

AAPA We Are Family (Medicine) Conference

San Diego, CA

February 6, 2023

Date/Time: Monday, February 6, 2023 – 3:15pm – 4:15pm

Title: Do Anxiety and Depression Make You Smarter?

Description: This lecturer is a basic primer on general anxiety, panic disorder, and major depression. These conditions are commonly encountered in primary care settings. We will review the DSM criteria and discuss the nuance in diagnosing mental health conditions. Furthermore, I intend to present common ways of making patients feel comfortable bringing up and describing their mental health concerns in a primary care setting.



DO ANXIETY AND DEPRESSION MAKE YOU SMARTER?

Jay C. Somers, PA-C, DHSc

Disclosures

Non-Declaration Statement: I have no relevant relationships with ineligible companies to disclose within the past 24 months.

Educational Objectives

At the conclusion of this session participants should be able to:

- 1) Diagnose General Anxiety and Panic Disorder using the DSM-5 TR criteria
- 2) Diagnose major depression using the DMS -5 TR criteria
- 3) Use several simple scales to help identify anxiety and depression
- 4) Talk to patients about their mental health.



Who Is Here?

**PAs Graduated
In Past 2
years?**

**PAs Graduated
In Past 10
Years?**

My Promises To You....

**I Will Do My
Best To NOT
Make This
Another Boring
Lecture On
Mental Health!**



My intention is that you come away with some practical knowledge that you can apply to your patients presenting with anxiety and depression later this week.



GENERALIZED ANXIETY DISORDER

DSM -5-TR Diagnostic Criteria

- A. Excessive anxiety and worry, occurring more days than not for at least 6 months about a number of events.
- B. The Individual finds it difficult to control the worry.
- C. This anxiety is associated with **at least three** of the following anxiety symptoms:
 - A. Restlessness
 - B. Easily Fatigued
 - C. Difficulty concentrating or blanking out.
 - D. Irritability
 - E. Muscle tension
 - F. Restless sleep and/or onset or maintenance issues.
- D. The anxiety, worry, or physical symptoms cause SIGNIFICANT distress or impairment of social or occupational functioning.
- E. The symptoms are not caused by other DRUGS (Illicit or prescribed), MEDICAL conditions (e.g., hypoglycemia, encephalopathy, hypothyroidism), or OTHER mental health conditions.

GENERAL ANXIETY

- A. Excessive anxiety, with a number of ever
 - B. The Individual fi
 - C. This anxiety is as
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- social or occupatio
- conditions (e.g., hy
- health conditions.



In KIDS who have difficulty controlling worry

- Only **ONE** of these symptoms has to be present for 6 -months
- Restlessness
- Feeling tired
- Focus and concentration problems
- Irritability
- Muscle tension
- Sleep problems

TR Criteria

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ptoms:

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R mental

Specific Concerns in Kids

In children and adolescences worries are often centered on school or sports performance.

Kids may worry about catastrophic events out of proportion (Coronavirus, active shooter, and weather events)

Often excessive worry or perfectionistic behavior outside of external pressure

Watch out for other mental health conditions that look like GAD:

- Separation Anxiety
- Obsessive Compulsive Disorder
- Social Anxiety
- Alcohol and Drugs





I = Irritability

C = Impaired Concentration

A = Anxiety, Nervousness, Worry

N = No control over worry

T = Time (at least 6-months)

R = Restlessness

E = Energy decreased

S = Impaired Sleep (onset or maintenance)

T = Tension in Muscles

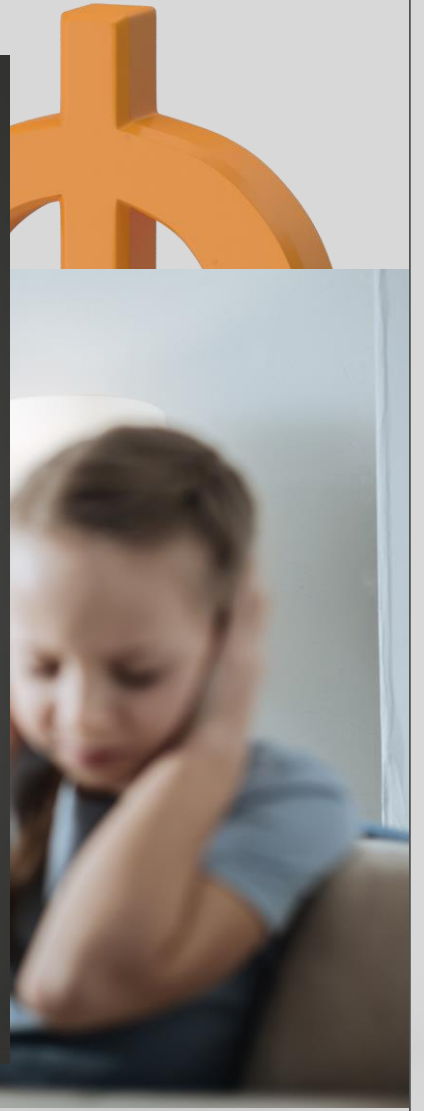
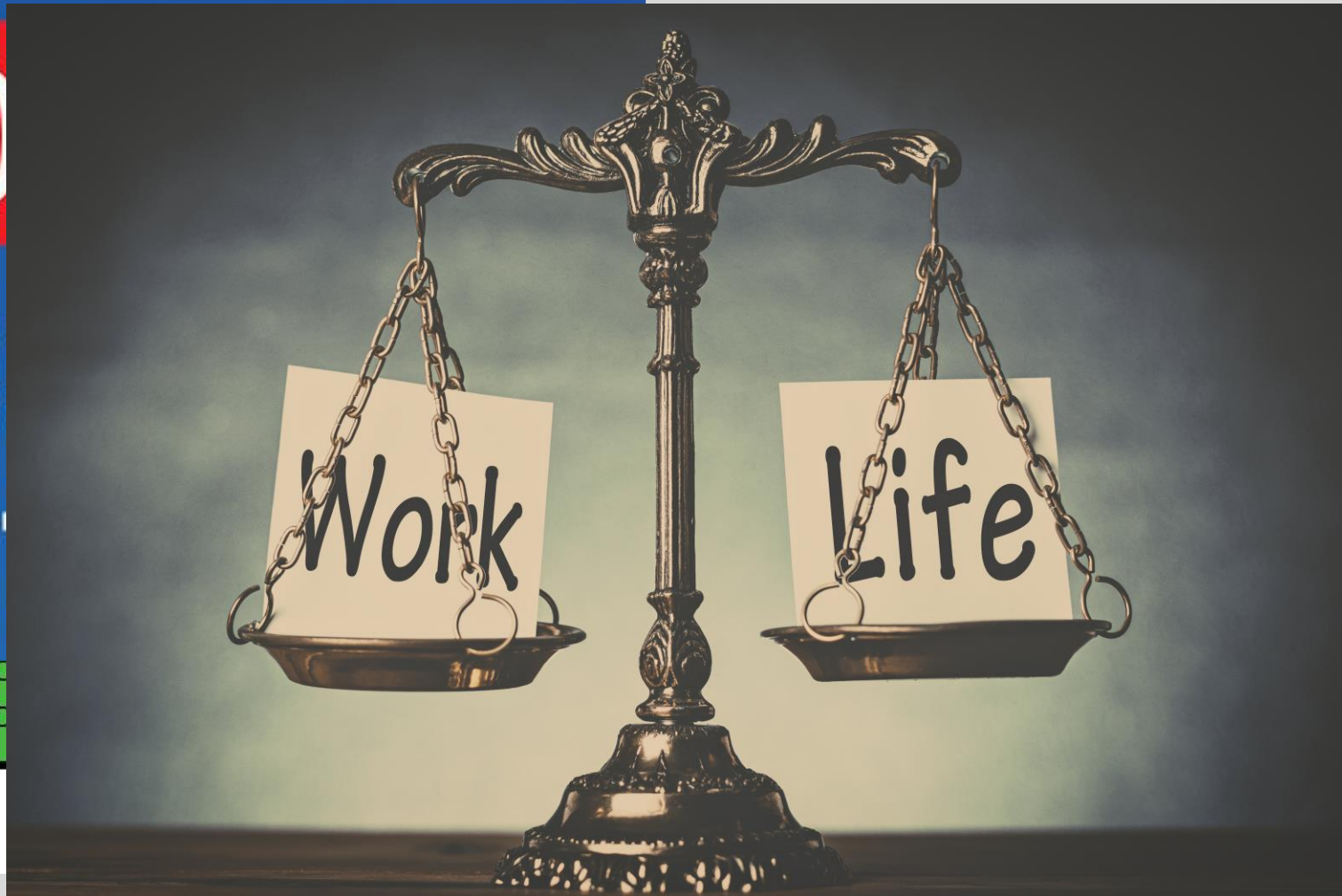
I CAN'T REST

What Makes GAD Different?

Everybody Gets
Anxious, Right?



Stress · Anxiety · Panic · Worry · Burnout



Panic Disorder

DSM -5-TR Diagnostic Criteria

A. An abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, during which time **FOUR or more of the following symptoms occur:**

- Palpitations, pounding heart
- Trembling or shaking
- Feelings of choking
- Nausea or abdominal distress
- Chills or heat sensation
- Derealization or depersonalization
- Fear of dying

- Sweating
- Sensation of shortness of breath
- Chest pain or discomfort
- Feeling dizzy, unsteady, or lightheaded
- Paresthesia (numbness or tingling)
- Fear of losing control or going crazy

Panic Attacks

(Not a mental disorder)

Panic Disorder

B. A minimum of one of the attacks has been followed by at least 1-month (or more) of at least one of the following:

- ▶ Persistent concern or worry about additional panic attacks
- ▶ Significant maladaptive behavior due to the attacks.

C. The symptoms are not caused by other **DRUGS (illicit or prescribed), **MEDICAL** conditions (e.g., drug abuse, medications, hyperthyroidism, cardiopulmonary disorders, asthma, COPD), or **OTHER** mental health conditions.**

MAJOR DEPRESSIVE — Disorder —

DSM -5-TR Diagnostic Criteria

FIVE or more of the following symptoms have been present during the same 2-week period AND represent a change from previous functioning

At least ONE of the symptoms must be either

Depressed Mood or **Loss of Interest**

- ▶ Significant weight loss or weight gain (+/- 5%), when not dieting
- ▶ Insomnia or hypersomnia nearly every day
- ▶ Psychomotor agitation or retardation NOTED BY OTHERS
- ▶ Fatigue or loss of energy
- ▶ Feelings of worthlessness or excessive or inappropriate guilt
- ▶ Diminished ability to think or concentrate, or indecisiveness, nearly every day (Can mimic ADHD)
- ▶ Recurrent thoughts of death or recurrent suicidal ideations



S = Sleep Changes

I = Loss of Interest

G = Guilt

E = Lack of Energy

C = Concentration

A = Appetite (too much / too little)

P = Psychomotor Changes

S = Suicidal Ideations

SIG-E-CAPS

Psychometric Scales



GAD-7

Over the last 2 weeks, how often have you been bothered by the following problems?

(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen		1	2	3

(For office coding)



Kids only need one of these symptoms.

___ + ___ + ___

For Adults: 3 or more of these symptoms for at least 6-months

Restlessness

Easily Fatigued

Trouble

concentrating

Irritability

Muscle Tension

Sleep Problems

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 + _____ + _____ + _____
=Total Score: _____

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

For Adults: 5 or more of these symptoms during the same 2-week period

In Children, this can present as Irritable Mood or

Loss of interest or pleasure

- ▶ Significant weight loss or weight gain (5% in 1 month)
- ▶ Insomnia or hypersomnia
- ▶ Psychomotor retardation
- ▶ Fatigue or loss of energy
- ▶ Feelings of worthlessness
- ▶ Decreased focus/ decide
- ▶ Recurrent thoughts of death

Beck Anxiety Inventory

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by circling the number in the corresponding space in the column next to each symptom.

	Not At All	Mildly but it didn't bother me much.	Moderately - it wasn't pleasant at times	Severely - it bothered me a lot
Numbness or tingling	0	1	2	3
Feeling hot	0			
Wobbliness in legs	0			
Unable to relax	0			
Fear of worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding/racing				
Unsteady				
Terrified or afraid				
Nervous	0	1	2	3
Feeling of choking	0	1	2	3
Hands trembling	0			
Shaky / unsteady	0			
Fear of losing control	0			
Difficulty in breathing	0			
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint / lightheaded				
Face flushed				
Hot/cold sweats				
Column Sum				

Numbness Hot Wobbliness

Dizziness Heart Pounding Unsteady

Choking Hands Trembling Shakey

Ingestion Lightheaded Flush/Sweats

BECK Anxiety

(Provider

completed)

Benefits Include:

Validated for populations 17 and older.

Addresses restlessness & worry directly **and** additionally lists several physical symptoms that are commonly associated with anxiety.

21 Questions & 63 Total Points
Anything over 36 indicates potential seriously impairing anxiety.

Beck Depression Inventory

Q1	I do not feel sad	0
	I am so sad and unhappy that I can't stand it	3
Q2	I am not particularly discouraged about the future	0
	I feel the future is hopeless and that things cannot improve	3
Q3	I do not feel like a failure	0
	I feel I am a complete failure as a person	3
Q4	I get as much satisfaction out of things as I used to	0
	I am dissatisfied or bored with everything	3
Q5	I don't feel particularly guilty	0
	I feel guilty all of the time	3
Q6	I don't feel I am being punished	0
	I feel I am being punished	3
Q7	I don't feel disappointed in myself	0
	I hate myself	3
Q8	I don't feel I am any worse than anybody else	0
	I blame myself for everything bad that happens	3
Q9	I don't have any thoughts of killing myself	0
	I would kill myself if I had the chance	3
Q10	I don't cry any more than usual	0
	I used to be able to cry, but now I can't cry even though I want to	3
Q11	I am no more irritated by things than I ever was	0
	I feel irritated all the time	3

Q12	I have not lost interest in other people	0
	I have lost all of my interest in other people	3
Q13	I make decisions about as well as I ever could	0
	I can't make decisions at all anymore	3
Q14	I don't feel that I look any worse than I used to	0
	I believe that I look ugly	3
Q15	I can work about as well as before	0
	I can't do any work at all	3
Q16	I can sleep as well as usual	0
	I wake up several hours earlier than I used to and cannot get back to sleep.	3
Q17	I don't get more tired than usual	0
	I am too tired to do anything	3
Q18	My appetite is no worse than usual	0
	I have no appetite at all anymore	3
Q19	I haven't lost much weight, if any, lately	0
	I have no appetite at all anymore.	3
Q20	I am no more worried about my health than usual	0
	I am so worried about my physical problems that I cannot think of anything else	3
Q21	I have not noticed any recent change in my interest in sex	0
	I have lost interest in sex completely	3

BECK Depression

(Patient completed)

Benefits Include:

- Validated for populations 13-80 years old.
- Addressed depressed mood and loss of interest directly **and** Address the 7 other DSM criteria.

Weight Loss or Gain

Fatigue

Worthlessness

Thoughts of death

Insomnia

Psychomotor Agitation

Poor focus and concentration

21 Questions & 63 Total Points 10-18 indicates mild depression and anything over 30 indicates severe depression.

Beck Depression Inventory

Q1	I do not feel sad	0	Q12	I have not lost interest in other people	0
	I am so sad and unhappy that I can't stand it	3		I have lost all of my interest in other people	3
Q2	I am not particularly discouraged about the future	0		... as well as I	0
	I feel the future is hopeless and cannot improve	3		... at all anymore	3
Q3	I do not feel like a failure	0		... any worse than I	0
	I feel I am a complete failure	3		... as before	0
Q4	I get as much satisfaction from what I have done as I used to	0		... as before	0
	I am dissatisfied or bored with what I have done	3		... earlier than I	3
Q5	I don't feel particularly guilty	0		... back to sleep.	0
	I feel guilty all of the time	3		... an usual	0
Q6	I don't feel I am being punished	0		... thing	3
	I feel I am being punished	3		... than usual	0
Q7	I don't feel disappointed	0		... anymore	3
	I hate myself	3		... ht, if any,	0
Q8	I don't feel I am any worse than I should be	0		... anymore.	3
	I blame myself for everything that happens	3		... about my	0
Q9	I don't have any thoughts of harming myself	0		... any physical	3
	I would kill myself if I had the chance	3		... not think of	3
Q10	I don't cry any more than I should	0		... anything else	0
	I used to be able to cry, but now I can't, even though I want to	3	Q21	I have not noticed any recent change in my interest in sex	0
Q11	I am no more irritated by things than I ever was	0		I have lost interest in sex completely	3
	I feel irritated all the time	3			

Other Symptoms covered

- Future thinking
- Failure
- Fulfillment
- Guilt
- Feeling of being punished
- Expressive emotion
- Empathy
- Self-image
- Physical health perceptions
- Libido

BECK Depression

(Patient completed)

Benefits Include:

- Validated for populations 13-80 years old.
- Addressed depressed mood and loss of interest directly **and** Address the 7 other DSM criteria.

Weight Loss or Gain

Insomnia

Psychomotor Agitation

Fatigue

Poor focus and concentration

Worthlessness

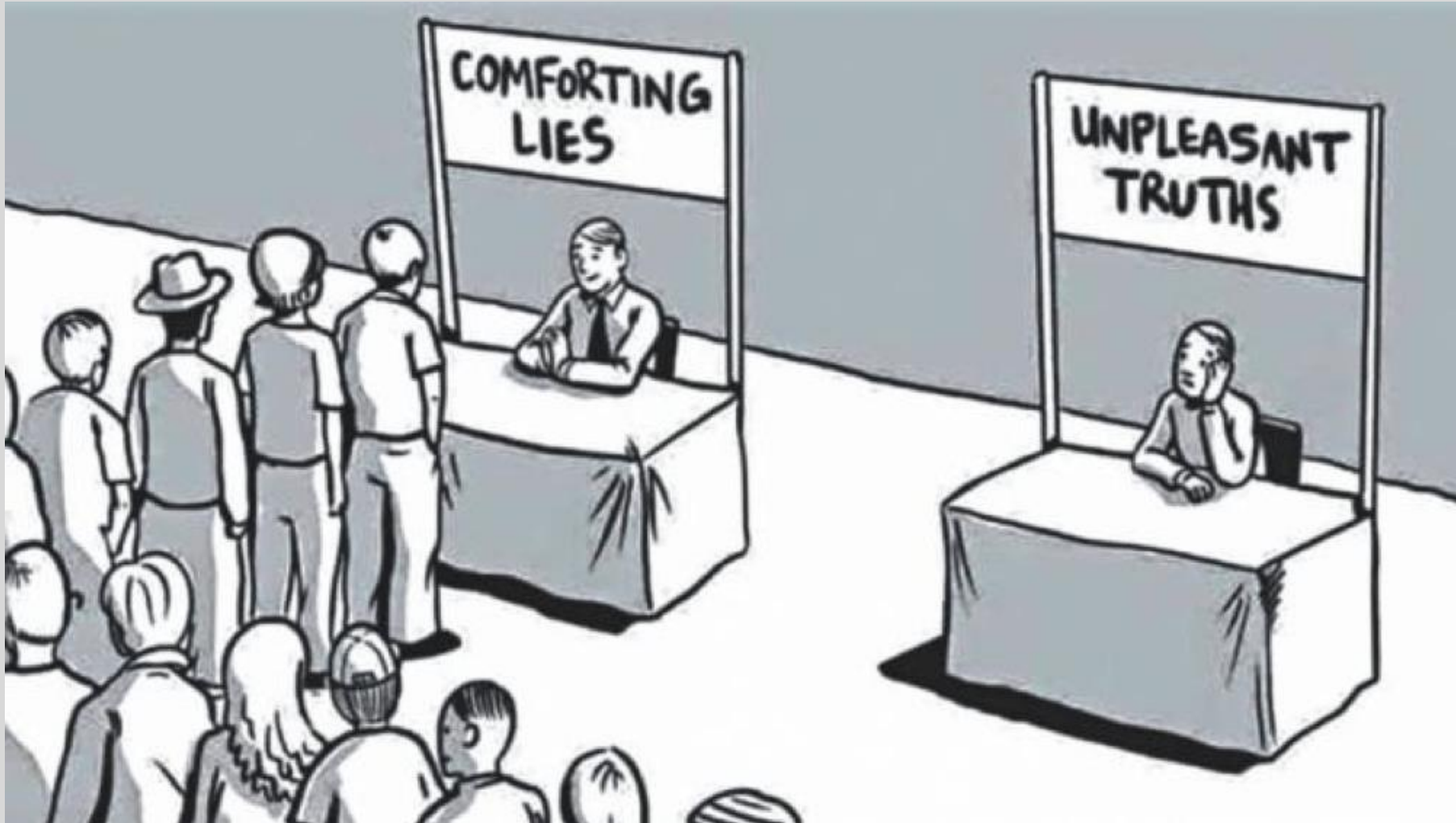
Thoughts of death

21 Questions & 63 Total Points 10-18 indicates mild depression and anything over 30 indicates severe depression.

Treatment for Mental health



The Sad Truth....





How do we frame our discussion with patients?

What tools can we use?





"I don't have time to listen to all that.
I only do what we call in the biz, **Medication Management**

Medication FDA Approved For General Anxiety Disorder



Paroxetine (Paxil)



Escitalopram (Lexapro)



Duloxetine (Cymbalta)



Venlafaxine (Effexor)

Only Duloxetine has FDA approval to treat children 7 and above for GAD but many SSRIs are used off label for this – Notably Sertraline (>6) and Fluoxetine (>7).

In Kids

ONLY 1 Medication has been approved by the FDA to date to treat GAD in kids.

In 2014 Duloxetine (Cymbalta) was approved for 7–17 year-olds.

However, SSRIs are very commonly used in adolescent populations for Anxiety.

Sertraline (Zoloft), Fluoxetine (Prozac), and Fluvoxamine (Luvox) have been approved in Pediatric populations (>/= 7 years old) to treat OCD.



Depression Medication In Kids

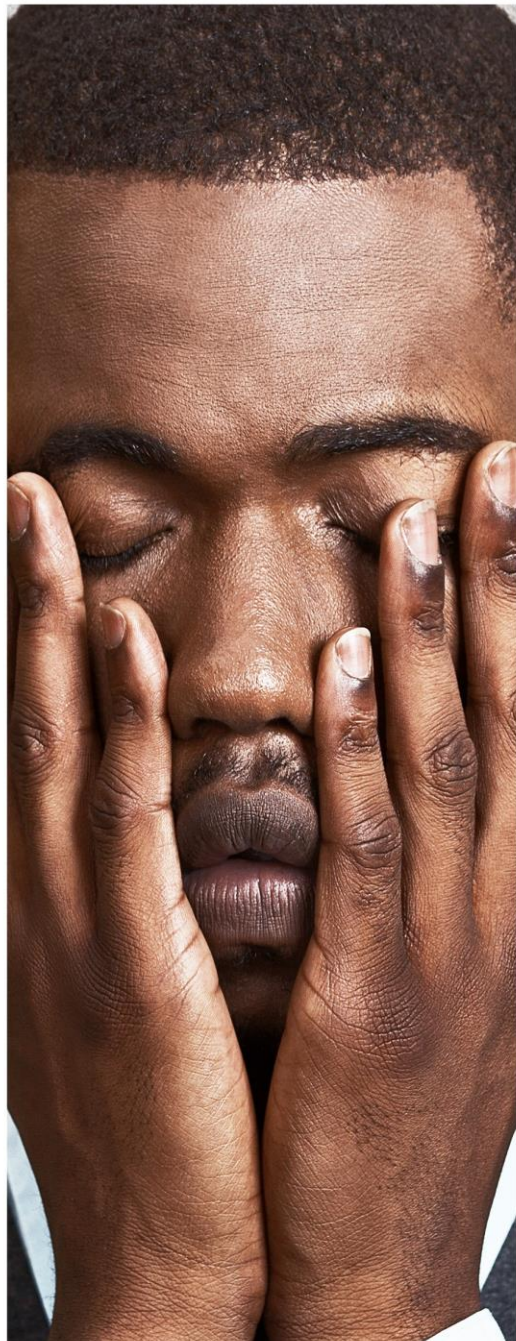
Only THREE medications have been approved by the FDA to treat Major Depression in kids 12-17 years old.

- Citalopram (Celexa)
- Escitalopram (Lexapro)
- Fluoxetine (Prozac)



**Sertraline (Zoloft),
Fluoxetine (Prozac),
Fluvoxamine (Luvox)**

have been approved in pediatric populations (>/= 7 years old) to treat OCD.



Medication FDA Approved For Major Depressive Disorder

Classes of Medication Indicated

- ▶ Selective Serotonin Reuptake Inhibitory (SSRI)
(**Celexa, Paxil, Zoloft, Prozac, Lexapro**)
- ▶ Serotonin and Norepinephrine Reuptake Inhibitor (SNRI)
(**Cymbalta, Effexor, Pristiq, Fetzima**)
- ▶ Tricyclic Antidepressants
(**Amitriptyline, Desipramine, Doxepin**)
- Monoamine Oxidase Inhibitors (MAOI)
(**Emsam, Nardil, Parnate**)
- ▶ Atypical Antidepressants
(**Trazodone, Mirtazapine, Wellbutrin**)
- ▶ N-Methyl D-Aspartate (NMDA) Antagonist
(**Spravato (Esketamine) nasal spray**)

Primary Concerns with SSRI/SNRI

Nausea
Sexual Dysfunction
Agitation
Weight gain
Insomnia

Many of these symptoms can be confused with worsening anxiety and depression and may lead to non-compliance.





In Pediatric Populations

After the FDA and UK regulatory agencies released warnings in the 1980's about increased suicidal thoughts and suicidal behaviors in kids taking antidepressants use of these medication fell worldwide

The current literature calculates the risk of suicidality in children as low and reports 1-2 % of kids taking SSRI experience the emergence of suicidal thoughts and behaviors but not completed suicides.³

Greatest risk in the first 9-days and usually with higher-than-normal starting doses.

Informed consent should include the discussion of the relative risk of increased suicidal thinking with antidepressant medications versus the risk of suicide without psychopharmacologic treatment.

Non-Pharmacological Treatments

Cognitive Behavioral Therapy (CBT) - Targeting thoughts and behaviors related to mood.

Interpersonal Psychotherapy (ITP) – Focuses on improving relationships with friends and family, increasing social support, and improving problem-solving skills.

Family Based treatments – This intervention promotes family alliances and connections and promotes success outside of the home.

Dialectal Behavioral Therapy (DBT) – Decreases moderate to severe anxiety mixed with depression along with self-harm and suicidal behaviors.

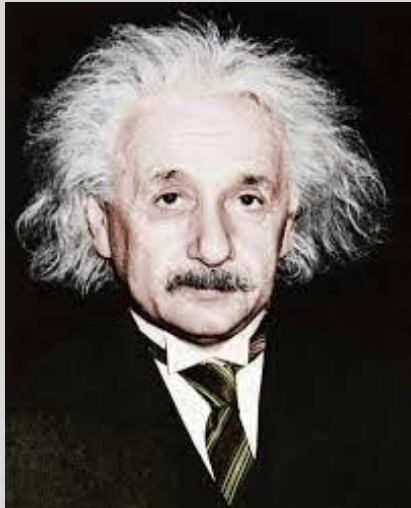
Miscellaneous - Exercise programs, structured sleep, motivational interviewing, and nutrition.

But do Anxiety and Depression MAKE YOU SMARTER!?

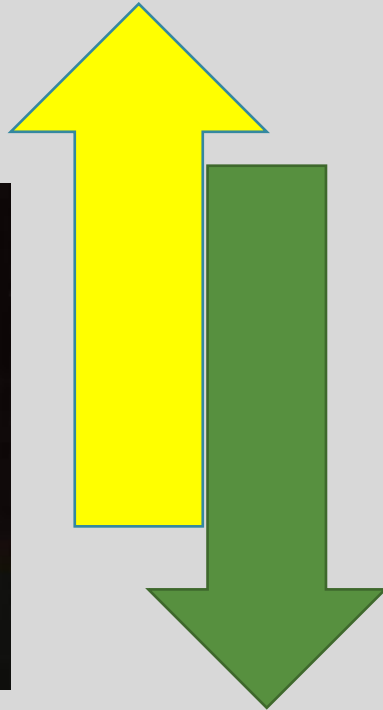


While the research is still inconclusive, two large population cohort studies suggest high intelligence has a moderating effect on the personality trait of Neuroticism.⁵

Intelligent



Neurotic



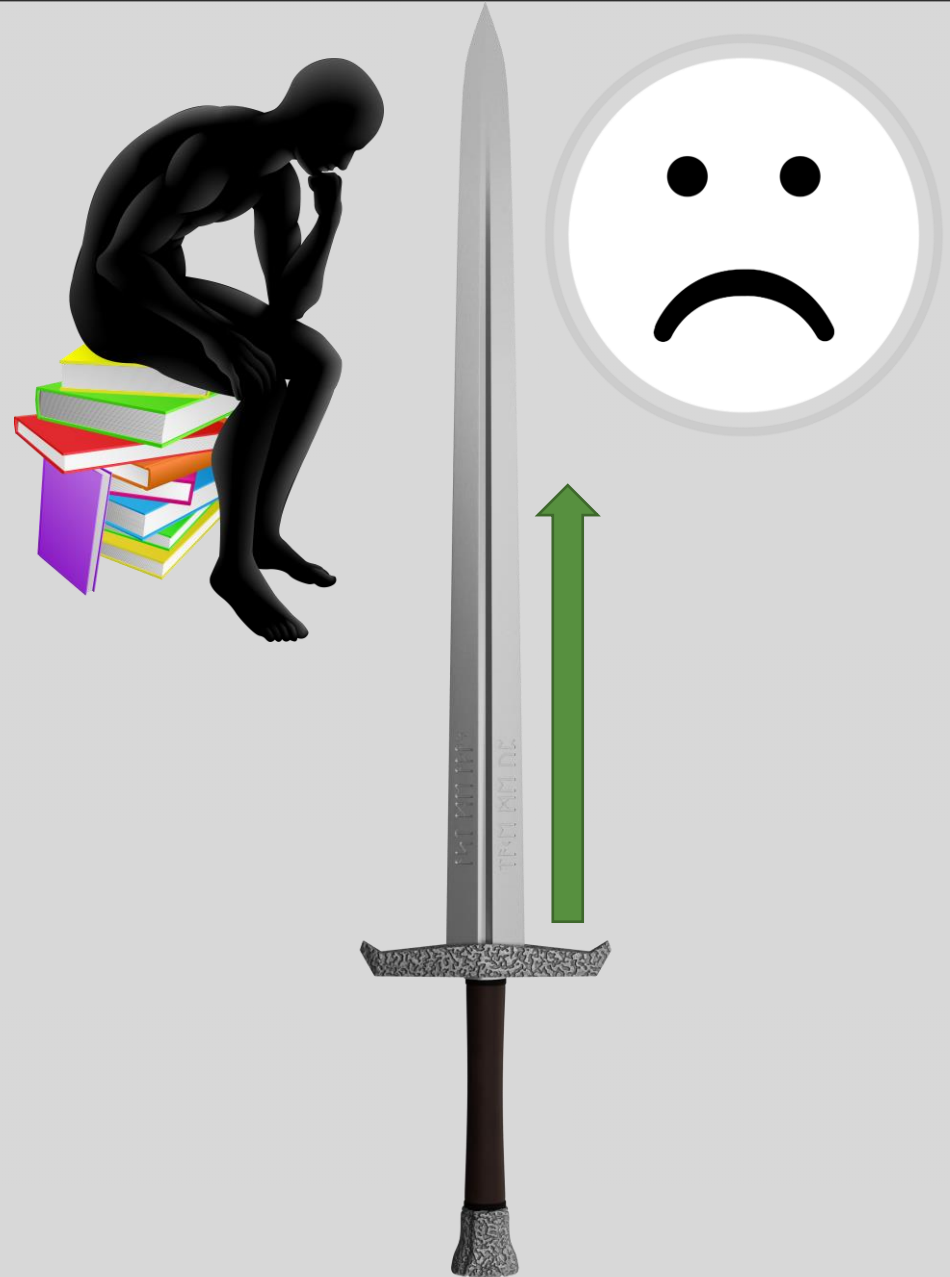
Neuroticism



Individuals with neuroticism often are self-conscious and shy and tend to internalize phobias, anxiety, panic, aggression, and negativity.

However.....

Higher intelligence does seem to increase the risk of depression, EVEN after controlling for higher neuroticism. 5



References

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Mental Health - Handouts

- **General Anxiety Disorder -7 (GAD-7)**
- **Beck Anxiety Inventory (BAI)**
- **Beck Depression Inventory (BDI-II)**
- **Patient Health Questionnaire-9 (PHQ-9)**
- **Adult ADHD Self Report Scale (ASRS-v 1.1)**



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