

Feeling nervous?

Chapter 4 - Anxiety Disorders



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Class Objectives:

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

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What is Anxiety?

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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 illnesses.

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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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When does anxiety strike?

- Some anxiety is actually good for us. Research has shown that \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Anxiety \_\_\_\_\_  
\_\_\_\_\_

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When does it become TOO much anxiety?

- ❏ Unlike the “good” anxiety, can too much anxiety hinder your performance?
- ❏ When we begin to examine “anxiety disorders” \_\_\_\_\_  
\_\_\_\_\_

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Anxiety Disorders

These are disorders in which anxiety is a characteristic feature or  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Anxiety disorders involve clinically significant distress

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

These are just some of the Anxiety Disorders we will discuss.

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### Are anxiety and fear the same?

❏ No, fear and anxiety sometimes look alike, but they are not the same.

- Anxiety is a \_\_\_\_\_

- Fear is \_\_\_\_\_  
to current danger with the desire to escape the situation.

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### “OK, try not to panic!!”

❏ 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.

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### Panic Attacks

❏ Panic attacks are often mistaken \_\_\_\_\_

- Periods of intense fear, sense of impending doom and physical discomfort in which they feel \_\_\_\_\_

❏ 2.4 million 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 attacks on a recurrent basis.
- Or, continued apprehension about the possibility of a panic attack for at least one month following a panic attack

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## Theories and Treatments for Panic Disorder

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## Does anxiety live inside my genes?

There is increasing evidence that suggests that we \_\_\_\_\_

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### Biological Perspective

❖ As with almost all psychological disorders, no \_\_\_\_\_

❖ 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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### Is my BRAIN to blame?!

Anxiety is also associated with \_\_\_\_\_

-such as depleted levels of GABA.

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### Medical Treatment

❖ Such growing biological support for Panic Disorder has resulted in the use of anti-anxiety medications.

- \_\_\_\_\_ are very effect in treating this disorder because they bind to GABA.

- Librium, Valium, Tranxene and Xanax

- Since these can lead to \_\_\_\_\_ clinicians also use SSRIs such as Prozac, Luvox and Zoloft.

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## GAD

☒ \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- The anxiety must also be very difficult to control or turn off- "*pathological worry*."

☒ GAD is accompanied by symptoms of tenseness, irritability and restlessness present for at least 6 months.

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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

Greenke, K. et. al. Ann Intern Med 2007;146:317-325

Total \_\_\_\_\_ = Add \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_  
 Score \_\_\_\_\_ Columns

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Score of 8 or higher suggests a possible anxiety disorder

Remember, screening tools are used to determine if a disorder MAY be present...they are not diagnostic instruments

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### Who do we see with GAD?



- 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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### Cognitive-Behavioral Therapy (CBT)

This therapy evokes the worry process 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 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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What's Next?

☒ Phobias 😊



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