

Generalized Anxiety Disorder (GAD)

Chapter 4- Anxiety Disorders



Class Objectives

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

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 _____

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.

GAD

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

- * GAD is accompanied by symptoms of

Diagnosing GAD

- * To meet criteria for this disorder the persistent, excessive worry must be present for _____

- _____

Physical Symptoms of Generalized Anxiety Disorder

Muscle Tension	Irritability
	Difficulties sleeping

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

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

“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.

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

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 _____

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 _____.

Why does Grandma look SO
anxious?



Why are the elderly likely to have
GAD?

- ◆

◆ Research has found GAD to be found:

- Most common in persons

- Least common in persons

Why do I have this?!

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).

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

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).

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

_____.

Can GAD be treated?

Effective treatments for this disorder can be both



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.

Can a pill "cure" me?

- * _____^a 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).

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.

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).

Next Class...

☀ Phobias 😊
