

INTRODUCTION

Anxiety:

- An intense and persistent worry about everyday things.
- The prevalence of anxiety has been rising over the last few years. (Bitsko, 2018.; Ghandour et al., 2018)
- A relationship between household income and anxiety rates has been found (Vine et al., 2013).
- Generalized Anxiety Disorder (GAD) is often comorbid with PTSD (Norrholm et al., 2009)

Trauma:

- An emotional response to a horrific event
- Lower Socioeconomic Status (SES) puts individuals at risk for exposure to traumatic events (Benitez et al., 2013)
- Low SES can increase risk for trauma and anxiety

Types of aggression:

- Boys engage in more aggression than girls.
 - Boys typically engage in physical aggression (i.e. hitting)
 - Girls typically engage in relational aggression (i.e. gossiping/ostracization)

Purpose:

Examine the relationship between anxiety and aggression/trauma in a community sample of low SES African American (AA) Girls

METHOD

Participants

- 100 AA middle school girls, $M=11.83$ from primarily low income neighborhoods
- enrolled in *Challenge!* an obesity prevention RCT.

The Problem Behavior Frequency Scale (PBFS):

- Self administered
- Assesses violent and non-violent delinquent behavior and victimization in the last 30 days (NMRC, 2005).
- 37 items, 7 factors:
- 3 types of aggression
 - physical, verbal, and relational
- 2 victimization
 - overt or relational
- 1 substance use & delinquent behavior*

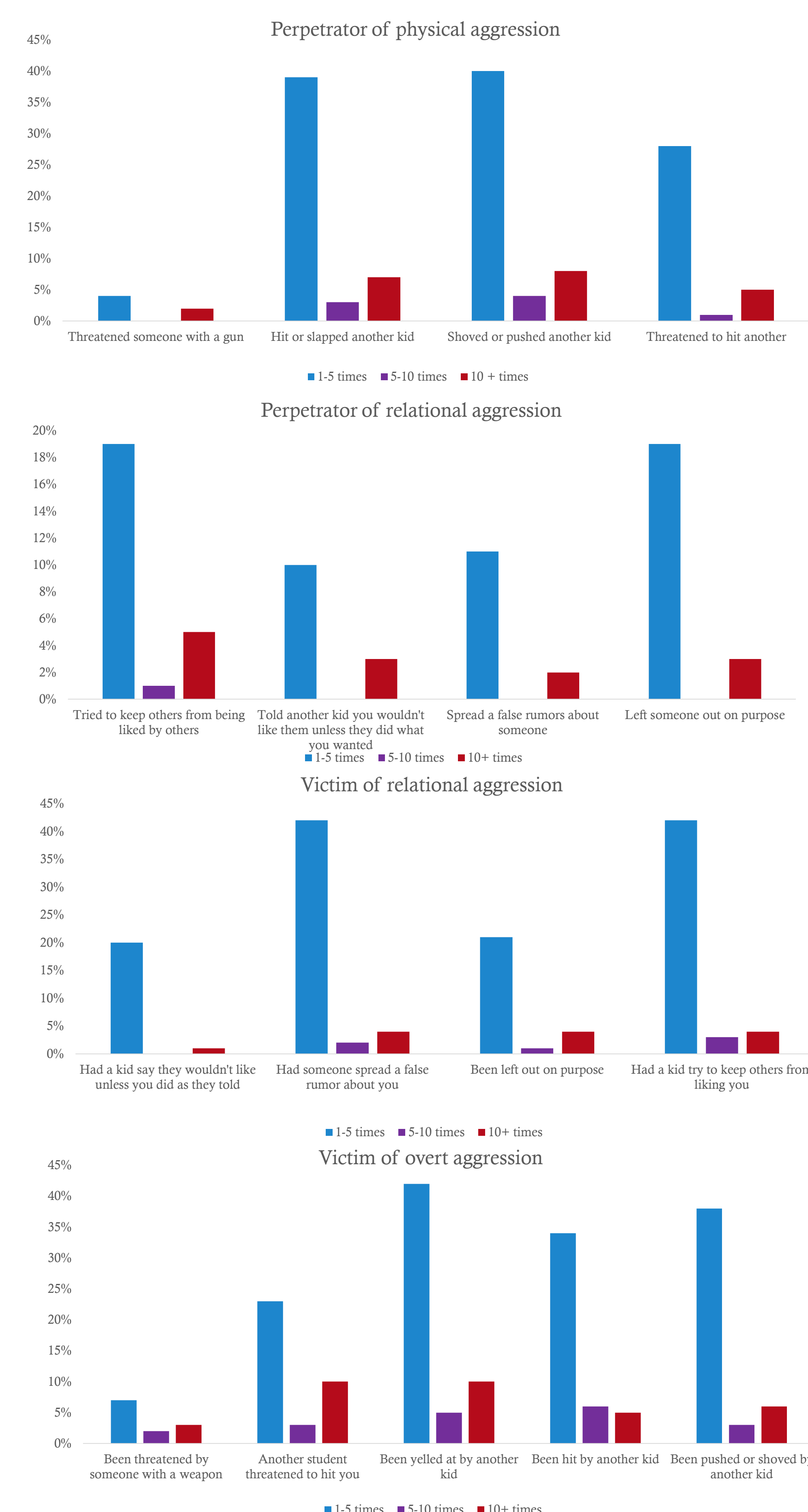
The Revised Children's Manifestation of Anxiety Scale or (RCMAS):

- Self Administered
- 37 items, 3 factors:
 - Worry/oversensitivity
 - Social concerns/concentration
 - *Physiological anxiety**

*These factors were not included in our analyses

RESULTS

- Rates of anxiety in this community sample were comparable to clinical samples (Reynolds, & Paget, 1981)
- AA female participants were both victims and aggressors
- Children who endorsed being pushed or shoved by other children were also significantly higher on symptoms of anxiety (worry/oversensitivity) $p<.05$..



CONCLUSION

- The relationship between anxiety and aggression or trauma is inconsistent and varied by type of aggression.
- Rates of anxiety in this community sample were comparable to clinical samples (Reynolds, & Paget, 1981)
- Anxiety may be related to SES and rates of trauma.
- Some AA youth in this sample experienced types of aggression such as being shoved and slapped by others.
- Some AA youth in this sample participated in types of aggression such as shoving or slapping others.

Limitations

- Measures were self-administered and possibly underreported
- Generalizability is limited to this population

Future Directions

- Larger sample size & include males
- Look at environmental context and consider intergenerational trauma/cultural views on anxiety and trauma.
- Measure social relationships like friendships.
- Look at psychosocial factors such as depression.
- Consider parent reports of anxiety and trauma

