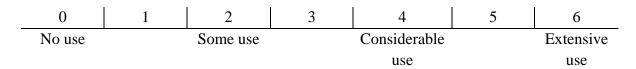
## Sample Questions from Identification and Treatment of Anxious Youth - Revised

## **Treatment of Anxious Youth**

- 1. During this last year, what has your average child/adolescent caseload been per week?
- 2. What percentage of your average weekly child/adolescent caseload involves anxious youth between the ages of 7 and 17?
- 3. Of the anxious youth you treated, what percentage did you treat with CBT?
- 4. Rate how extensively, on average, the following components of CBT for youth anxiety were used with all anxious youth you treated:



- a. Identification and management of somatic arousal
- b. Identification of anxious thoughts/self-talk and cognitive restructuring/changing self-talk
- c. Problem-solving
- d. Imaginal exposures
- e. Behavioral exposures
- f. Positive reinforcement