



# Mental Health Mondays

Anxiety  
Issue 25  
January 9, 2023



## What do we know?

Anxiety is a normal human experience, but in its maladaptive form anxiety is one of the most common, problematic, and chronic mental health conditions for youth and adults with intellectual and/or developmental disabilities (IDD).

### Trying the following can help:

- Applied Behavior Analysis based interventions
- Cognitive Behavioral Therapy
- Mindfulness
- Social Skills Training

## Recognition

Individuals with IDD may or may not feel or indicate that avoidance of their anxiety triggers is a problem. Rather, parents, caregivers, peers, partners, teachers and others close to the individual **may prompt referral for services** because anxious symptoms or avoidance has already or is likely to create ongoing psychosocial stress. Conversely, referrals for aggression, tantrums, self-injury, or other repetitive behaviors may not include the label of anxiety initially, but through assessment will identify anxiety as an important part of the case conceptualization and target for treatment. Manifestations of anxiety can overlap with other psychiatric conditions and behaviors.

## From the MOADD App

The MOADD mobile app provides clinicians with best practice guidelines and approaches in supporting individuals with co-occurring intellectual, developmental, and behavioral health diagnoses.

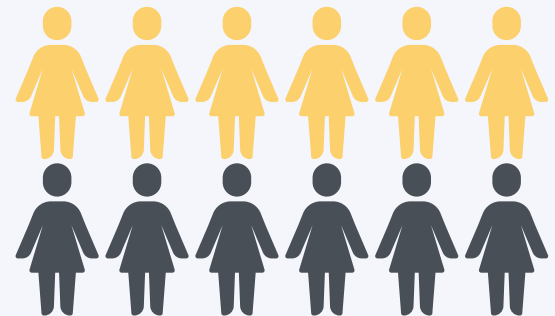
Follow the links below to download the app from Google Play or iTunes.

[Google Play Store](#)

[iTunes Store](#)

## Data

At least **50% of youth** with IDD and **20% of adults** with IDD qualify for a diagnosis of at least one subtype of anxiety disorder (see MOADD App for citation).



Interested in a specific topic  
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