



Feeling nervous?


Chapter 4 Anxiety Disorders







Class Objectives:

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




What is Anxiety?






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




Anxiety disorders often occur with other illnesses.



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



Anxiety disorders are rare.



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



When does anxiety strike?

- Some anxiety is actually good for us.
- Research has shown that _____

- Anxiety _____

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” _____

Anxiety Disorders

These are disorders in which anxiety is a characteristic feature or

Anxiety disorders involve clinically significant distress

- 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.

Are anxiety and fear the same?

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

- Anxiety is a _____
- Fear is _____
to current danger with the desire to escape the situation.

“OK, try not to panic!!”

- Fear is closely associate with panic which is a sudden overwhelming fright or terror.
- When panic is experienced, the intense fear and discomfort can produce a number of physical symptoms.

Panic Attacks

- Panic attacks are often mistaken _____
- Periods of intense fear, sense of impending doom and physical discomfort in which they feel _____
- 2.4 million American adults experience a panic attack each year and women are twice as likely to experience these (Mayo clinic, 2006).



Panic Disorder

■ This diagnosis requires the experience of panic attacks on a recurrent basis.

- Or, continued apprehension about the possibility of a panic attack for at least one month following a panic attack

■ _____



Theories and Treatments for Panic Disorder





Does anxiety live inside my genes?

There is increasing evidence that suggests that we _____

Biological Perspective

- ❖ As with almost all psychological disorders, no _____
- ❖ It is more likely that a combination of genetic factors influence this disorder.
- Biological relatives of persons with Panic Disorder are _____

Is my BRAIN to blame?!

Anxiety is also associated with _____

-such as depleted levels of GABA.

Medical Treatment

- ❖ Such growing biological support for Panic Disorder has resulted in the use of anti-anxiety medications.
- _____ are very effective in treating this disorder because they bind to GABA.
- Librium, Valium, Tranxene and Xanax
- Since these can lead to _____ clinicians also use SSRIs such as Prozac, Luvox and Zoloft.

GAD



- The anxiety must also be very difficult to control or turn off- *"pathological worry."*



GAD is accompanied by symptoms of tenseness, irritability and restlessness present for at least 6 months.

How can we assess this disorder?

Screening tools for GAD

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 or 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?

Cognitive-Behavioral Therapy (CBT)

- ✦ This therapy evokes the worry process 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 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).

What's Next?

✦ Phobias 😊
