

# 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](https://turner-syndrome.org/turner-syndrome-anxiety-project)

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In collaboration with



Children's Hospital  
Colorado

# Do You Have A Student With Turner Syndrome?

How anxiety could be affecting them.

## What is Turner syndrome?

Turner syndrome is the partial or total absence of the second sex chromosome. It occurs in approximately every 1 out of 2,000 female births.



This variation can increase risk of social, emotional, and cognitive difficulties, such as anxiety and learning disabilities.

## What can you do in the classroom?

- Provide classroom seating where the student is most comfortable (near a door, teacher, or a friend)
- Set time aside for calming activities
- Provide a take-a-break pass
- Assign the student a designated buddy
- Give warnings of changes in the routine
- Provide extra time for transitions
- Give extended time on tests and assignments
- Partner with student's family and medical providers
- Avoid forcing the student to participate
- Consider an IEP or 504 Plan for moderate to severe anxiety



Your support can make a difference!



## What does anxiety in Turner syndrome look like?

Anxiety can present differently in Turner syndrome.

	Symptoms	Triggers
Early Childhood	<ul style="list-style-type: none"> <li>• Tantrums</li> <li>• Aggression</li> <li>• Hyperactivity</li> </ul>	<ul style="list-style-type: none"> <li>• Transitions</li> <li>• Dealing with conflict</li> <li>• Noisy/bright settings</li> </ul>
School Age	<ul style="list-style-type: none"> <li>• Fidgeting</li> <li>• Complaints of illness</li> <li>• School refusal</li> </ul>	<ul style="list-style-type: none"> <li>• New settings</li> <li>• Anticipation</li> <li>• Organization and assignment completion</li> </ul>
Teen	<ul style="list-style-type: none"> <li>• Lack of engagement</li> <li>• Avoidance</li> <li>• Looping thoughts</li> </ul>	<ul style="list-style-type: none"> <li>• Unresolved issues</li> <li>• Unpredictable routine</li> <li>• Dealing with expectations</li> <li>• Social problems</li> </ul>

"School is one of the most major places I have anxiety because of, like, assignments and whether or not I turned an assignment in."  
-Preteen with Turner syndrome

78% of individuals with Turner syndrome said they experience anxiety at school or work.

## Resources

- [What is Turner Syndrome?](#) from NICHD
- [Anxiety: Helping Handout](#) from NASP
- [School Refusal](#) from NASP



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