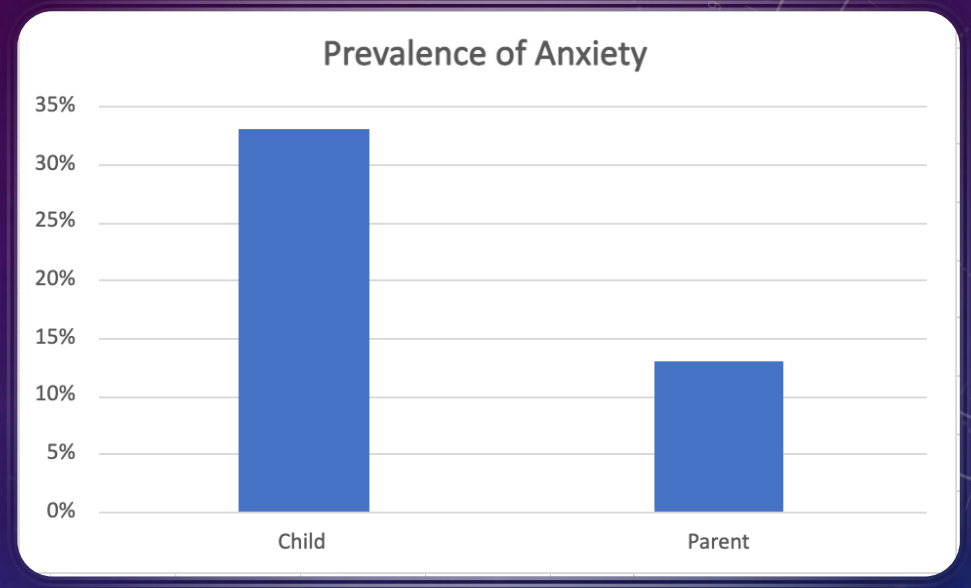


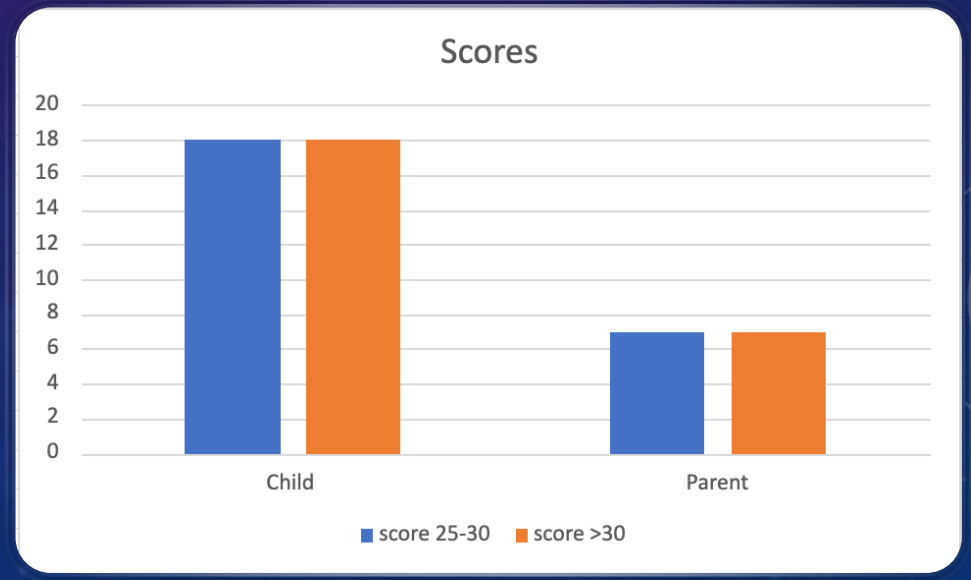


RESULTS:

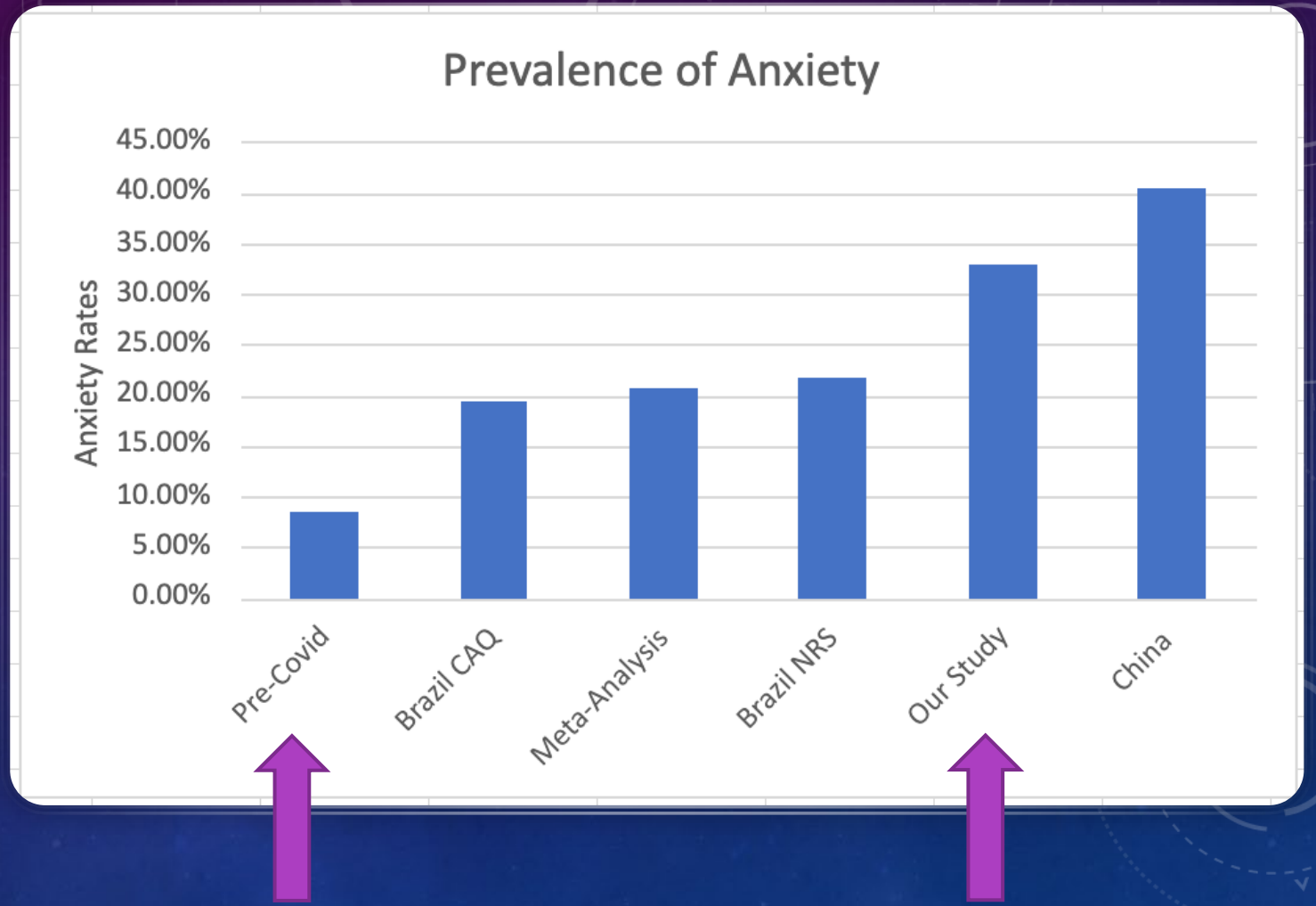
- Child SCARED questionnaires: **33%**
- Parent SCARED questionnaires revealed:

  13%



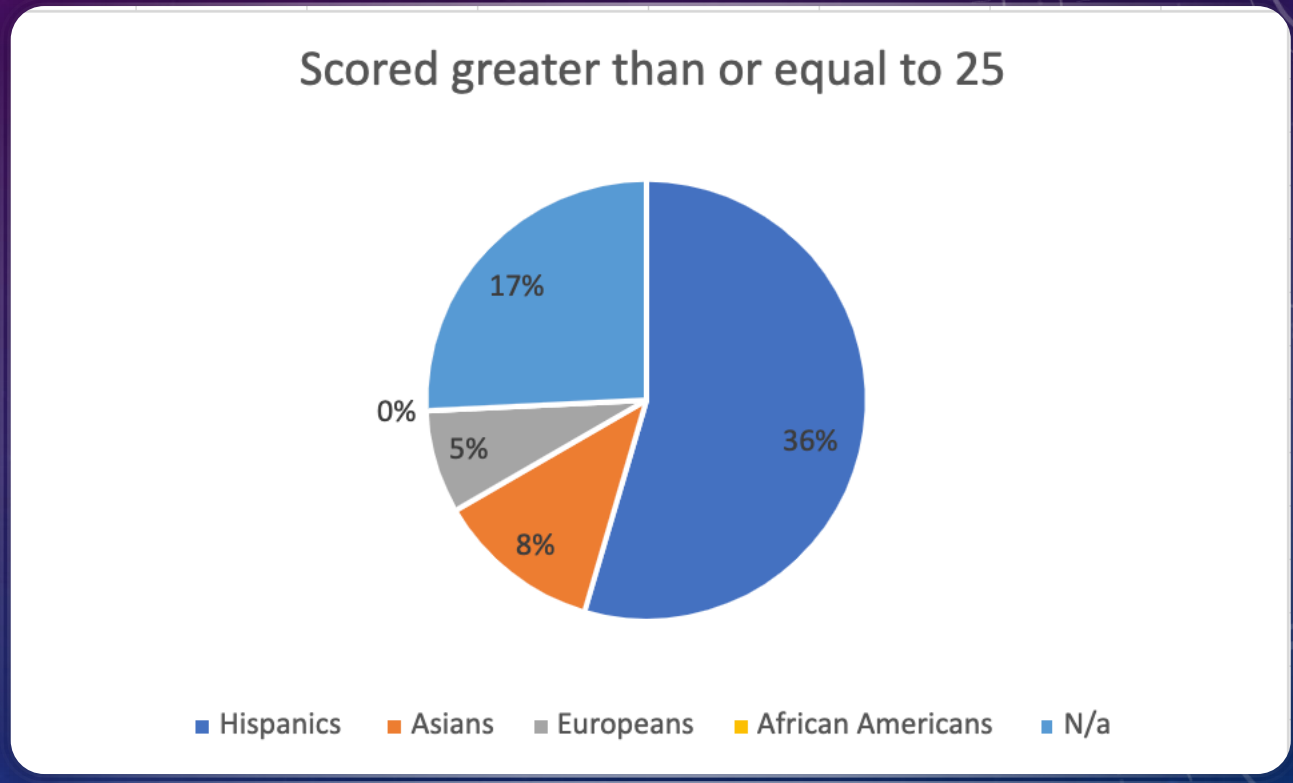


RESULTS:

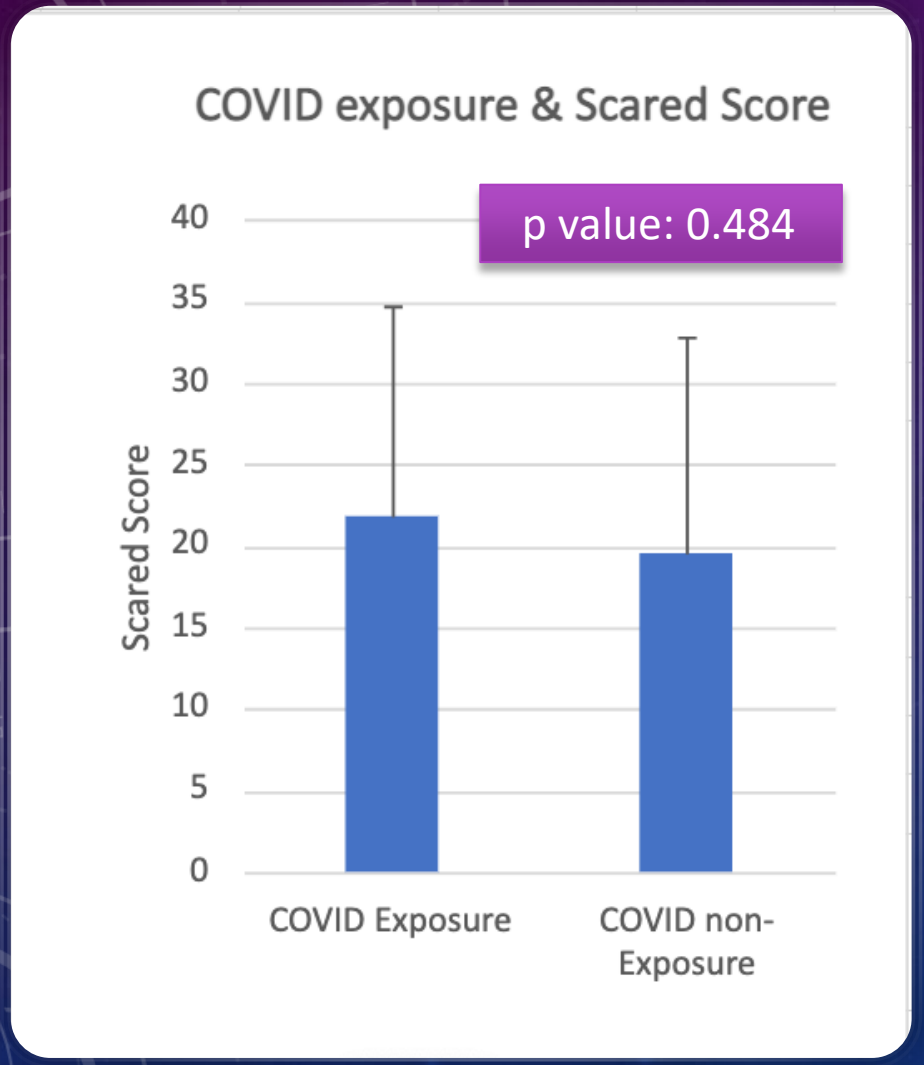

Prevalence of Anxiety
Anxiety Rates
45.00%
40.00%
35.00%
30.00%
25.00%
20.00%
15.00%
10.00%
5.00%
0.00%
Pre-Covid
Brazil CAQ
Meta-Analysis
Brazil NRS
Our Study
China

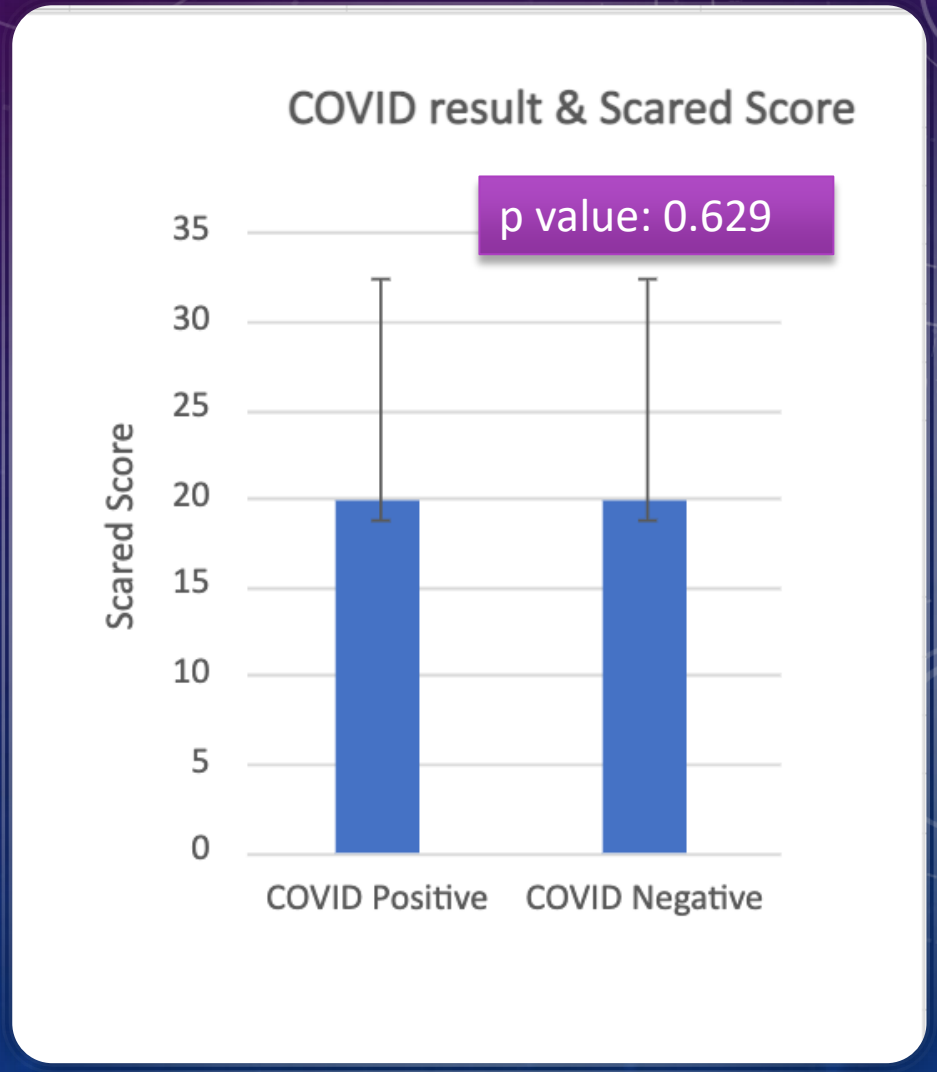
RESULTS:

- Ethnicity

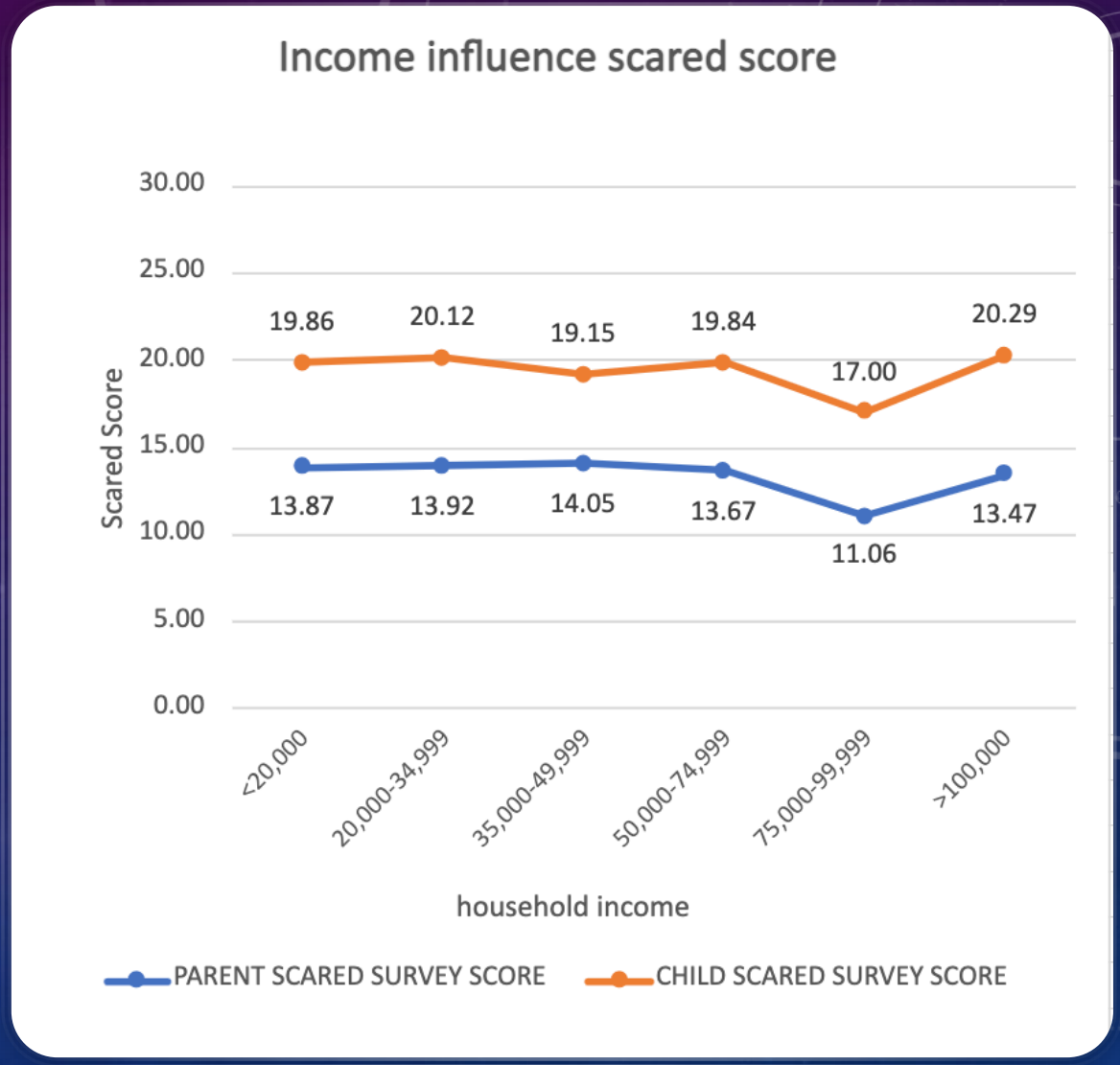


RESULTS


COVID exposure & Scared Score
p value: 0.484
Scared Score
40
35
30
25
20
15
10
5
0
COVID Exposure
COVID non-Exposure


COVID result & Scared Score
p value: 0.629
Scared Score
35
30
25
20
15
10
5
0
COVID Positive
COVID Negative

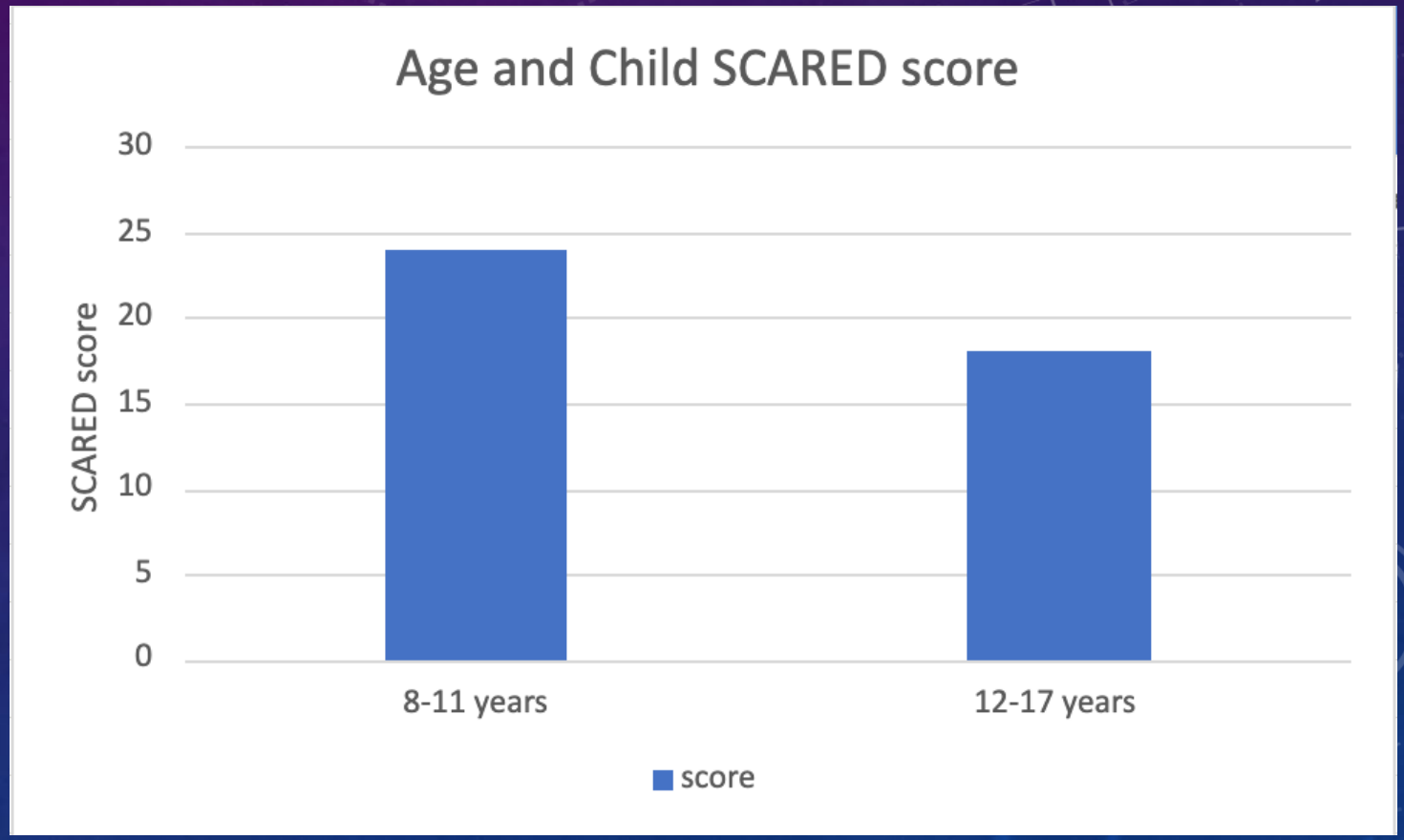
RESULTS:
HOUSEHOLD INCOME



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**.

WE CAN CONCLUDE :

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

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THANK YOU!

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ANY
QUESTIONS?