

### Anxiety Prevalence

More prevalent in women (2:1)

More prevalent in people under 45 y/o

More prevalent in divorced/separated people

More prevalent in people with lower socio-economic status

### Panic Disorder

Onset at ~late 20s

Recurrent unexpected panic attacks

Intense physical symptoms

May last weeks, months or years

Close morbidity rate to depression

Women affected 3x more than men

May be affiliated with stressors

### Generalized Anxiety Disorder

6 months of unrealistic worry and anxiety

Affects 3% of population

Associated with Major Depressive Disorder

### Etiology for Panic and GAD

**Psycho-dynamic Theory** Inability of ego to intervene and superego produce anxiety  
unable to regulate anxiety and resorts to unconscious mechanisms  
ineffective use of defence mechanisms

### Etiology for Panic and GAD (cont)

**Cognitive Theory** Faulty thinking results in maladaptive behaviours and emotional disorders  
Anxiety is maintained by dysfunctional assessment of environment

**Biological Factors** **Genetics**  
Identical twins: 30%  
Close relative: 10-20%  
Cholecystokinin production: induce panic attacks  
**Neuroanatomical**  
Abnormal levels of blood-lactate  
Infusion of Sodium Lactate may precipitate panic attacks  
**Neurochemical**  
Norepinephrine: cause anxiety  
Serotonin and GABA decrease with panic/anxiety disorders

### Levels of Anxiety

#### Normal

**Mild**

- Something is different
- Helps person focus attention to learn, solve problems, etc.
- Perceptual field widens slightly
- Alert, more perceptive
- Able to recognize anxiety promote motivation and growth

**Moderate**

- Disturbing feeling something is wrong
- nervous and agitated
- Difficulty concentrating
- Perceptual field narrows a bit
- Diminished cognitive skills

**Severe**

- Perceptual field greatly reduced
- Does not notice external events  
attention focused on small part of specific area
- Unaware of anxiety
- Increase Vital Signs

**Panic**

- Focused on defense
- Flight of ideas
- Feels dread and terror



### Specific Phobias

#### Signs and Symptoms

Anxiety response to object or situation

Avoidance of object/situation

Impairment of daily routine

Acknowledge reaction is unreasonable

Anxiety may be triggered

Women 2x as likely to be affected than men

Not diagnosed as a phobia unless interferes with person's function or causes severe distress

### Separation Anxiety Disorder

Recurrent distress over leaving home or attachment figure

Excessive worry about the loss of figure

Refusal to leave home

Fear of being alone

Refusal to sleep away from home or figure

Nightmares with separation theme

Physical symptoms

Experience at least three of the above with symptoms lasting 4+ weeks in children/adolescents or 6+ months in adults

### Agoraphobia

Panic disorder signs and symptoms

Fears being in places where escaping is difficult or embarrassing if panic does occur

Planes, subways, buses, movie theatres, etc.

May not meet daily commitments (ie. work, grocery shopping, appointments, etc)

Knows behaviour is extreme

More common in women than men

### Social Anxiety Disorder

Fear that person might do something embarrassing, or be evaluated negatively by others

fear of public speaking, public eating, using public washrooms

Self-medication with alcohol or street drugs to cope



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