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Identifying subgroups of clinically anxious children.

Do clinically anxious children cluster according to their expression of factors that maintain child anxiety?

Samantha Pearcey*, Anna Alkozei², Bhisudev Chakrabarti¹, Helen Dodd¹, Kou Murayama¹, Suzannah Stuijzand¹, Cathy Creswell¹

1. School of Psychology and Clinical Language Sciences, University of Reading, PO Box 238, Reading, RG6 6AL.
2. Department of Psychiatry, University of Arizona, 1501 N. Campbell Ave, Tucson, Arizona 85721.

*Corresponding Author: School of Psychology and Clinical Language Sciences, University of Reading, PO Box 238, Reading, RG6 6AL, 0118 378 7924, samantha.pearcey@pgr.reading.ac.uk

ABSTRACT

Background.

Cognitive Behaviour Therapy (CBT) is an effective treatment for childhood anxiety disorders, yet a significant proportion of children do not benefit from it. CBT for child anxiety disorders typically includes a range of strategies that may not all be applicable for all affected children. This study explored whether there are distinct subgroups of children with anxiety disorders who are characterized by their responses to measures of the key mechanisms that are targeted in CBT (i.e. interpretation bias, perceived control, avoidance, physiological arousal, and social skills).

Methods.

379 clinically anxious children (7-12 years) provided indices of threat interpretation, perceived control, expected negative emotions and avoidance and measures of heart rate

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