**Table 1**

## Common anxiety disorders in children

### Separation anxiety disorder
Developmentally inappropriate and excessive anxiety regarding separation from home or attachment figure. Can be anticipatory or actual separation

### Specific phobia
Excessive and disproportionate fear in anticipation or presence of a specific object or situation

### Social anxiety disorder
Excessive fear of performance in social situations involving unfamiliar people or possible scrutiny

### Generalised anxiety disorder
Excessive and persistent anxiety and worry about a variety of situations and topics, where worry occurs more often than not

### Panic disorder
Spontaneous and unexpected panic attacks, accompanied by continued worry about another attack and maladaptive behaviour following an attack