

Assessment and treatment of school phobia in children and adolescents (pp. 413-437)

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School anxiety is defined as a maladapted pattern of anxiety behaviours related to school situations, being considered one of the most disabling anxiety disorders during childhood and adolescence. This article reviews the common characteristics of youths with school anxiety, distinguishing between other anxiety disorders such as separation anxiety disorder and truancy. Moreover, methods of evaluation commonly employed are reviewed, in particular the Fear School Inventory (FSI) and the School Refusal Assessment Scale (SRAS). Furthermore, the literature about the treatment of school anxiety is reviewed, concluding that the cognitive-behavioural approach is the most widespread and effective therapy. Finally, the advances in research on school anxiety are described.