Why are we failing to identify children predisposed to anxiety and depression sooner?

OVERVIEW

If you could know that your child was at risk of developing a deadly, but treatable disease, wouldn't you want to?

Eight and a half million American children between the ages of 6-17 are at significantly greater risk of developing anxiety and depression.

According to the CDC – between 2016-2019 – 9.4% of children aged 3-17 years (approximately 5.8 million) were diagnosed with anxiety. And 4.4% (approximately 2.7 million) were diagnosed with depression. Shockingly, these rates have doubled because of COVID (*JAMA Pediatrics*). But there is a quick and simple way for parents to determine if they child is at higher risk.

So, why isn't more being done to prevent the heartache experienced by so many families with children who suffer from depression or anxiety, or tragically take their own lives?

Because parents, pediatricians, educators and even most child psychologists, don't know what the most recent scientific research has revealed: children's inborn personality types often predispose them to be much more likely to develop anxiety and/or depression. For example, one type is 37% less likely to develop sever anxiety/depression, while another type is 86% MORE likely.

Based on the most recent Youth Risk Behaviors Survey from 2019, 8.9% of youth in grades 9-12 reported that they had made at least one suicide attempt in the past 12 months. Female students attempted almost twice as often as male students (11% vs. 6.6%). And American Indian or Alaska Native students reported the highest rate of attempt (25.5%) with white students at 7.9%.

In 2020, suicide claimed the lives of more than two thousand US children between the ages of ten and fourteen, and **six thousand young adults between five and twenty-four**. (CDC, April 2022).

It's as shameful as it is tragic that so many of these deaths might have been prevented had parents known their children may be at greater risk and sought treatment sooner.

THE SCIENCE

In 2020, I collaborated with some of the top researchers in the country in a first-of-its-kind study, involving 10,500 subjects. The results were published in a respected peer-reviewed journal and showed that personality type was strongly associated with both anxiety and depression and that certain "Types" were at significantly greater risk. / 9-2-2020/ Use of the Jung/Myers Model of Personality Types to Identify and Engage with Individuals at Greatest Risk of Experiencing Depression and Anxiety (springer.com)

I implore parents, educators, pediatricians, and child psychologists to scrutinize the research. We have a powerful new "early detection" tool which can reduce untold misery and save lives. There is no excuse not to use it.

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