



Feeling nervous?

Chapter 4-Anxiety Disorders



Class Objectives:

- ✦ Discuss the paper guidelines
- ✦ How are anxiety, fear and panic similar? Different?
- ✦ What is GAD?

Abnormal Psychology (PSY 210) Position Paper

- ✦ This assignment will require each student to form a position on a topic and provide research to support their position.
- ✦ This paper should not a platform for you to voice your personal beliefs about the topic
- ✦ Our experiences are NOT scientifically-based and therefore have no place in a research paper.

Paper guidelines

- ◆ Section Zero: (5 points) September 16th
- ◆ Bibliography Summary: (5 points) October 30th
 - The bibliography page must be submitted for instructor review.
 - A minimum of **FOUR** (+) academic references must appear in your paper
- ◆ Section One (Introduction): (5 points)
- ◆ Section Two (Discussion): (10 points)
- ◆ Section Three (Research Section): (15 points)
- ◆ Section Four (Summation): (5 points)
- ◆ Format (5 points)

Pre-Approved Paper Topics:

- ◆ Generalized anxiety disorder
- ◆ Social anxiety disorder
- ◆ Post Traumatic Stress Disorder (PTSD)
- ◆ Obsessive-Compulsive Disorder (OCD)
- ◆ Social Phobia
- ◆ Specific Phobia- (Select one ONLY)
- ◆ Dissociative Identity Disorder
- ◆ Dissociative Fugue
- ◆ Dissociative Identity Disorder
- ◆ Depression
- ◆ Bipolar Disorder
- ◆ Eating Disorder- (Select one ONLY)
- ◆ Gender Identity Disorder
- ◆ Personality Disorders- (Select one ONLY)

Due November 6th

What is Anxiety?

As college students, you have probably experienced *anxiety*...

How would you describe it?



True or False?

- There is only one type of anxiety disorder. _____
- Anxiety disorders often occur with other illnesses. _____
- Most people successfully take control of the symptoms of anxiety disorders by sheer willpower and personal strength. _____
- Anxiety disorders are rare. _____
- Anxiety disorders are part of your personality. They can't be changed. _____
- Women and men are affected by anxiety disorders at the same rates. _____

When does anxiety strike?

• _____
 Research has shown that people perform better when they are anxious (Yerkes & Dodson, 1908).

• Example? _____

When does it become TOO much anxiety?

• _____

• When does it become a disorder?

• When we begin to examine "anxiety disorders" we're talking about _____.

Anxiety Disorders

- * These are disorders in which

- * Anxiety disorders involve clinically significant distress and impairment in daily function:
 - Phobias
 - Panic disorder
 - Generalized anxiety disorder
 - Obsessive-compulsive disorder

Are anxiety and fear the same thing?

- * _____
- * _____
- * Fear is an _____ to current danger with the desire to escape the situation (Barlow, Brown et al, 1994).
- * Fear activates our (autonomic nervous system)
 - "Fight or Flight response" for emergency reactions.

"OK, try not to panic!!"

- * Fear is closely associate with panic which is a sudden _____
- * When panic is experienced, the intense fear and discomfort can produce a number of physical symptoms.
- * What does a panic attack look like? _____

Panic Attacks

- ✦ Panic attacks are often mistaken for heart attacks due to _____

- ✦ 2.4 million American adults experience a panic attack each year and _____

Genetic Vulnerability

- ✦ There is increasing evidence that suggests that _____

- ✦ Is there a single “anxiety” gene that is responsible? _____

As with almost all psychological disorders,



Is my BRAIN to blame?!



-such as depleted levels of GABA.

Could my environment make me anxious?

✦ Research suggests that our environment can change the sensitivity of our brain circuits, making you _____

✦ _____ can also trigger our biological and psychological vulnerabilities to anxieties.

Generalized Anxiety Disorder (GAD)

Chapter 4- Anxiety Disorders



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

- * 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 associated with “ _____

 - GAD focuses this worry onto everyday life events
- * GAD is accompanied by symptoms of _____

Diagnosing GAD

- ◆ To meet criteria for this disorder the persistent, excessive worry must be present for at least 6 months
- The anxiety must also be very difficult to control or turn off. “most of the time”

Physical Symptoms of Generalized Anxiety Disorder

Muscle Tension	Irritability
	Difficulties sleeping

- ◆ At least 3 of these symptoms must be present for diagnosis.

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?

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 _____ of persons with other anxiety disorders
- This difference is statistically significant.

Can Children have GAD?

- * Children usually fixate on school-related issues and only need _____

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?

- * _____

- Usually in response to a life stressor

- * _____

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 over 5 years than persons with panic disorder (Woodman et al., 1999) .

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 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?

✦ _____ 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 ☺
