

## **P-290 - PEERS RELATIONS AND COGNITIVE COPING STRATEGIES IN CHILDREN AND ADOLESCENTS DIAGNOSED WITH ANXIETY DISORDERS**

V.Gherasim<sup>1</sup>, E.Predescu<sup>2</sup>, R.Sipos<sup>2</sup>

<sup>1</sup>Clinical Emergency Hospital for Children, <sup>2</sup>University of Medicine and Pharmacy 'Iuliu Hatieganu', Cluj-Napoca, Romania

**Introduction:** Children and adolescents diagnosed with anxiety disorders use more frequently non-adaptive cognitive coping strategies, such as: self-blame, rumination, catastrophizing and other-blame. The emotion regulation strategies also influence the peers relations.

**Objective:** The study's objective was to evaluate the cognitive coping strategies used by children and adolescents diagnosed with anxiety disorders, and to observe how these strategies influence the peers relations.

**Aims:** The study aims were to identify the non-adaptive cognitive coping strategies and to identify which of them is more used by bullied or victimized children or adolescents.

**Methods:** Participants. Data was obtained from children aged 11 to 18 years of age, diagnosed with anxiety disorders, according to DSM IV-TR and healthy subjects comparable in age and sex.

Instruments. We used three questionnaires: Youth Self Report, Cognitive Emotion Regulation Questionnaire and Peers Relations Questionnaire.

**Results:** The children and adolescents diagnosed with anxiety disorders use more frequently non-adaptive cognitive coping strategies than the healthy children and they are more frequently bullied or victimized by their peers.

**Conclusions:** It is important to teach children and adolescents diagnosed with anxiety disorders how to use adaptive emotion regulation strategies in order to have a better social life and better academic results.