

UNDERSTANDING ANXIETY

Presented by:
Todd Mulliken, MS, LPCC
www.toddmulliken.com

The 5 W's of Anxiety

WHO
Prevalence of Anxiety Disorders

Any Anxiety Disorder...	24.9%
Generalized Anxiety Disorder...	5.1%
Panic Disorder...	3.5%
Social Anxiety Disorder...	13.3%
Agoraphobia...	5.3%
PTSD...	7.8%
OCD...	12.5%

WHO con't

- Prevalence by age 16... 12.1%

- Prevalence in older adults... 10.2%

WHAT

- Anxiety: The uneasiness, worry, or tension we experience when we expect a real or perceived threat to our welfare.
- Anxiety in and of itself is not a bad thing. It can serve as an impetus to a dangerous situation.

The Different Faces of Anxiety

- Generalized Anxiety Disorder
- Panic Disorder
- Social Anxiety Disorder
- Agoraphobia
- Posttraumatic Stress Disorder
- Obsessive-Compulsive Disorder

Generalized Anxiety Disorder

- Excessive anxiety and worry, for more days than not, for at least 6 months.
- Worry is difficult to control.
- Anxiety, worry, or physical symptoms cause clinically significant distress or impair social, occupational, or other functioning.

Comorbidity

GAD:

- Worry
- Anxiety
- Tension

Depression:

- Depressed Mood
- Low Interest
- Appetite Issues
- Low Self-esteem
- Suicidality

Symptoms In Common:

- Agitation
- Sleep
- Fatigue
- Concentration
- Restlessness
- Irritability

Comorbidity of GAD with Other Disorders

- Any Disorder...90.4%
- Major Depression...62.4%
- Panic Disorder...23.5%
- Social Anxiety Disorder...34.4%
- Alcohol Abuse and Dependence...37.6%

Panic Disorder

- Recurrent, unexpected panic attacks
- At least 1 of the attacks followed by 1 month of:
 - Persistent concern about having additional attacks
 - Worry about the implications of the attack
 - Significant change in the behavior related to the attack
- With or without Agoraphobia

Symptoms of a Panic Attack

- Palpitations, pounding heart
- Sweating
- Trembling or shaking
- Smothering or shortness of breath
- Choking feeling
- Chest pain or discomfort
- Abdominal distress

Symptoms of a Panic Attack con't

- Dizziness, feeling faint
- Chills or hot flushes
- Feelings of unreality
- Fear of losing control or going crazy
- Fear of dying
- Paresthasias

Social Anxiety Disorder

- Fear or avoidance of social situations
- Feared situations avoided or endured with intense anxiety or distress
- Fear recognized as excessive/unreasonable
- Fear or avoidance interferes with work, social, family activities

Agoraphobia

- Persistent fear of specific situations (being outside the home alone; being in a crowd or standing in line; being on a bridge; traveling in a bus, train, or auto)
- These situations are avoided or endured with marked distress

Posttraumatic Stress Disorder

- A. The person who has been exposed to a traumatic event
- B. The traumatic event is persistently reexperienced
- C. Persistent avoidance of stimuli associated with the traumatic event and numbing of general responsiveness
- D. Persistent symptoms of hyperarousal not present before the traumatic event
- E. Symptoms' duration of criteria B, C, and D is more than 1 month
- F. Symptoms caused clinically significant distress or impairment at home, work, or in other areas of functioning

Obsessive Compulsive Disorder (OCD)

- Recurrent obsessions and/or compulsions
- Cause marked distress, time consuming or interferes with functioning
- Recognized as excessive or unreasonable
- Not effect of a substance or general medical condition

OCD con't

- Typical Obsessions:
 - Contamination
 - Pathological doubt
 - Body functions
 - Need for symmetry
 - Aggressive impulse
 - Sexual impulse

OCD con't

- Typical Compulsions:
 - Checking
 - Washing
 - Counting
 - Need to ask or confess
 - Symmetry and precision
 - Hoarding

Two Other Faces of Anxiety

- Adjustment Disorder

- Anxiety Disorder NOS

WHERE

- Annual costs of anxiety: \$36.9 billion
 - Nonpsychiatric Medical Care...\$23.0
 - Psychiatric Medical Care...\$13.1
 - Pharmaceutical Costs...\$0.8
- Anxiety disorders account for 31.5% of total costs of psychiatric disorders in U.S.
- 33%-43% of patients with chest pain and negative angiograms suffer from panic disorder
- PTSD and PD have highest service rate

WHERE con't

- Prevalence + increased healthcare utilization + reduced work place productivity = costly to society
 - GAD associated with 6.0 per capita work impairment days/30 days
 - Work days missed and overall work impairment are twice as high for those with SAD

WHERE con't

RELATIONSHIPS

- Avoidance of relationships (ie:OCD, PTSD, SAD)
- Marital tensions due to anxiety symptoms
- Untreated substance abuse/dependence

WHY

- Anxiety may be neurodevelopmental with secondary systems going awry
- Hardware had been changed by the software

Risk Factors for Anxiety

- 1) Genetics/Neurobiology
 - Amygdala research: brain structure at center of fear response
- 2) Temperament/Attachment
 - Anxiety sensitivity
- 3) Life events
 - Traumatic experiences, # of – events, chronic daily hassles, and changes, losses, and transitions
- 4) The Anxiety triad
 - Interaction of cognitions, physical symptoms, and behaviors
- 5) Parenting Responses
 - Shame vs. Affirmation

I. Understanding Your Own Personality/Tendencies

A. Passenger

1. Avoid
2. Deny
3. Enable

I. Understanding Your Own Personality/Tendencies

B. Driver

1. Control
2. Parent
3. Micro-manage

II. Addressing The Condition

- Is the anxiety acknowledged by the loved one/friend?
 1. If not...be honest; share concerns, stay active
 2. If yes...help facilitate healthy referral

III. Promote Self-Care

- First for yourself
 1. Seek energy producing activities
 2. Be aware of loved one/friend's condition
 3. Recheck your own tendencies/patterns

III. Promote Self-Care

- For your loved one/friend
1. Listen and ask hard questions
 2. Only give advice when asked
 3. Walk alongside
 4. Encourage and model healthy choices

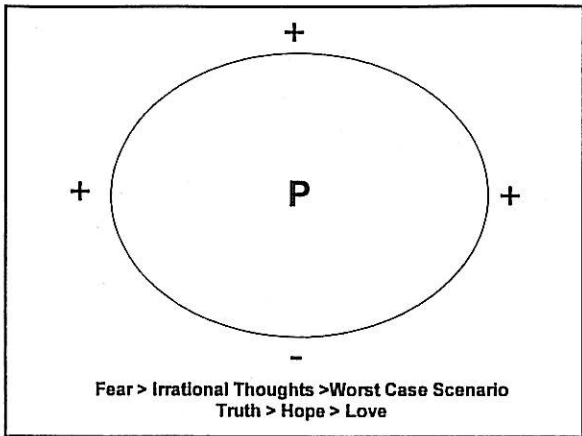
IV. Keep the Big Picture vs. Getting Lost in the Moment

- Regularly re-evaluate your own thoughts, feelings, and choices

- Encourage this person to stay connected to their trusted friends, and mental health resources

I. Reparenting

- Replace lies with truth
- Focus on what we love
- Focus on what we are "for"
- Dwell on these truths



II. Participate in Energy Producing Activities Each Day

- Understand your personality and what energizes you
- Stay committed to these daily activities
- Change ... but don't have an "off-season"

III. Develop Authentic Friendships

- "Go – to" people
- Maintain healthy boundaries
- Reveal vs. conceal truth

IV. Find Your Sweet-Spots & Serve

- Identify your core values
- Identify your life gifts
- Find a place within your community to utilize these gifts
- Re-evaluate and change based on seasons of life
