

Feeling nervous?

Chapter 4 - Anxiety Disorders



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Class Objectives:

- ❖ What is Anxiety?
- ❖ How are anxiety, fear and panic similar? Different?
- ❖ What is an Anxiety Disorder
- ❖ What is Generalized Anxiety Disorder?

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What is Anxiety?

As college students, you have probably experienced *anxiety*...

How would you describe it?



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True or False?

There is only one type of anxiety disorder.

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Women and men are affected by anxiety disorders at the same rates.

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Anxiety disorders often occur with other illnesses.

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Anxiety disorders are part of your personality. They can't be changed.

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Anxiety disorders are rare.

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Most people successfully take control of the symptoms of anxiety disorders by sheer willpower and personal strength.

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Does anxiety serve a purpose?

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When does anxiety strike?

- ❖ \_\_\_\_\_  
Research has shown that people perform better when they are anxious (Yerkes & Dodson, 1908).

✓ \_\_\_\_\_  
\_\_\_\_\_  
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When does it become TOO much anxiety?

- ❖ Unlike the “good” anxiety, can too much anxiety hinder your performance?
- ❖ When we begin to examine “anxiety disorders” we’re talking about \_\_\_\_\_

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## Anxiety Disorders

These are disorders in which anxiety is a characteristic feature or the \_\_\_\_\_

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## Anxiety disorders involve

\_\_\_\_\_

\_\_\_\_\_

- Generalized anxiety disorder
- Phobias
- Panic disorder
- Post Traumatic Stress Disorder (PTSD)
- Obsessive-compulsive disorder

These are just some of the Anxiety Disorders we will discuss.

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## Are anxiety and fear the same?

- ❑ No, fear and anxiety sometimes look alike, but they are not the same.

\_\_\_\_\_

\_\_\_\_\_

- ❑ Fear is an \_\_\_\_\_ to current danger with the desire to escape the situation (Barlow, Brown et al, 1994).
- ❑ Fear activates our (autonomic nervous system) - "Fight or Flight response" for emergency reactions.

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### “OK, try not to panic!!”

❏ Fear is closely associate with panic which is a sudden \_\_\_\_\_

❏ When panic is experienced, the intense fear and discomfort can produce a number of physical symptoms.

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### Panic Attacks

❏ Panic attacks are often mistaken for heart attacks due to \_\_\_\_\_

❏ 2.4 million American adults experience a panic attack each year \_\_\_\_\_

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### Does anxiety live inside my genes?

Biological Contributions to Anxiety and Panic

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### Genetic Vulnerability

- ☒ There is increasing evidence that suggests that we \_\_\_\_\_  
\_\_\_\_\_  
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- ☒ Is there a single “anxiety” gene that is responsible?

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As with almost all psychological disorders,

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Is my BRAIN to blame?!

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-such as depleted levels of GABA.

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### Could my environment make me anxious?

- ❖ Research suggests that our \_\_\_\_\_ circuits, making you more or less susceptible to developing anxiety disorders (Francis et al., 2002).
- ❖ Stressful life events can also trigger our biological and psychological vulnerabilities to anxieties.

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### GAD

- ❖ \_\_\_\_\_ (GAD) is associated with “perfectionists and worrywarts.”  
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- ❖ GAD is accompanied by symptoms of tenseness, irritability and restlessness

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### Diagnosing GAD

- ❖ To meet criteria for this disorder the persistent, excessive worry must be present for at least 6 months.

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# How can we assess this disorder?

Screening tools for GAD

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## GAD Screening Quiz

- Do you feel irritable or easily angered frequently?
- Do you have difficulty controlling your worries or anxieties?
- Do you feel restless or keyed up on edge much of the time?
- Do you have headaches and/or other aches and pains for no apparent reason?
- Do you have difficulty falling or staying asleep?
- Does your worrying interfere with your normal routines, work or school, and/or social activities?

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### The Generalized Anxiety Disorder (GAD)-7 scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious, or on edge	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Not being able to stop or control worrying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Worrying too much about different things	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Having trouble relaxing	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Being so restless that it is hard to sit still	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Becoming easily annoyed or irritable	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Feeling afraid as if something awful might happen	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Total Score	=	Add Columns	+   +   +	+   +   +

Kroenke, K. et al. Ann Intern Med 2007;146:317-325

Annals of Internal Medicine

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Score of 8 or higher suggests a possible anxiety disorder

Remember, screening tools are used to determine if a disorder MAY be present...they are not diagnostic instruments

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“Do you worry excessively about minor things?”

❖ respond “yes” to this question, compared to only 50% of persons with other anxiety disorders

- This difference is statistically significant.

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Can Children have GAD?

❖ Yes, but children usually fixate on \_\_\_\_\_ and only need one physical symptom for diagnosis and.

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### Who do we see with GAD?

❏ Approximately 4% of population meet criteria for diagnosis during a 1 year period (Blazer, et al., 1991). \_\_\_\_\_

- However, relatively few people seek treatment for this disorder, as compared to those with panic disorder.

❏ Clinics report that only 10% of clients meet criteria because GAD patients tend to seek treatment with general practitioner.

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### Why does Grandma look SO anxious?

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### Why are the elderly likely to have GAD?

❏ High concerns regarding failing health, loss of control and lack of meaningful functions.

❏ Research has found GAD to be found:

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### Cognitive-Behavioral Therapy (CBT)

■ This \_\_\_\_\_  
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\_\_\_\_\_

■ Barrett et al.(1996) found that psychological treatments with children who suffer with GAD are very effective

- 95% of children after this treatment no longer met criteria for GAD. A six-year follow-up supported this therapy evidenced by 85.7% still not meeting criteria for diagnosis (Barrett et al., 2001).

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### What's Next?

■ Phobias 😊

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