

New tool to assess asthma-related anxiety

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When children or adolescents with asthma and their parents become overly anxious about the disorder, it may impair their ability to manage the asthma effectively. A new, effective tool to assess asthma-related anxiety is described in an article in *Pediatric Allergy, Immunology, and Pulmonology*, a peer-reviewed journal published by Mary Ann Liebert, Inc. The article is available free online.

A high level of disease-related anxiety among adults with asthma has been associated with an [overreaction](#) to [asthma symptoms](#) and overuse of medication. To assess asthma-related anxiety among [pediatric patients](#) and their parents, a team of researchers from New York University (NYU) School of Medicine, NYU, and LaSalle University (Philadelphia, PA) developed and validated a [survey tool](#). Jean-Marie Bruzzese, PhD, Lynne Unikel, PhD, Patrick Shrout, PhD, and Rachel Klein, PhD, tested their Youth Asthma-related Anxiety Scale (YAAS) and Parent Asthma-related Anxiety Scale (PAAS) on a population of adolescents and their parents. The results highlight two key factors—anxiety about asthma severity and about disease-related restrictions—that are good indicators of overall asthma-related anxiety. The authors describe the design and utility of the YAAS and PAAS in the article, "Youth and Parent Versions of the Asthma-related Anxiety Scale: Development and Initial Testing."

"This will be a valuable tool for asthma researchers," says Harold Farber, MD, MSPH, Editor of *Pediatric Allergy, Immunology, and Pulmonology*, and Associate Professor of Pediatrics, Section of Pulmonology, Baylor College of Medicine, Houston, TX. "Now that we have validated

measures for asthma-related anxiety in children and their parents, future research will be able to measure the impact of asthma-related anxiety on asthma outcomes. This will help us better understand how to deliver the best asthma care for our children."

Provided by Mary Ann Liebert, Inc.

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