

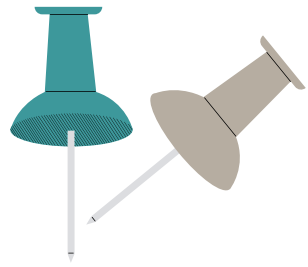
A photograph of a woman with long dark hair, wearing a blue and white striped shirt, sitting and placing her hands on the shoulders of a young girl with dark hair in a bun, who is wearing a light green top. The scene is set against a bright, slightly blurred background, suggesting an indoor setting with natural light.

Paradoxical Parenting

Youth anxiety and how backwards approaches to reducing anxiety actually work

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Overview

1) Prevalence

2) Symptoms & impacts

3) Parenting strategies

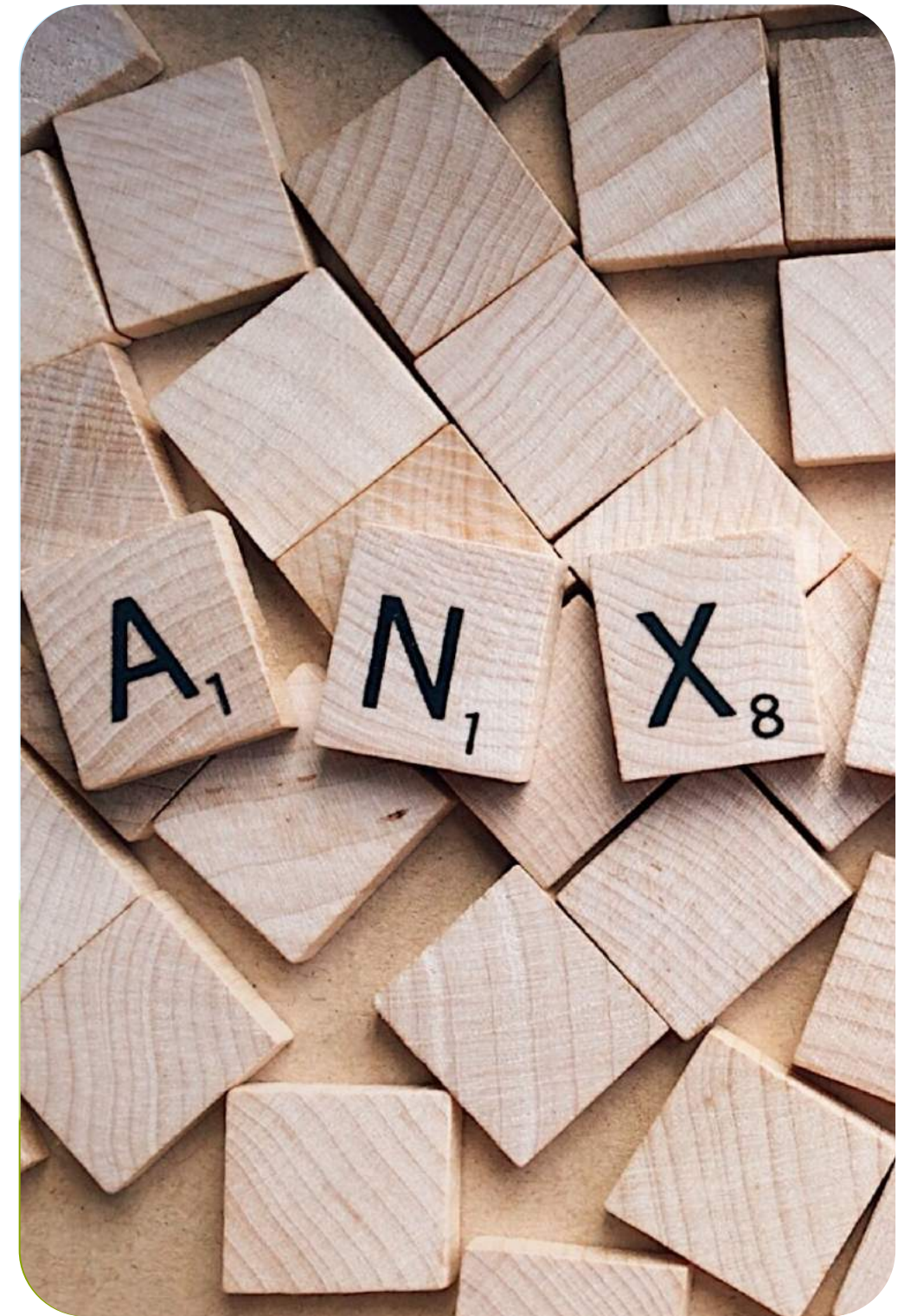
4) Treatment

5) Resources

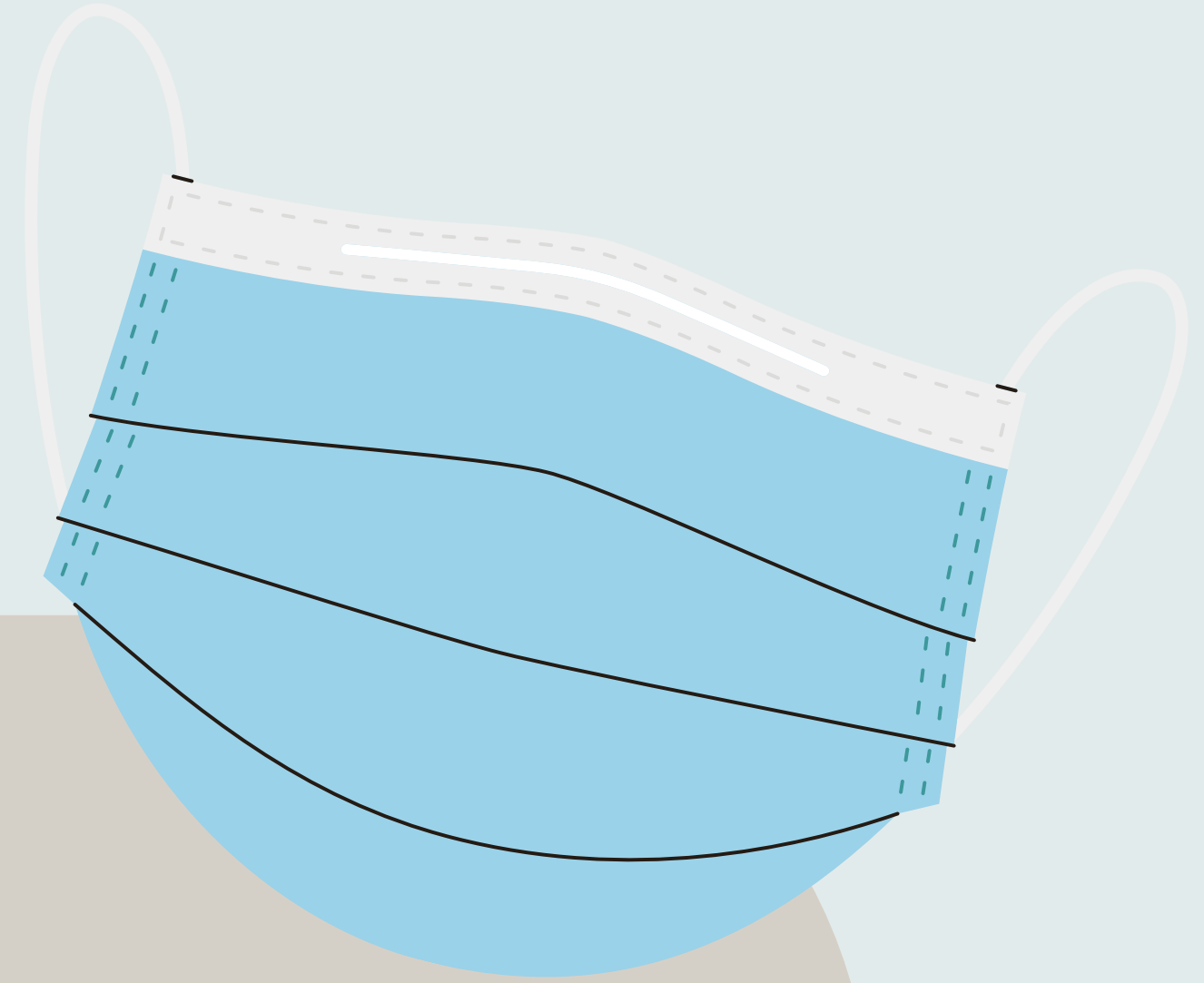
6) Q&A

Current Prevalence of Anxiety

9% of children & adolescents



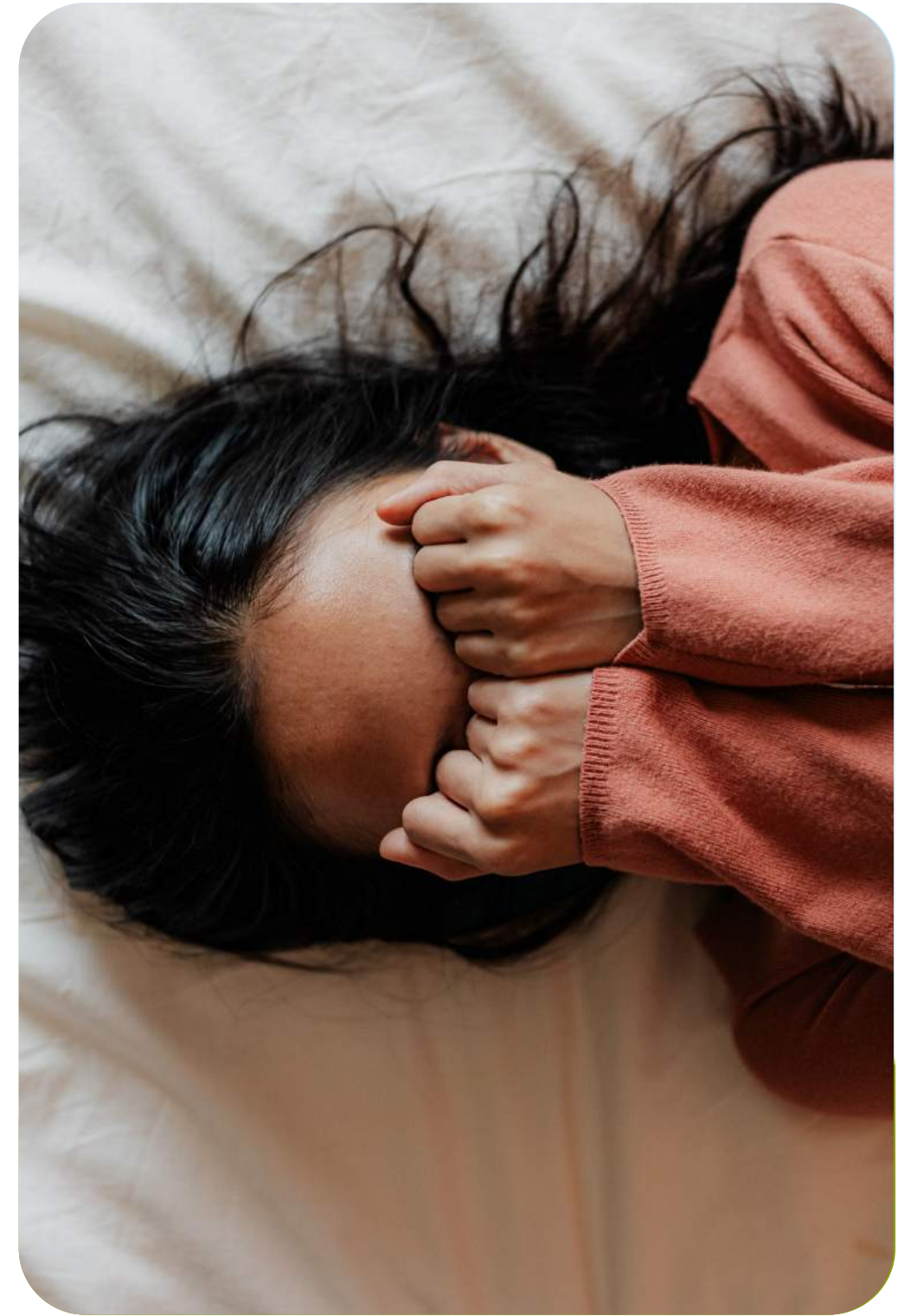
Anxiety & COVID-19



20.5%

(Racine et al., 2021)

Symptoms & Impacts of Anxiety



A teal-colored speech bubble with a white outline, containing the text "Everyone gets anxious!". The bubble is positioned on the left side of the image, with its tail pointing towards the top-left. The background is a light blue gradient.

**Everyone
gets anxious!**

Symptoms of Anxiety

- Difficulties falling/staying asleep
- Persistent worries/fears
- Irritability
- Easily fatigued
- Muscle tension
- Physical complaints (ex: headaches, stomach aches)
- Restlessness
- Avoidance



Impacts of Anxiety

**academic
performance**

**impaired
relationships**

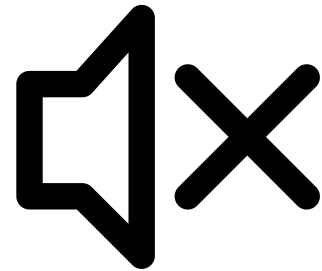
**self
esteem**

**eating and
sleep**

depression

Types of Anxiety

Selective Mutism



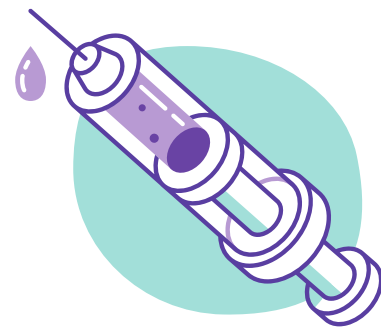
Separation



Generalized



Specific Phobia



Social



Parenting Strategies to Help Manage Anxiety



Common Strategies That May Not Help

*Dismissing fears
or stressors*

Accommodation

Criticism/"tough love"

*Not addressing your own
anxiety*

Paradoxical Parenting?

Actions that *seem like* they should help reduce anxiety actually lead to *greater long-term anxiety* -



Accommodation and reassurance



Avoidance



Safety behaviors

The Habituation Curve

Anxiety

Time



More Helpful Strategies

Promote facing fears

Help identify emotions

Provide a listening ear

Reward bravery

*Encourage strategies for
relaxation*

*Avoid answering worry
questions more than
once*

Seeking Professional Treatment



How do you know when to involve a professional?

- Frequent, recurrent anxiety
- Impact on other areas
- Withdrawal



How to get started

- Ask pediatrician for referral
- Insurance provider network
- Fear Facers Camp



Resources



Videos

Tiny Docs:

- Worry Monster
- Going Back to School

Fear Facers Summer Camp

Books

Anxious Kids, Anxious Parents
Helping Your Anxious Child

Thank you! Questions?

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