

Cambridge University Press
978-0-521-72148-6 - Anxiety Disorders in Children and Adolescents: Second Edition
Edited by Wendy K. Silverman and Andy P. Field
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Anxiety Disorders in Children and Adolescents



Second Edition

Edited by

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This book is dedicated to Daniel and Rachel
WKS

Dedicated to Grandad Alf and Grandad Harry, to whom I aspire to be
APF

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Preface

This book began life in 1997 at an international research conference on anxiety disorders in children and adolescents hosted by CURIUM, Academic Centre of Child and Adolescent Psychiatry, Leiden University. Up until that time, child and adolescent anxiety disorder research was largely consumed within treatment and research initiatives aimed at anxiety generally (and typically in adult populations). In fact, a web of knowledge (<http://wok.mimas.ac.uk/>) search for “child anxiety” or “adolescent anxiety” up to the year 1997 reveals only 30 articles in peer-review journals with those terms as their main topic. This published output does not imply that clinicians and researchers had no interest in child and adolescent anxiety, but that it was finding its feet as a discipline in its own right. The meeting in Leiden was a response to the need to get clinicians and researchers together to discuss the emerging wisdom on theory, assessment, and intervention of child and adolescent anxiety.

Professor Philip Treffers, along with Wendy, organized the Leiden conference while she was on sabbatical there. The resulting first edition of this text contained chapters predominantly based on presentations given at the conference. In the four years between the meeting and the publication of the book in 2001, a further 88 papers had been published with child or adolescent anxiety as their core topic; three times as many as had been published in the 100 or so years before the Leiden meeting. These data show that the book came out at a time when the field was expanding; it represented an important snapshot of this emerging field.

This meeting in Leiden was also the first time that we met. Andy presented a paper co-authored by himself and his Ph.D. supervisor, Professor Graham Davey, and also contributed a chapter to the first edition based on this paper. The next time we met was in 2006 at the Anxiety Disorders Association of America Annual Conference in Maimi. In this five years a great deal had changed in the field: child and adolescent anxiety had established itself as a burgeoning scientific discipline. Our meeting in Miami was in a symposium dedicated to child and adolescent anxiety. During the course of our conversation, Andy told Wendy that he would really like to see an updated version of this book, and Wendy suggested that he might join her and Philip as an editor. He agreed. As we initiated the project, Philip graciously gave the two of us the green light to produce the second edition as the volume's co-editors. We hope that he takes pride in what we have done to extend and update his initial book.

Thus, the desire to update this book emanated from the rapid expansion of research and treatment practice. In the years since the first edition came out and now (2001–2010) another 347 papers have been published with child and adolescent anxiety at their

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core. Again, this represents a three-fold increase in research output in the last nine years compared to before that time.

This version of the book bears only slight resemblance to its predecessor because the field has changed so much in the past decade. To reflect these changes we went back to the drawing board and the book is now divided into four sections that we believe reflect the broad themes of research over the past 10 years. We will outline these specific developments below, but one global theme is a growing appreciation of the need to consider the social, cognitive, and emotional development of the child/adolescent when thinking about psychopathology. We have several chapters that specifically address this issue but have also asked contributors to consider developmental issues in their chapters.

Section 1: Historical and conceptual issues

This section retains an updated version of the last edition’s overview of the historical development (Treffers and Silverman) and clinical phenomenology (Fonseca and Perrin) of child and adolescent anxiety research. This volume adds chapters that look at the developmental epidemiology of anxiety disorders (Costello, Egger, Copeland, Erkanli, and Angold) and at the normal developmental pattern of fears generally (Muris and Field) and social anxiety disorder specifically (Bokhorst and Westenberg). The last 10 years has seen a burgeoning interest in information processing in child and adolescent anxiety and two new chapters explore the role of development in information processing biases (Field, Hadwin, and Lester) and the success of adult models of anxiety when applied downward to child samples (Cartwright-Hatton, Reynolds, and Wilson).

Section 2: The biology of child and adolescent anxiety

The past 10 years has seen an exponential increase in our understanding of both the genetic contribution (Gregory and Eley) to child and adolescent anxiety and the brain structures that underlie it (Pine). Therefore, we have added two new chapters on these topics. In the previous edition, we had a chapter on behavioral inhibition, but for this edition we expanded this topic to discuss temperament more generally and with specific emphasis on the links between temperament, brain, and genetics (Lonigan, Phillips, Wilson, and Allan).

Section 3: Environmental influences on child and adolescent anxiety

We now know that environmental factors explain around two-thirds of the variance in childhood and adolescence and in this part of the book we have tried to focus on the main environmental factors. We have retained expanded and updated chapters on the role of learning (Field and Purkis), traumatic experiences (Smith, Perrin, and Yule), attachment (Manassis), and peer influences (La Greca and Landoll). In addition, we have added a chapter on parental influence because of the surge of interest in the intergenerational transmission of anxiety (Creswell, Murray, Stacey, and Cooper).

Section 4: Prevention and treatment of child and adolescent anxiety

There have been significant developments in prevention and treatment of child and adolescent anxiety disorders since the last edition. This final section retains an updated chapter on

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psychotherapy (Silverman and Motoca), but adds completely new chapters that describe the state-of-the art knowledge on pharmacological management (Pelligrino, Pierce, and Walkup) and prevention (Lyneham and Rapee) of child and adolescent anxiety disorders.

Our work on this book together has been a long but fulfilling road for us both. It has been an enormous amount of work not just for us but also for all of our contributors. Our biggest debt of gratitude is to these people. We are proud to have assembled a stellar cast of authors in this edition; we feel much like a movie director might if she had assembled the entire Hollywood A-list as the cast of her film. All of our contributors have taken time out of very demanding jobs to write for us, and we are very grateful for their belief, commitment, and dedication to the project.

Wendy would like to thank once again, Philip, for giving her the honor and pleasure to work with him in the first place on the first edition back in Leiden in 1997. She also wants to thank her many students she has worked with over the years (you all know who you are!) who have worked so tirelessly with her in research, as well as in helping the families learn how to handle the problem of childhood anxiety and its disorders. She also thanks the families – from whom she and her students too have learned so much.

Andy would like to thank Wendy for giving him the opportunity to work with her on this project; he has learnt an enormous amount from her mentoring. In an attempt to maximize his stress levels he left writing his chapters until the last minute; he is hugely indebted to Zoë for her miraculous stress-reducing abilities, love, support, and tea-making skills.