

Research findings

CLINICAL PREDICTORS OF RESPONSES TO CBT IN PEDIATRIC ANXIETY DISORDERS

Citation: [Hudson, J.L. et al \(2015\) Clinical Predictors of Response to Cognitive-Behavioral Therapy in Pediatric Anxiety Disorders: The Genes for Treatment \(GxT\) Study, Journal of the American Academy of Child & Adolescent Psychiatry, Volume 54, Number 6, June](#)

WHAT WAS THE AIM?

Our team has worked to address the significant limitations in our understanding of treatments for children with anxiety disorders and, in particular, identify genetic and clinical predictors of treatment response. Using a dataset consisting of 1,519 children we have been able to identify individual characteristics that predict poorer outcomes following psychological therapy.

HOW DID WE DO IT?

This international multi-site collaboration, involving 15 institutions from Australia, UK, Europe and the US, is a world first in the field of child mental health having led to the largest sample of children with anxiety disorders (n = 1,519). Macquarie University's Centre for Emotional Health is the primary treatment site for the study with the majority of data being collected through the Centre's clinic over the past 8 years.

WHAT DID WE FIND?

The research provides convincing results that allow us to identify which children do not respond as favourably to cognitive behavioural treatment for anxiety disorders. For example, our study suggests that children with social fears, children with additional 'non-anxiety' mental disorders (such as depression or behaviour problems) and children of parents with mental health problems have poorer outcomes following treatment.

WHAT DOES THIS MEAN IN PRACTICE?

Anxiety disorders are the most common mental disorder in children and adolescents and without successful treatment these children have a higher risk of a lifetime of significant mental health problems. The results will allow us to now modify our treatment programs for these children to ensure better outcomes. Our goal is to develop treatment guidelines based on a personalised approach.

Read paper:

<http://www.sciencedirect.com/science/article/pii/S0890856715001914>



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