

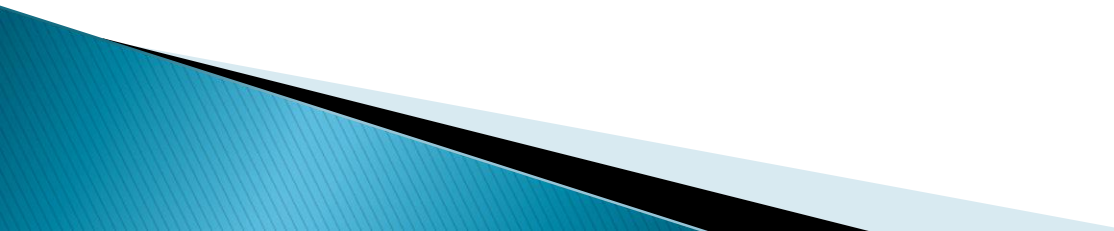
# Anxiety Disorders

# General Characteristics of Anxiety Disorders

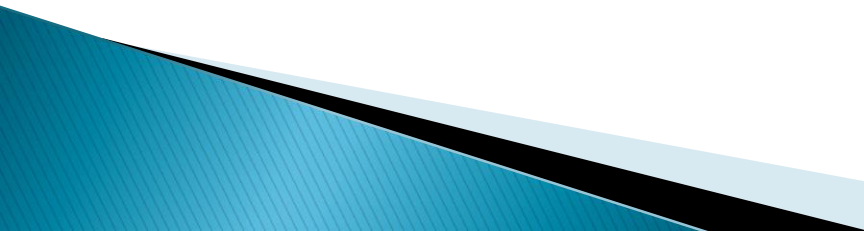
- ▶ Dominant symptom is excessive or unrealistic fear and/or anxiety (*the anticipation of a future threat*)
- ▶ **Prevalence**: 18% of adults in any given 12 month period
- ▶ Remember criteria of abnormality
  - Affecting life? Unusual? Maladaptive? Distorted perceptions of reality?



# Causes?

- ▶ Depends on the type of psychologist
  - ▶ **Psychodynamic** – anxiety is misplaced fear of your own feelings/urges
  - ▶ **Cognitive** – illogical, irrational thought processes
  - ▶ **Behaviorist** – result of conditioning/generalization
  - ▶ **Biological** – genetic link/ overactive amygdala
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# List of Anxiety Disorders in the DSM 5

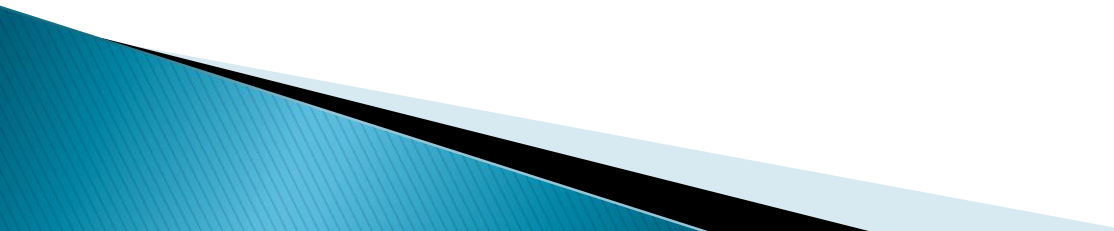
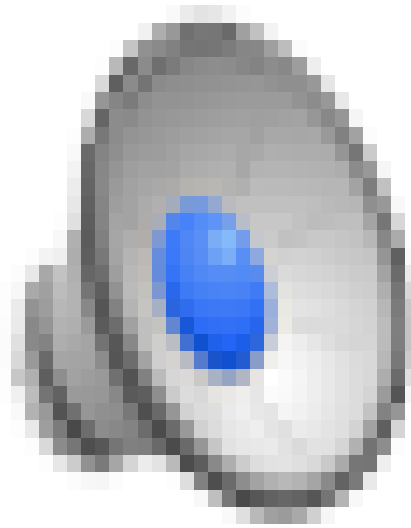
- ▶ Separation Anxiety Disorder
  - ▶ Selective Mutism
  - ▶ Specific Phobias
  - ▶ Social Anxiety Disorder/Phobia
  - ▶ Panic Disorder/ Panic Attack
  - ▶ Agoraphobia
  - ▶ Generalized Anxiety Disorder (GAD)
  - ▶ Substance Induced Anxiety Disorder
- 

# Panic Disorder

- ▶ Diagnosed in people who have had seemingly random panic attacks and are preoccupied with anxiety that another one will occur.
  - Panic attacks...symptoms mimic heart issues (palpitations, nausea, dizziness, chest pain, fear)
- ▶ 6 million people a year
- ▶ Prevalence: 2.7% adults
- ▶ Women 2x more likely than men



# Video...panic attack (mild)





# Agoraphobia

- ▶ Similar to panic disorder in that people will have had a panic attack before and are anxious about more occurring
- ▶ Stop leaving safe zone for fear that escape won't be possible...especially in public spaces like malls or arenas.
- ▶ 1 in 3 with Panic Disorder will develop agoraphobia

**Prevalence: 0.8% adults**



# Obsessed episode on amazon

- ▶ 4:56– 7:28
- ▶ 10–14:40
- ▶ 20:42–22



# Generalized Anxiety Disorder (GAD)

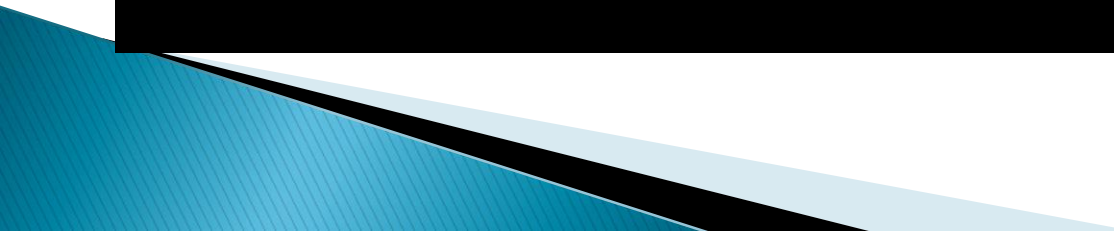
## ▶ Symptoms:

- Excessive anxiety
  - Fearing the worst when no rational reason for concern
  - GAD is diagnosed when a person finds it difficult to control worry on more days than not for at least six months and has three or more symptoms. [Learn more symptoms.](#)
- ▶ *Sometimes just the thought of getting through the day produces anxiety. They don't know how to stop the worry cycle and feel it is beyond their control, even though they usually realize that their anxiety is more intense than the situation warrants.*

\*\*\*My experiences post-partum (but not lasting 6 months)

Prevalence: 3.1% adults

# Generalized Anxiety Disorder



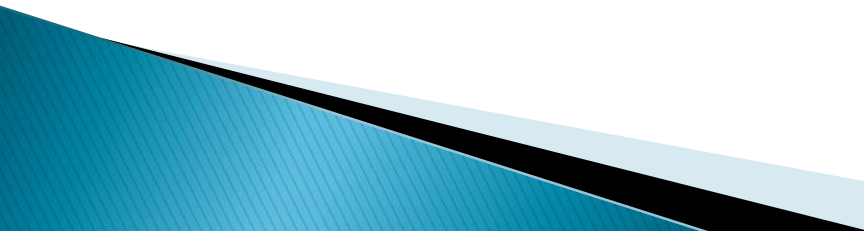
# Treatment



- ▶ Often a mix of medicine and therapy
- ▶ Medicine: (Biomedical approach)
  - Anti-depressants – **SSRIs** – improve mood by making serotonin more available
  - **MAOIs** – attacks enzymes that break down serotonin and other mood enhancing drugs
  - Anti-anxiety – **benzodiazepines** – agonist that enhances GABA...which calms our fight or flight response down
- ▶ **Cognitive-Behavioral Therapy** (more on this later)
  - Teach person about anxiety
  - Anxiety reduction techniques
  - Rethinking the anxiety-producing stimuli
  - Gradual Exposure

# Therapy Type:

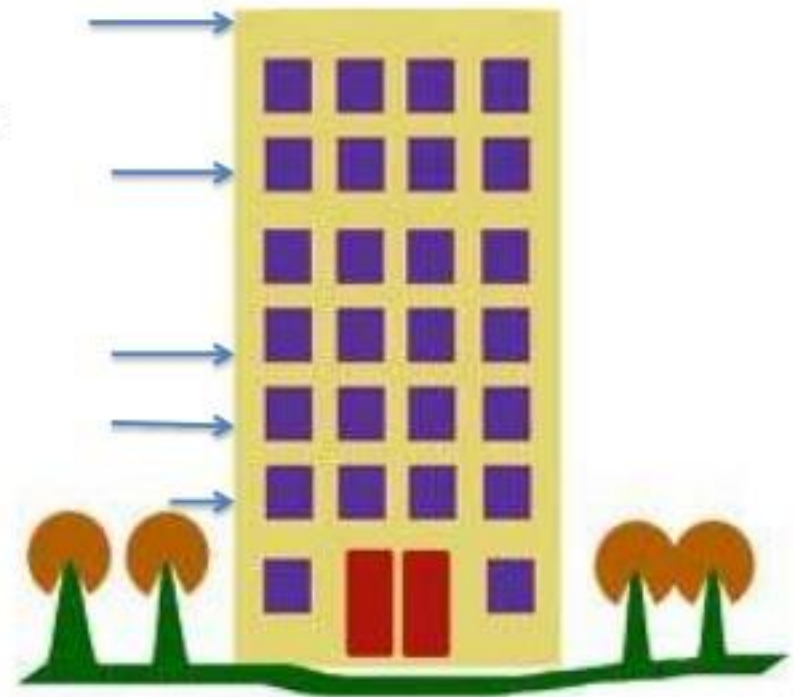
## Systematic Desensitization

- ▶ Approach: Behaviorism
  - ▶ Usually works best with specific phobias
  - ▶ Slowly exposed to anxiety-producing stimuli from least stressful to most.
  - ▶ Anxiety levels go up, then stay there until they come down
  - ▶ \*Obsessed episode
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## Systematic Desensitization: Fear of Heights

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- **Step 1:** Teach **Relaxation** Technique  
(Breathing/Visualization)
- **Step 2:** Write the word height and relax
- **Step 3:** Enter bottom floor of tall building and relax
- **Step 4:** Progress to a higher floor and relax
- **Step 5:** Progress to an even higher floor and relax



# REBT



The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.

— Albert Ellis —

AZ QUOTES

## ▶ Approach: Cognitive

## ▶ Rational-Emotive Behavior Therapy

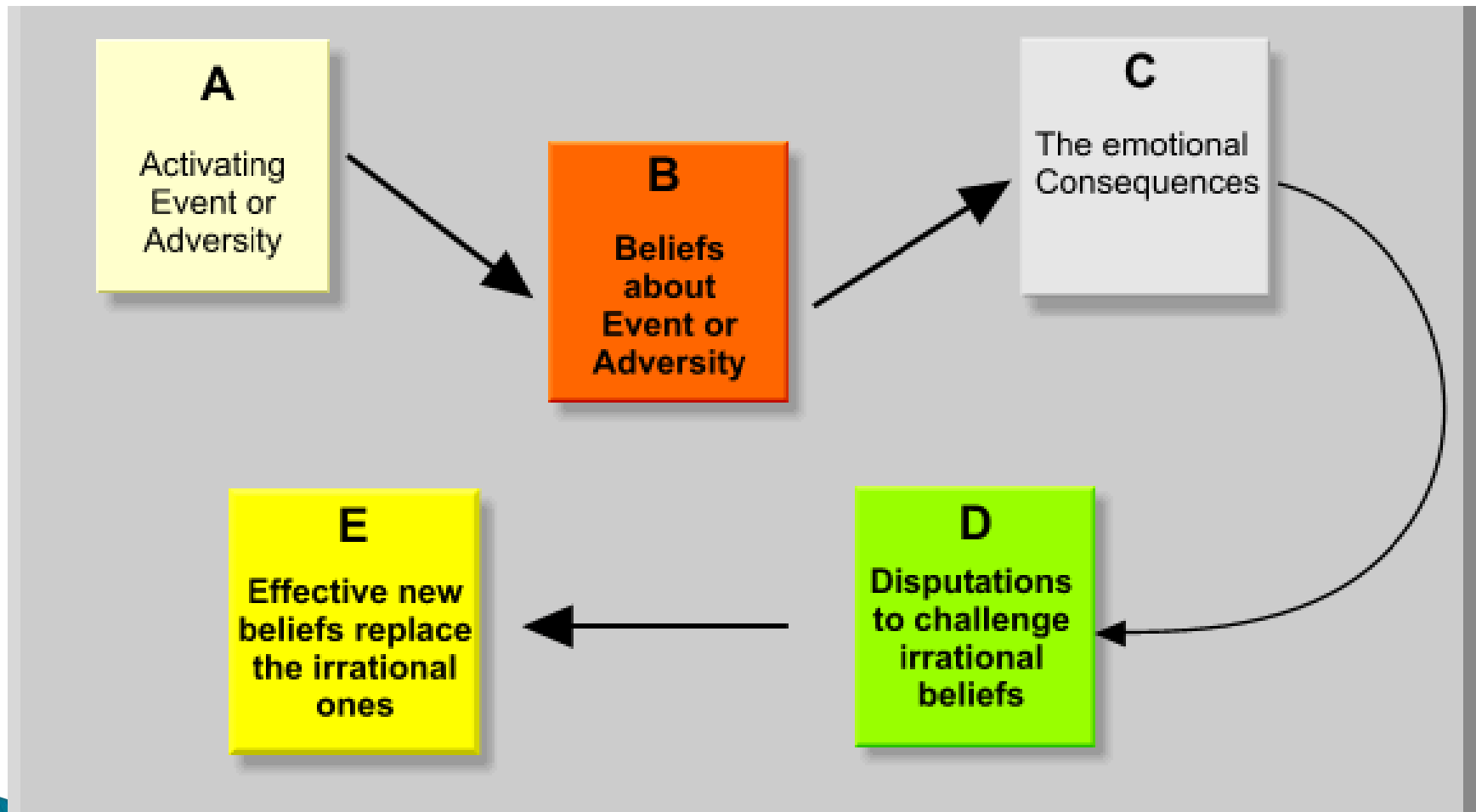
- **Albert Ellis** developed
  - Believed that it is not events that make us depressed or anxious, it is our *belief* about those events that can contribute to unhealthy feelings/behaviors
- Teaches client to challenge their irrational beliefs with more helpful statements



# REBT example

- ▶ Ex: an all-or-nothing statement:
  - ““Things and conditions absolutely must be the way I want them to be and must never be too difficult or frustrating. Otherwise, life is awful, terrible, horrible, catastrophic and unbearable.”
  - Changes to something accepting of self’s and others’ flaws: “Things can still be enjoyable if they are not exactly as I expect them to be”

# ABCDE model of REBT





ABC: activating event, beliefs, consequences

- ▶ What Anxiety feels like (in pictures)
  - <http://www.buzzfeed.com/alisoncaporimo/what-it-feels-like#.ttDDbZZpp>
- ▶ Panic Attack before/after pics on social media
  - <http://www.self.com/trending/2016/04/these-womans-pictures-before-and-after-a-panic-attack-show-that-mental-illness-can-affect-anyone/>

# Things People with Anxiety Want Their Friends to Know

