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## **Exploring psychosocial issues in children with EoE**

### Learning Objectives:

1. Identify features of psychosocial dysfunction seen in children with EoE.
  - Adjustment to diagnosis and restrictions
  - Associated pain/anxiety with medical procedures
  - Social and family life style changes
  - Caregiver stress and anxiety
2. Learn successful strategies to help manage the emotional and social repercussions of dealing with food allergies.
3. Recognize the psychologist's role in treating children with psychosocial dysfunction and EoE.
  - Individual therapy (anxiety, adjustment, pain)
  - Behavior/Parent therapy (behavior management, parent-child relationship)
  - Family therapy (caregiver stress, family life style changes)
4. Understand when and how to refer a patient to psychology services.

### Resources:

Harris, R. F., Menard-Katcher, C., Atkins, D., Furuta, G. T., & Klinnert, M. D. (2013). Psychosocial dysfunction in children and adolescents with eosinophilic esophagitis. *Journal of Pediatric Gastroenterology and Nutrition*, 57, 500-505.

Klinnert, M. D. (2009). Psychological impact of eosinophilic esophagitis on children and families. *Immunology Allergy Clinics of North America*, 29, 99-107.