

OCTOBER 2022

Anxiety & OMS



From the 2018 Workshop we know..

- 1 in 10 of the normal paediatric population will have contact with mental health services.
- 20% of those who have chronic non brain injury
- 40% of those where disease involves the brain

Now rates have increased with anxiety being the most common mental illness in the US



WHY?

Covid 19 pandemic led to a huge increase and gives us some insight into possible causes

- Decrease in face to face social contact
- Increase social media interaction
- Lack of routine
- Poor sleep habits
- Decreased resilience

Does OMS provide any unique risk factors?