

Feeling nervous?


Anxiety Disorders
Chapter 5

Class Objectives:

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

What is Anxiety?

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



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

Anxiety disorders often occur with other mental disorders.

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.

Does anxiety serve a purpose?



When does anxiety strike?

Some anxiety is actually good for us.

Have you ever choked on an exam because you were SO anxious?



When does it become TOO much anxiety?

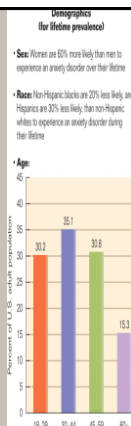
Unlike the "good" anxiety, can too much anxiety hinder your performance?

These are disorders in which anxiety is a characteristic feature or _____



Anxiety disorders involve clinically significant distress and impairment in daily function:

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



Are anxiety and fear the same?



- **Anxiety** is _____
where a person is tense or apprehensive
- **Fear** is an _____
to current danger with the desire to escape the situation.
- 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 for heart attacks due _____

- _____
and physical discomfort in which they feel overwhelmed and terrified.
- 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 _____

- Can be diagnosed with or without *Agoraphobia*.



Theories and Treatments for Panic Disorder



Does anxiety live inside my genes?

There is increasing evidence that suggests that _____



Biological Perspective

As with almost all psychological disorders, no single gene seems to cause anxiety disorders.

It is _____

Biological relatives of persons with Panic Disorder are _____



Brain and Biochemistry

- Anxiety is also associated with _____ of certain brain circuits and deficiencies of neurotransmitters
 - Such as depleted levels of _____
- Such growing biological support for Panic Disorder has resulted in the use of anti-anxiety medications.
 - _____
 - _____
- Since these can lead to _____ clinicians also use SSRIs such as Prozac, Luvox and Zoloft.



GAD

- Generalized Anxiety Disorder (GAD) is anxiety that is not associated with a _____
 - A constant feature of a person's day-to-day existence
 - _____
- GAD is accompanied by symptoms of tenseness, irritability and restlessness present for _____



How can we assess this disorder?

Screening tools for GAD



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 _____ + _____ + _____			

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

Who do we see with GAD?

- GAD affects 5.7% of the population (lifetime prevalence), a 12-month prevalence of 3.1% and is more common in women.
 - 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.

Psychological Perspectives on GAD

- Symptoms of GAD are understood as cognitive distortions, _____
- Cognitive Behavioral Therapy (CBT) evokes the worry process during sessions and the patient learns coping techniques to counteract and control the worry process.
 - 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).

What's Next?

