

Anxiety in Turner Syndrome

The Turner Syndrome Anxiety Project is a collaboration between Turner Syndrome Colorado and the eXtraOrdinary Kids Clinic and Research Team to respond to parent and patient questions about anxiety in Turner syndrome. We surveyed 135 community members and conducted 10 interviews.

Anxiety is like an iceberg... there is much more beneath the surface.

Many people with Turner syndrome experience social anxiety.

Doctor's appointments and health problems associated with Turner syndrome can trigger anxiety.

Difficulty sleeping is a symptom of anxiety that continues through adulthood.

Some people with Turner syndrome feel anxious about "being different" from their family and peers.

Many symptoms of anxiety are not easy to notice. This might be looping thoughts, muscle tension, body pain, worries, and fear of conflict.

Triggers for anxiety may change with age. Although some, like uncertainty or new settings, remain throughout life.

Anxiety can look and feel different at different ages, but avoidance and insomnia persist throughout the lifetime.

Many people don't know about the connection between anxiety and Turner syndrome. This can make it hard to get a diagnosis and receive care.

Anxiety impacts the whole family.

There is HOPE!
There are anxiety interventions that work for people with Turner syndrome.



For more information visit

turner-syndrome.org/turner-syndrome-anxiety-project



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Handouts are for general information only. Information provided is not intended to be a substitute for specific medical advice from a medical provider.

Do You Have Turner Syndrome?

How anxiety could be affecting you.

Anxiety is an individual experience and can look different for everybody.

Anxiety is having persistent and intense worries about everyday situations. Although anxiety is common in the general population, many people with Turner syndrome report they experience anxiety multiple days per week and that it impacts their daily lives.

"There have been times where I'm just like worried, worried, worried, like, especially at nighttime."

-Teen with Turner syndrome

How do I know when I'm feeling anxious?

Here are some signs of anxiety:

- Faster Breathing
- Sweating
- Dizziness
- Muscle Tension
- Negative Thoughts
- Avoidance
- "Zoning Out"
- Insomnia

Anxiety can feel overwhelming. Luckily anxiety is highly treatable! For those who had tried medication or therapy

82% said they found daily medication helpful

84% said they found therapy helpful

How can I get help for my anxiety?

- Talk to your doctor about your symptoms of anxiety
- Connect with others in-person or online: [Turner Syndrome Society of the United States](#)
- Cognitive Behavioral Therapy (CBT) can help people with anxiety learn to manage anxious thoughts.
- Other helpful strategies are calming activities such as listening to music, bringing along a friend, and talking about whatever is causing anxiety

Seeking help for your anxiety can improve your health and quality of life.

"I think therapy really helped without even realizing it. I think a lot of it was learning how to process and learning a way for you to strategize how you can be better for who you want to be."

-Adult with Turner syndrome

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