

References

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Evidence bases and helpful resources for different parts of this course

Locus of control

The reference in Anxiety Project™ about the decline of our collective locus of control is taken from Stixrud and Johnson's book, who refer to Jean Twenge's research: Twenge, J.M., Zhang, L. and Im, C. (2004). It's Beyond My Control: A Cross-Temporal Meta-Analysis of Increasing Externality in Locus of Control, 1960-2002. *Personality and Social Psychology Review*, 8(3), pp.308–319.

Her study showed that developing internal locus of control is important. The children with a higher internal locus of control had a better ability to manage adversity and stress. Stixrud, W. and Johnson, N. (2018). *The thriving child : the science behind reducing stress and nurturing independence*. London: Penguin Life. is a great overview of the need to help children develop an internal locus of control and it is replete with references and numerous studies about how to give children more control over their lives.

Parent-led efforts to improve locus of control can be improved, but a parent may need to overcome his or her over-protective response to do this. See this study from Yale Lebowitz, E.R., Omer, H., Hermes, H. and Scahill, L. (2014). Parent Training for Childhood Anxiety Disorders: The SPACE Program. *Cognitive and Behavioral Practice*, 21(4), pp.456–469.

Anxiety basics

By far the best book I have read on anxiety in adults is *Rewire Your Anxious Brain*, which is a very readable treatment of how to understand anxiety but also what to do to settle down any anxiety.

Guidelines for limits on technology and sleep issues

Here are some references for how the daily use of the devices and the internet appears to be affecting teenager. This article refers to the effects of tech overuse on children's sleep and development:

https://www.researchgate.net/publication/316114586_Daily_touchscreen_use_in_infants_and_toddlers_is_associated_with_reduced_sleep_and_delayed_sleep_onset

<https://edition.cnn.com/2019/04/24/health/child-recommendations-exercise-sleep-screens-who-study-intl/index.html>

See also teacher and psychologist Jocelyn Brewer's website: <https://www.digitalnutrition.com.au>

I have also come across a great little book about how to treat internet overuse in children, by a therapist who deals with this type of problems and who helps parents to manage device and gaming overuse. What I like about it is that it guides parents through ways they can manage but not ban the use of devices and shows them how to help children maintain their mental health. See *The Tech Diet for your Child and Teen* by Marshall, B. (2019)

Exposure therapy

Where a fear of something in our environment is a problem that is stopping us from doing something, exposure therapy has good outcomes. It's not that hard to do and a parent can set up an exposure regime to help a fearful child to manage fear. See here a link to <https://thiswayup.org.au/wp-content/uploads/2016/03/Module-4-Graded-exposure-description.pdf>

The use of exposure ladders and how they are used to treat common phobias. Here are some other references:

"Extinction Learning in Humans: Role of the Amygdala and VMPFC." *Neuron* 43:897-905.

Wolitzky-Taylor, K.B., J.D. Horowitz, M.B. Powers and M.J. Telch

"Human emotional brain without sleep: A prefrontal Amygdala Disconnect." *Current Biology* 17: 877-878.

Emotion coaching

Emotion coaching has been around for decades. Emotion coaching is the practice of talking with a child about their feelings, and offering them strategies for coping with emotionally difficult situations. The goal is to empathise, reassure, and teach.

<https://www.parentingscience.com/emotion-coaching.html>

Think before you respond - Cognitive Behavioural Therapies (CBT)

There are many references for the effective use of cognitive behavioural strategies. However, I will point you to two issues as they are relevant for this course. First, we know that CBT can be as effective for mild and moderate depression as antidepressants. See a review of CBT from the Royal College of Psychiatrists [https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/cognitive-behavioural-therapy-\(cbt\)](https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/cognitive-behavioural-therapy-(cbt))

A recent journal article by Thirwall, K., Cooper, P. and Creswell, C, shows that parent-guided CBT has been shown to be an effective treatment for children with mild anxiety with similar outcomes to therapist-led outcomes. <https://www.ncbi.nlm.nih.gov/pubmed/27930939>

Exercise – getting outside and default mode networks

See in Stixrud and Johnson at pages 222-240 - exercising your brain and body and at pages 19 to 21 for information on default mode networks.