



# Feeling nervous?



## Chapter 8

Anxiety, Obsessive-Compulsive, and Trauma and Stressor-Related Disorders

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# Class Objectives:



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

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# What is Anxiety?



*Anxiety* is a future-oriented apprehension or sense of dread

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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 mental disorders.



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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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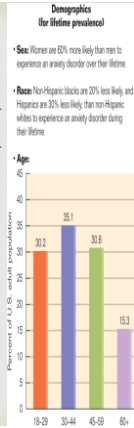
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## Anxiety disorders involve clinically \_\_\_\_\_

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




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## Does anxiety live inside my genes?

There is increasing evidence that \_\_\_\_\_




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## Brain and Biochemistry

- ☞ Anxiety is also associated with oversensitivity of certain \_\_\_\_\_
  - Such as depleted levels of GABA
- ☞ Such growing biological support for Anxiety Disorders has resulted in the use of anti-anxiety medications.
  - ☞ Benzodiazepines are very effective in treating this disorder because they bind to GABA.
  - ☞ Librium, Valium, Tranxene and Xanax
- ☞ Since these can lead to psychological and physiological dependence clinicians also use SSRIs such as Prozac, Luvox and Zoloft.




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# Anxiety Disorders



☞ The essential feature of anxiety disorders is the experience of a chronic and intense feeling of *anxiety*:

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

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# Are anxiety and fear the same?



☞ \_\_\_\_\_  
to current danger with the desire to escape the situation.

- Fear is closely associate \_\_\_\_\_ which is a sudden overwhelming fright or terror.

☞ When panic is experienced, the intense fear and discomfort can produce a number of \_\_\_\_\_

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# Panic Attacks



☞ Panic attacks are often mistaken for heart attacks due to dizziness, chest pressure and heart palpitations.

- \_\_\_\_\_ sense of impending doom and physical discomfort in which they feel

☞ \_\_\_\_\_ American adults experience a panic attack each year and women are twice as likely to experience these (Mayo clinic, 2006).




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# Panic Disorder



☞ This diagnosis requires the experience of panic

- Or, continued apprehension about the possibility of a panic attack for at least \_\_\_\_\_

☞ Can be diagnosed with or without Agoraphobia.

- \_\_\_\_\_



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# Theories and Treatments for Panic Disorder



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# Biological Perspective



☞ As with almost all psychological disorders,

\_\_\_\_\_

☞ It is more likely that a combination of genetic factors influence this disorder.

- Biological relatives of persons with Panic Disorder are \_\_\_\_\_

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## Separation Anxiety Disorder



☞ A childhood disorder characterized by intense and

\_\_\_\_\_

\_\_\_\_\_

☞ Approximately, 4.1 percent of children have diagnosable separation anxiety disorder and about 1/3 of these persist into adulthood.



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## Selective Mutism



☞ A disorder originating in childhood in which the individual \_\_\_\_\_

☞ Children with this disorder \_\_\_\_\_

but they become almost completely silent under certain circumstances.

- Anxiety may be at the root of selective mutism given that children most typically show this behavior in school rather than at home.

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## GAD

☞ Generalized Anxiety Disorder (GAD) is anxiety that is \_\_\_\_\_

- A constant feature of a person's day-to-day existence
- The anxiety must also be very difficult to control or turn off- "\_\_\_\_\_."

☞ GAD is accompanied by symptoms of \_\_\_\_\_

\_\_\_\_\_



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# How can we assess this disorder?

Screening tools for GAD

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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
<b>Total Score</b>	= Add Columns			

Score of 8 or higher suggests a possible anxiety disorder

**Annals of Internal Medicine** Kroenke, K. et. al. Ann Intern Med 2007;146:317-325

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## Who do we see with GAD?

☞ GAD \_\_\_\_\_% of the population (lifetime prevalence), a 12-month prevalence of \_\_\_\_\_% and is more common in \_\_\_\_\_.

- 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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## Psychological Perspectives on GAD



- ☞ Symptoms of GAD are understood as \_\_\_\_\_
- ☞ Cognitive Behavioral Therapy (CBT) evokes the worry process during sessions and the patient \_\_\_\_\_
- Barrett et al.(2001)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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## Social Anxiety Disorder



- ☞ Social Anxiety Disorder is characterized by intense, fear of \_\_\_\_\_
- The anxiety the person experiences is centered on a desire to avoid humiliation or embarrassment

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## Social Anxiety Disorder Theories and Treatment



- ☞ Biological perspectives
  - SSRIs and SNRIs
- ☞ Psychological perspectives
  - Motivational interviewing
  - Acceptance and commitment therapy
  - Mindfulness/meditation

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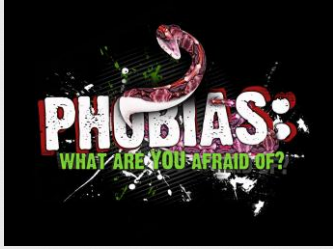
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What's Next?



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