**Audio files from Dr. Reynolds, script**

**→ Embedded Audio Clip 1:**

“Hello Hayden, my name is Dr. Reynolds. I am a psychiatrist. Your mom mentioned that you’ve never been to a doctor like me before, so I can explain what I do to help you feel more comfortable. My job is to work with you, through whatever stressful life events may be happening in order to get you back in a good headspace. When something happens to your physical body, like if you broke your arm, you would have to go to the hospital. They would do a test, like an x-ray, and then put a cast on your arm until you’re healed. Psychiatrists like myself do the same thing but with your mind. When something happens in your life that can cause stress or trauma, you’d see a doctor like me. In some cases I prescribe medication to help my patients back on track.”

**→ Embedded audio clip 2:**

“Okay, Hayden. After listening to everything you’ve said, it sounds to me like you might be suffering from generalized anxiety disorder. This disorder is actually becoming very common in kids ages 13 to 18, with almost 1 in 3 teens experiencing something like this. Worrying about your future or dwelling on your past is a very normal part of human behavior that all of us have done from time to time. The difference here is that when you have generalized anxiety disorder, these fears are sometimes irrational, they’re very persistent, and they have disruptive effects on your everyday life. More importantly, these symptoms will have lasted at least six months long. It sounds like last year when you didn’t make it onto the swim team, you started to develop generalized anxiety disorder but you just didn’t know it yet. Anxiety disorders in all of its forms presents itself in a very physical way that may lead you to believe that something is wrong with your physical body, like the flu or a head cold. In your case, Hayden, the stomach problems, changes in eating, changes in sleeping, increased heart rate, feeling like you can’t take a full breath, and everything else is very common with anxiety disorders. Especially since your family doctor made it clear that all of your tests are negative, it sounds like these symptoms started when your anxiety did. I’m sure you’ve heard of the term “fight or flight” that our bodies can experience in times of distress. Our bodies are preparing for the worst, generally a very traumatic experience like if you were in a car accident. During these times when you’re feeling the anxiety, your body begins that process because you feel like you’re in danger. Starting high school can be a very scary transition in your life, so it makes perfect sense that your anxiety started to get a little bit worse right now. I’m going to prescribe you an antidepressant medication that is used to treat generalized anxiety disorder. Once you’ve started taking that, your symptoms should lighten. In addition to the medication, I recommend coming in to keep visiting with me once a week or once every two weeks, especially during those first few months of school. The best way to treat these symptoms you’re having is by both starting this medication and coming in for therapy with me. I really appreciate your willingness to talk with me today, Hayden. It was great getting to meet you!”