Objectives

- Participants will be able to…
  - Cite changes to the list of Anxiety Disorders in DSM-5
  - Describe features of the DSM-5 Anxiety Disorders
  - Use anxiety screening tools in primary care
  - Recognize common anxiety symptoms in primary care
  - Use brief counseling skills with patients
DSM-IV Anxiety Disorders

- Panic Disorder without Agoraphobia
- Panic Disorder with Agoraphobia
- Agoraphobia, without hx of panic disorder
- Specific Phobia
- Social Phobia (Social Anxiety)
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder, Acute Stress
- Generalized Anxiety

DSM-IV Anxiety Disorders

- Panic Disorder without Agoraphobia
- Panic Disorder with Agoraphobia
- Agoraphobia, without hx of panic disorder
- Specific Phobia
- Social Phobia/Social Anxiety
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder, Acute Stress
- Generalized Anxiety
DSM-5 Anxiety Disorders

• Separation Anxiety*
• Selective Mutism*
• Specific Phobia
• Social Anxiety
• Panic Disorder
• Agoraphobia
• Generalized Anxiety

DSM-5 Anxiety Disorders

• Separation Anxiety: fear of permanent separation from or harm to an important attachment figure
• Selective Mutism: failure to meet the expectation to speak, though speaks in other situations
• Specific Phobia: excessive fear and avoidance of very particular objects / situations

Frank 2012
DSM-5 Anxiety Disorders

- **Social Anxiety**: Fear of being observed / scrutinized in a way that could result in humiliation, rejection
- **Panic Disorder**: Recurrent panic attacks that lead to fear and/or avoidance of future panic
- **Agoraphobia**: Fear or avoidance of places difficult to escape, should panic and/or humiliation occur
- **Generalized Anxiety**: Variety of excess worries, tension

Frank 2012

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Richard, Age 52

I’m frightened. I’m always anticipating that someone is going to scream at me, a cop in the street, my boss. I’m sure I’m going to be held up or get a flat tire at rush hour. Every ache and pain in my body convinces me I’m going to die of cancer. I can’t sleep. I wake up in the early hours of the morning terrified. I’m either afraid of dying or that the house is going to be broken into. I have nightmares. I wake up sweating, paralyzed with fear. It’s been several weeks now. I think I can’t make it, I can’t go through another day and night feeling this way. I feel beaten up, my body feels as if I’ve been in a fight. Nobody seems to understand.
DSM-5 Reminders

- Duration matters
- Clinically significant impairment
- Substance/Medication-Induced Anxiety
- Anxiety Disorder due to Another Medical Condition
- Adjustment Disorder with Anxiety

To Screen or Not?

- Screen adolescents (Merikangas 2010)
- Not recommended for every adult
  - Prevalence is high (19%, Kroenke 2007)
  - Comorbidity is high
- Have a low threshold for suspicion
  - Diffuse aches and pains
  - Insomnia
  - Headaches
  - Reports of avoiding
25 year old African American female

- Single mom, fiancé in the military
- Job working with autistic children
- Hypertension follow-up: resident notes complaint of “generalized fatigue”
- 4 mos. later: tired, short of air (no wheezing)
- Chest tightness, bilateral numbness in legs
- Occasional dizziness with exertion
- Headaches
- Spirometry PFTs within normal limits
- No benefit from albuterol inhaler

Screening with GAD-2/7

- GAD-2 & GAD-7 screen for Generalized Anxiety, Panic Disorder, Social Anxiety, and PTSD
- If GAD-2 is positive use GAD-7 to learn more
- Kroenke 2007
### GAD-7

<table>
<thead>
<tr>
<th>Over the last 2 weeks, how often have you been bothered by the following problems?</th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Feeling nervous, anxious or on edge</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Not being able to stop or control worrying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Worrying too much about different things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. Trouble relaxing</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Being so restless that it is hard to sit still</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. Becoming easily annoyed or irritable</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Feeling afraid as if something awful might happen</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Score = Add Columns + + + +

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

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**Additional Screens**

- **PHQ-4 (PHQ-2 + GAD-2)**
  - Comorbidity and interaction effect
  - Easily remembered

- **DSM-5 Emerging Measures**
  - Level 1 and Level 2 Measures
  - Easily available, multiple diagnoses

[http://psychiatry.org/dsm5](http://psychiatry.org/dsm5)
Common Features

- Excessive fear and anxiety
- Fear: surge of autonomic arousal (fight or flight), plus escape behaviors
- Anxiety: muscle tension and vigilance that accompany anticipation of danger, plus caution or avoidance

Treatment

- Standard treatment
  - Combination or patient preference
  - Cognitive Behavioral Therapy (CBT)
  - Pharmacotherapy
    - SSRIs or SNRIs
    - Benzodiazepines selectively (Not for Panic Disorder)

UptoDate
Procedure Anxiety

- Rare procedure: Medication
- Recurrent Procedure: Psychotherapy
- Patient choice, or failure of previous treatment (CBT or medication)

UptoDate

Counseling in the Office

- Mind: Worry, Anticipation
  - Interpret risk/danger where there isn’t danger
  - In this situation, what do you actually have control over?
  - Thoughts-Feelings Connection (Thought Record)

- Body: Tension, Fatigue, Aches
  - Stress relief, relaxation skills
  - Emotional Writing
Counseling in the Office

- Educating the patient
  - Mounting stress
  - Running on empty
  - Learning to notice and release tension
- Motivating the patient
  - What has worked before?
  - What are you actually able to try? (100%)
  - Where, when, who?

Order vs Disorder

Fight or Flight
High stress / “Panic”
Low stress

“Chronic” Fight or Flight
Always near panic

Stress over time
Panic

- Education
- Grounding techniques

An Ideal to Aim For

High stress

Low stress
Self-Help Resources

• Psychology Help Center (apa.org)
• Psychology Today (articles online)
• The Anxiety and Phobia Workbook (Bourne)
• Mind Over Mood (Greenberger & Padesky)
• Beating the Blues
  – www.beatingthebluesus.com
  – To start, contact a Coach through COMCARE at 316-660-7618

References

• Craske M. Psychotherapy for generalized anxiety disorder, UpToDate. Accessed March 2014.
References


References


Questions?
For Your Own Good

**Breathe deeply.** Breathe in for a count of three. Hold it for a count of three. Breathe out for a count of three. Do it three times. When you inhale deeply, let your stomach rise, not your chest. That deep breath will fill your blood with oxygen, and exhaling will quickly lead to greater relaxation.

**Tense and Relax.** Our bodies don’t like to hold tension. By increasing tension and then letting it go, your body actually rebounds to a more relaxed state than when you started. Tense the following areas for five seconds and then notice the tension flow out of your body: forehead, jaw, shoulders, hands, arms, stomach, thighs, calves, toes. Doesn’t take long, so if you have the time, do each area twice.

**Take a walk.** A nice walk is a great stress reducer. Fifteen to 30 minutes would be ideal, but if all you can spare is a five-minute walk through the hallways at work or around the block, just getting away for a few minutes can be a help.

**Use your imagination.** Close your eyes and imagine a place or a scene that you find especially relaxing. For some, it’s the beach; for others it’s a mountain stream, the clouds, or grandma’s kitchen. As an alternative, imagine your stress washing down a drain or being carried away on the waves. What’s most important is that you find a picture in your head that helps you feel calm and relaxed. Try it for 30 seconds, 30 minutes, or any time in between. Pair it with calming music if you can.

**Slow your thoughts.** Find something in your environment that grabs your attention. Watch the trees blow in the wind. Smell the scent of a favorite candle. Gaze on a colorful picture. Slowly sip a favorite drink. Feel the texture of a comfortable pillow or hold a piece of ice. Let your senses distract you from the thoughts in your head and ground you in the present moment.

**Write it down.** Sometimes our stress gets worse just from thinking about it. Writing it down can “get it out of your head.” You can list out your worries or even write a plan for some of them. Try it near bedtime if you find your thoughts keep you up at night.