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Treating Childhood Anxiety: The Breakthrough Remedy We Already Know

Have you ever been overcome with worry or anxiety, so much so that it was almost impossible to function? Now think of that debilitating feeling imposed on a child. It is hard to imagine children having such high levels of anxiety, but pediatric anxiety disorders affect large numbers of young people. Which begs the question, what should medical providers do to alleviate this suffering? This study examines the effectiveness of cognitive behavioral therapy (CBT), the current recommended treatment for pediatric anxiety disorders. Through a systematic review of literature, recently published studies on CBT were acquired to evaluate its success in treating anxiety disorders in this population. Articles reviewed contained information on CBT in comparison to and used along with other recommended treatments for anxiety disorders. In hoping to protect our children from the dangers of the world, protecting them from preventable worry and anxiety is of the utmost importance.