ANXIETY DISORDERS 😱

EXCLUDE DDX
- 😐 OTHER PSYCH
- 🦋 OTHER MEDICAL → i.e. Hyperthyroidism
- 💊 Drug-induced

INAPPROPRIATE

FEAR (DISTRESS)

PANIC DISORDER
⚠ ↑ SUICIDE risk + ↑ genetic component

PANIC ATTACKS
- RECURRENT
- unexpected
- ± known TRIGGER

DSM V. (≥4)
- OBVIOUS SYMPT.: palpitations, pounding heart, sweating, trembling or shaking, shortness of breath, choking, chest pain, nausea, dizziness, lightheadedness, chills, hot flashes, numbness, tingling, crawling, shaking, trembling, paresthesia, dyspnea
- Depersonalization / Derealization

Dgx followed by

CONSEQUECES (≥1m)
- cognitive (worry) → consequences (if in panic); Additional attacks
- behavioral changes (i.e. destructive)

STRESS DISORDERS

PTSD
- ↑ PANIC = life-threatening (one's self or loved ones)
- ≥1m
- H yper-AROUSAL ↑ → sleep disturb. → irritability & rage; → vigilance
- A voidance of assoc. ± stimuli
- R e-experiencing EVENT (intrusive) → flashbacks; → night mares
- D istress + other changes in mood / cognition
- ⇒ IMPAIRED FUNCTION

ACUTE STRESS disorder
- ≤ 1m

OCD
OBSESSION = INTRUSIVE → THOUGHTS / FEELINGS / IMPULSES → ↑↑ DISTRESS
- RELIEVED BY → COMPULSION → repetitive; time consuming
- ↳ EGO-DYSTONIC
- ↳ DDx OCPD

PHOBIAS
≥6m Fear/Anxiety of

SPECIFIC
- OBJECT
- SITUATION
  - Social Anxiety disorder → fear of EMBARRASSMENT in social situations
  - AGORAPHOBIA → fear/worry of UNSAFETY (≥2): open/closed spaces; lines; crowds; public transport; (leaving home)

associated with PD

WORRY (ANXIETY)

ADJUSTMENT DISORDER
RECENT STRESSOR (divorce, illness)

after ≤3m appearance of

ANXIETY / DEPRESSIVE → EMOTIONAL + BEHAVIORAL (Symptoms)

LASTING ≤6m → PLUS → DOES ≠ MEET → MDD-CRITERIA

if >6m

GAD
worry/anxiety ≥6m

DIFFERENT ASPECTS of daily life

PLUS (≥3) (child ≥1)

- "SLEEP-DEPRIVATION" (-LIKE)
  - irritable + restlessness
  - fatigue + ↓ concentration
  - sleep disturbance
- MUSCLE-TENSION