

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?

Meet Brian...



• "I always thought I was just a worrier. I'd feel wound up and unable to relax. At times it would come and go, and at times it would be constant. It could go on for days. I'd worry about who I was going to invite over for a party, or what would be a great present for somebody. I just couldn't let something go. I have terrible sleeping problems. There were times I wake up wired in the middle of the night. Sometimes I get a little lightheaded-my heart races and that makes me worry more. I keep imagining things are worse than they really are: when I got a stomachache, I'd think it was an ulcer."

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 _____

- This worry is distressing and unproductive.

Chronic Worry

- ◆ GAD focuses this worry onto everyday life events. Sometimes just the thought of getting through the day produces anxiety.
- _____
- They anticipate disaster and are overly concerned about health issues, money, family problems, or difficulties at work.

GAD

- ◆ Generalized Anxiety Disorder (GAD) is _____

- ◆ GAD is accompanied by symptoms of tenseness, irritability and restlessness

Diagnosing GAD

- To meet criteria for this disorder the persistent,

- The anxiety must also be very difficult to control or turn off-

“ _____ ”

Diagnosing GAD

- Physical symptoms of GAD are characterized by _____

- Focusing is difficult because the mind constantly is shifting from crisis to crisis.

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

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?

“Do you worry excessively about minor things?”

- _____ of people with GAD respond “yes” to this question, compared to only _____ of persons with other anxiety disorders

- This difference is statistically significant.

Diagnosing GAD

- Adults focus their anxiety on minor life events such as, household chores, possible misfortune of their children, being on time for appointments, etc...(Silver et al., 2000)
- Children, however only need _____

Who do we see with GAD?

- Approximately ___% of population meet criteria for diagnosis during a 1 year period (Blazer, et al., 1991).

- _____ 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.

What is the Course of GAD?

- GAD is associated with an _____

- Usually in response to a life stressor
- Once GAD develops _____, 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 _____

Why does Grandma look SO anxious?



Why are the elderly likely to have GAD?

- _____

- Research has found GAD to be found:
 - Most in persons _____
 - least common in persons _____

(Wittchen et al., 1994)

Why do I have this?!

It's All in the Family

- ◆ Research on the causes of GAD point to a generalized

- ↳ conclusion has been further strengthened by

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

Further research has shown that the tendency to be anxious is inherited _____ GAD.

Are you threatening me??

- Evidence suggests that individuals with GAD are highly sensitive to threat.
 - 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 _____

- *Generalized psychological vulnerability.*

Can GAD be treated?

Effective treatments for this disorder can be both:



What types of medications help GAD?

- _____ are frequently prescribed for GAD

- Evidence indicates that they provide some _____ for anxiety associated with a temporary _____
- Antidepressants are also useful in the treatment of GAD.

Can a pill "cure" me?

- Valium, Xanax, Ativan 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 _____ making it difficult to stop taking them.

Therapy

- In the short-term, psychological treatments seem to provide the same benefit as drugs, but most likely _____

- clinicians have designed treatments to help them _____, using images so they will feel anxious.
- Psycho-education teaches patients how to relax deeply to combat tension.

Cognitive-Behavioral Therapy (CBT)

- This therapy evokes the worry process during sessions and the patient _____

- 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 _____ follow-up supported this therapy evidenced by 85.7% still not meeting criteria for diagnosis.

Next Class...




