

Module 4: Anxiety Disorders

Introduction

Module 4 provides an overview of the major anxiety disorders including generalized anxiety disorder, panic disorder, phobias, obsessive compulsive disorder, and post traumatic stress disorder while discussing the impact that these disorders have on the individual patient as well as on their friends and families. The signs and symptoms of the major anxiety disorders are discussed within the context of how the disorder impacts the patient's ability to function in their personal, professional and social life. The anxiety disorder patient is profiled in terms of the presenting signs and symptoms of the disorder, predisposing factors for anxiety disorder, nursing interventions, and treatment modalities, which include psychotherapy and/or medication.

Topics

- Characteristics of Anxiety
- Continuum of Adaptive and Maladaptive Responses
- Levels of Anxiety
 - Mild
 - Moderate
 - Severe
 - Panic
- Theories of Anxiety
 - Psychological
 - Behavioral
 - Family
 - Biological
- Defense Mechanisms
- Types of Anxiety Disorders
 - Generalized Anxiety Disorder
 - Panic Disorder with or without Agoraphobia
 - Phobias
 - Obsessive-Compulsive Disorder
 - Posttraumatic Stress Disorder

Learning Objectives

Upon completion of this module, participants should be able to:

1. Describe the continuum of adaptive and maladaptive responses related to anxiety and self-concept responses.
 2. Describe coping resources and coping mechanisms related to anxiety responses.
 3. Discuss theories of anxiety and characteristics of the different types of anxiety disorders.
 4. Identify and discuss pharmacological and psychosocial therapies for anxiety disorders.
 5. Identify therapeutic nursing interventions related to the care of the patient with an anxiety disorder.
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Required Content and Readings

Please follow the suggested order outlined for the selected materials.

1. Watch the Tegrity lecture on [Anxiety Disorders](#) for an overview of anxiety responses and disorders.
2. Read chapter 15 of *Stuart's Principles and Practices of Psychiatric Nursing* to become familiar with continuum of anxiety responses and anxiety disorders as well as the most effective treatment regimens for the anxiety disorder patient.
3. Access the Textbook Resources section in the Blackboard course site. Select the Stuart Textbook Resources Consumer Video: In Their Own Words section, then click the Anxiety Responses link to open the folder and then select the Anxiety Disorders section, anxiety responses link.
 - **Panic Attack:** Watch the video to hear Curtis's story about the impact of [panic attacks](#) on his own life as well as the lives of his spouse and children.
4. View the video [Generalized Anxiety Disorder](#) Dr. Donald Fidler and the PANSS Institute to observe an interview with a woman with generalized anxiety disorder. She describes the symptoms she experiences with this disorder and how she decreases her anxiety.
5. View the following short videos by Dr. Donald Fidler to observe examples of defense mechanisms.
 - [Denial](#)
 - [Projection](#)
 - [Reaction Formation](#)
 - [Repression](#)
 - [Splitting](#)
 - [Suppression](#)
 - [Sublimation](#)

Additional Resources (Optional)

- [Anxieties.com](#) - Largest free, self-help site on the internet that provides a variety of educational and informational resources.
- [Anxiety Zone](#) - Anxiety Zone is a community-operated, mental health support group dedicated to helping people suffering from anxiety disorders such as Generalized Anxiety Disorder (GAD), Hypochondria, Panic Disorder, Clinical Depression, Specific Phobias, Post-Traumatic Stress Disorder (PTSD), Social Anxiety Disorder and Obsessive-Compulsive Disorder (OCD).
- **Anxiety Disorders and Responses:** Watch the following Answered Patient videos Series by AnswersTV.com:
 - [Do I have an anxiety disorder?](#) This video focuses on the signs and symptoms of five common anxiety disorders.
 - [Psychotherapy Anxiety Treatment](#) - This video discusses cognitive and behavioral therapy (CBT) and its effectiveness in treating anxiety disorders.

- [Drug Treatment for Anxiety Disorders](#) - This video discusses the most commonly prescribed medications used to treat anxiety disorders and how these medications work to block or eliminate the anxiety symptoms in patients.
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