

# Generalized Anxiety Disorder (GAD)

Chapter 4- Anxiety Disorders



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## Class Objectives

- What is GAD?
- What do symptoms of GAD look like?
- How can we explain the cause of this disorder?

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## Worry Much?

- People with generalized anxiety disorder (GAD) go through the day filled with \_\_\_\_\_  
 - even though there is little or nothing to provoke it.
- GAD is an anxiety disorder characterized by intense, uncontrollable, unfocused, and \_\_\_\_\_  
 - This worry is \_\_\_\_\_

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### Chronic Worry

- GAD focuses this worry onto everyday life events.

- \_\_\_\_\_

- They anticipate disaster and are overly concerned about health issues, money, family problems, or difficulties at work.

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### GAD

- *Generalized Anxiety Disorder (GAD)* is associated with “perfectionists and worrywarts.”

- GAD is accompanied by symptoms of

\_\_\_\_\_  
\_\_\_\_\_

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### Diagnosing GAD

- To meet criteria for this disorder the persistent, excessive worry must be present for \_\_\_\_\_

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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### Physical Symptoms of Generalized Anxiety Disorder

Muscle Tension	Irritability
	Difficulties sleeping

◆ At least \_\_\_\_\_ of these symptoms must be present for diagnosis.

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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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“Do you worry excessively about minor things?”

◆ \_\_\_\_\_% of people with GAD respond “yes” to this question, compared to only 50% of persons with \_\_\_\_\_

- This difference is statistically significant.

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### Diagnosing GAD

- ◆ Adults focus their anxiety \_\_\_\_\_  
\_\_\_\_\_ such as, household chores, possible misfortune of their children, being on time for appointments, etc...(Silver et al., 2000)
- ◆ Children, however only need \_\_\_\_\_  
\_\_\_\_\_ for diagnosis and usually fixate on school-related issues

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### Who do we see with GAD?

- ◆ Approximately \_\_\_\_\_ of population meet criteria for diagnosis during a 1 year period (Blazer, et al., 1991). Which makes GAD the \_\_\_\_\_  
\_\_\_\_\_
- However, relatively few people seek treatment for this disorder, as compared to those with panic disorder.
- ◆ Clinics report that only \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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### What is the Course of GAD?

- ◆ GAD is associated with an earlier and more gradual onset in early adulthood  
- \_\_\_\_\_
- ◆ Once GAD develops it is \_\_\_\_\_. One study found only an 8% probability of becoming symptom free after a 2 year follow-up (Yonkers, et al., 1996).
- ◆ Research has shown that GAD patients retained their symptoms more consistently \_\_\_\_\_  
\_\_\_\_\_.

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Why does Grandma look SO  
anxious?



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Why are the elderly likely to have  
GAD?

- ◆ 

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◆ Research has found GAD to be found:

- Most common in persons 

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- Least common in persons 

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Why do I have this?!

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### It's All in the Family

- ✿ Research on the causes of GAD point to a \_\_\_\_\_

- This conclusion has been further strengthened by twin studies.

- ✿ Research has found the \_\_\_\_\_ for both members of identical female twin pairs than for fraternal female twins when one twin already had GAD.

(Kendler et al. 1992).

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Further research has shown that the tendency to be anxious is inherited **NOT** GAD.

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### Are you threatening me??

- ✿ Evidence suggests that individuals with GAD are highly sensitive \_\_\_\_\_.

- They give their attention more readily to sources of threat than people who are not anxious

(Aikins & Craske, 2001).

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### Can it a combination of factors?

- ◆ In addition to biological vulnerability, people with GAD may have developed an early sense that their lives may be uncontrollable and potentially dangerous

\_\_\_\_\_.

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### Can GAD be treated?

Effective treatments for this disorder can be both

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\_\_\_\_\_



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### What types of medications help GAD?

- ◆ Benzodiazepines are frequently prescribed for GAD

\_\_\_\_\_

- ◆ Evidence indicates that they provide some \_\_\_\_\_ for anxiety associated with a temporary crisis or stressful event.

- ◆ \_\_\_\_\_ are also useful in the treatment of GAD.

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### Can a pill "cure" me?

- \* \_\_\_\_\_<sup>a</sup> are very commonly prescribed and are all listed in the class of benzodiazepines that increase the efficiency of \_\_\_\_\_
- \* However, these drugs often impair both cognitive and motor functioning, causing lethargic behavior
- \* These drugs can also produce psychological and \_\_\_\_\_ making it difficult to stop taking them (Noyes, et al., 1991).

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### Therapy

- \* In the short-term, psychological treatments seem to \_\_\_\_\_  
\_\_\_\_\_
- clinicians have designed treatments to help them process the information on an emotional level, using images so they will feel anxious.
- \* Psycho-education teaches patients how to relax deeply to combat tension.

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### Cognitive-Behavioral Therapy (CBT)

- \* This therapy \_\_\_\_\_ during sessions and the patient learns coping techniques to counteract and control the worry process (Craske et al., 1992).
- \* Barrett et al.(1996) found that psychological treatments with children who suffer with GAD are \_\_\_\_\_
- \_\_\_\_\_ 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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Next Class...

☀ Phobias ☺

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