

General Anxiety Disorder

Pathology or circumstance?



Disclosures

I have no actual or potential conflict of interest in relation to this program/presentation.

Learning Objectives

- Identify the DSM criteria for making a diagnosis of GAD
- Describe several simple scales used to investigate GAD
- Discuss GAD symptoms in pediatric populations and how they can differ from adults
- Employ common medications used to treat GAD in adult and pediatric populations



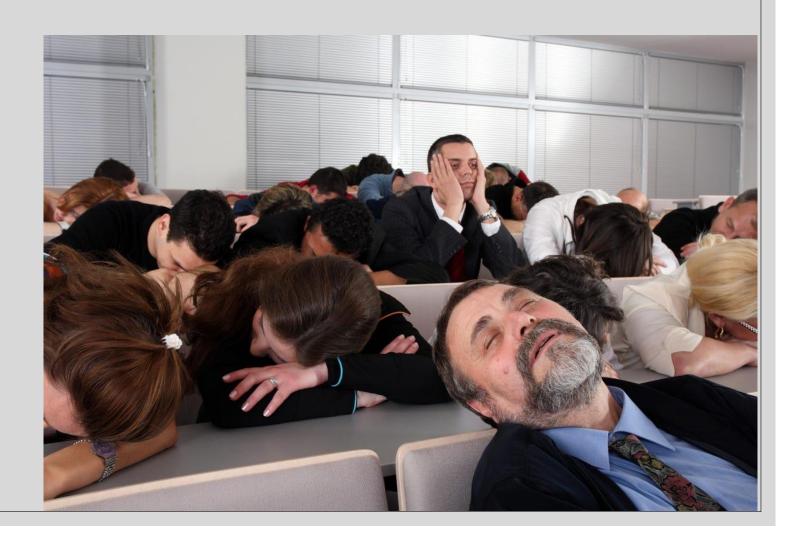
Who Is Here?

PAs Graduated In Past 2 Years?

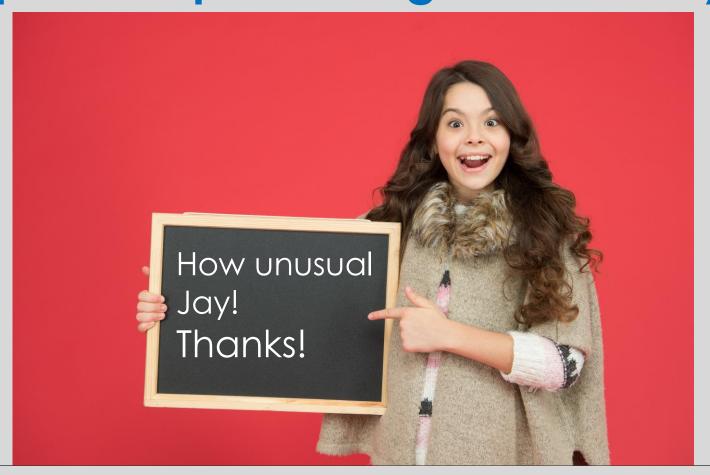
PAs Graduated In Past 10 Years?

My Promises To You....

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



My intention is that you come away with some practical knowledge that you can apply to your patients presenting with anxiety on MONDAY.



GENERALIZED

DSM -5 ANXIETY DISORDER 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. The 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.¹

GENER

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5 Criteria

months <u>about a</u>

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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)¹

Often excessive worry or perfectionistic behavior outside of external pressure.

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

- Separation/Social Anxiety
 Obsessive Compulsive Disorder
- Post Traumatic Stress
- Alcohol and Drugs²

What Makes GAD Different?



Everybody Gets Anxious Right?



Stress- Anxiety- Panic- Worry- Burnout



Anxiety Scales

GAD-7

Over the <u>last 2 weeks</u> , 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

For Adults: 3 or more of these symptoms for at least 6-months Restlessness **Easily Fatigued Trouble** concentrating **Irritability Muscle Tension** Sleep Problems

Kids only need one of these symptoms.

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					
Feeling hot	Numbness		Hot	Wobbline	ess
Wobbliness in legs					
Unable to relax	0	1	2	3	
Fear of worst	0	1	2	3	
happening					
Dizzy or lightheaded					
Heart pounding/racing	Dizzine	ess Heart	Pounding l	Jnsteady	
Unsteady				,	
Terrified or afraid	0	1	2	3	
Nervous)	1	2	3	
Feeling of choking	0				
Hands trembling	Ch		Hands	Chalkov	
Shaky / unsteady		oking _T	rembling	mblina Shakey	
Fear of losing control	0				
Difficulty in breathing	0	1	2	3	
Fear of dying	0	1	2	3	
Scared		1	2	3	21 Q
Indigestion		141	2		Anythi
Faint / lightheaded					Anythi
Face flushed	Ingestion	Liahtheac	ded Flush/Sw	eats	se
Hot/cold sweats					
Column Sum					

BECK (Provider completed)

Benefits Include:

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

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

Hamilton Anxiety Rating Scale (HAM-A)

Below is a list of phrases that describe certain feeling that people have. Rate the patients by finding the answer which best describes the extent to which he/she has these conditions. Select one of the five responses for each of the fourteen questions.

0 = Not present, I = Mild, 2 = Moderate, 3 = Severe, 4 = Very severe.

I Anxious mood 0 I 2 3 4

Worries, anticipation of the worst, fearful anticipation, irritability.

0 1 2 3 4

0 1 2 3 4

Feelings of tension, fatigability, startle response, moved to tears

easily, trembling, feelings of restlessness, inability to relax.

Of dark, of strangers, of being left alone, of animals, of traffic, of crowds.

4 Insomnia 0 1 2 3 4

Difficulty in falling asleep, broken sleep, unsatisfying sleep and fatigue on waking, dreams, nightmares, night terrors.

5 Intellectual 0 1 2 3 4

Difficulty in concentration, poor memory.

Tension

Fears

Depressed mood 0 1 2 3 4

Loss of interest, lack of pleasure in hobbies, depression, early waking, diurnal swing.

7 Somatic (muscular) 0 1 2 3 4

Pains and aches, twitching, stiffness, myoclonic jerks, grinding of teeth, unsteady voice, increased muscular tone.

8 Somatic (sensory)

0 1 2 3 4

Tinnitus, blurring of vision, hot and cold flushes, feelings of weakness, pricking sensation.

Cardiovascular symptoms 0 1 2 3 4

Tachycardia, palpitations, pain in chest, throbbing of vessels, fainting feelings, missing beat.

10 Respiratory symptoms 0 1 2 3 4

Pressure or constriction in chest, choking feelings, sighing, dyspnea.

II Gastrointestinal symptoms 0 1 2 3 4

Difficulty in swallowing, wind abdominal pain, burning sensations, abdominal fullness, nausea, vomiting, borborygmi, looseness of bowels, loss of weight, constipation.

12 Genitourinary symptoms 0 T 2 3 4

Frequency of micturition, urgency of micturition, amenorrhea, menorrhagia, development of frigidity, premature ejaculation, loss of libido, impotence.

13 Autonomic symptoms 0 1 2 3 4

Dry mouth, flushing, pallor, tendency to sweat, giddiness, tension headache, raising of hair.

14 Behavior at interview 0 1 2 3 4

Fidgeting, restlessness or pacing, tremor of hands, furrowed brow, strained face, sighing or rapid respiration, facial pallor, swallowing, etc.

Hamilton

(Provider Completed)

Benefits Include:

Addresses ALL 6 DSM criteria

 \rightarrow Restlessness \rightarrow Agitation

→ Insomnia → Irritability

→ Fatigue → Muscle tension

→ Concentration

And several of the physical symptoms featured on the Beck Inventory.

Other Scales to Consider

Patient Health Questionnaire (PHQ-9)

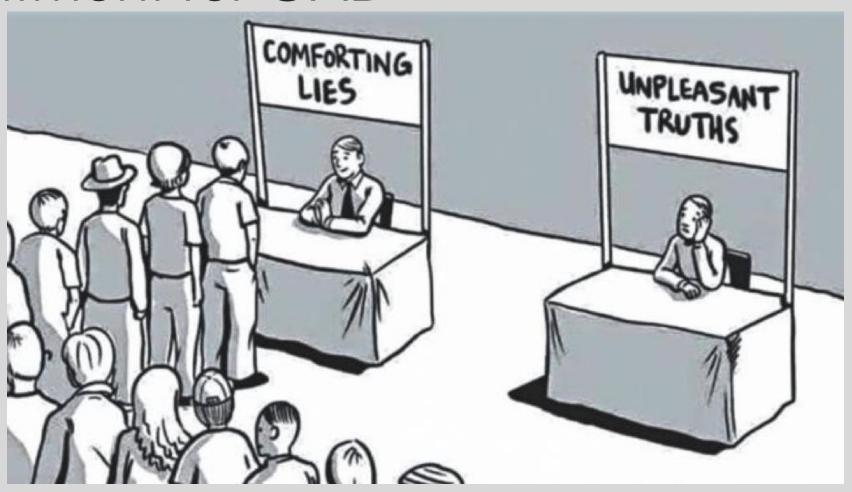
Mood Disorder Questionnaire (MDQ)

Adult ADHD Self Report Scale (ASRS-v 1.1)

Included in your Handouts for this lecture



Treatment for GAD



The Realities in Many Practices:

Get Em IN
Get Em OUT
And Move On



Medical Screen for Anxiety

- ► Endocrine (Thyroid and Fasting Glucose)
- Vitamins (Vitamin D, B-12, Folate, B6)
- Urine Toxicology
- Respiratory Problems
- Sleep Abnormalities
- ► Cardiac Conduction Defects
- ► Seizure activity

psychsearch.net DSM Jow.

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

FDA Approved Medication for Adult GAD



Paroxetine (Paxil)



Escitalopram (Lexapro)



Venlafaxine (Effexor)



Xanax (Alprazolam)

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

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

in adolescent populations.



Citalopram (Celexa), Fluoxetine (Prozac), and Escitalopram (Lexapro) are FDA approved for Depression in 12 and above.

Primary Concerns with SSRI/SNRI

Nausea Sexual Dysfunction Agitation Weight gain Insomnia

May of these symptoms can be confused with worsening anxiety 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 promots 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

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- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). https://doi-org.ezproxy.frederick.edu/10.1176/appi.books.9780890425596
- 2) Kodish, I., Rockhill, C., & Varley, C. (2011). Pharmacotherapy for anxiety disorders in children and adolescents. Dialogues in clinical neuroscience, 13(4), 439–452. https://doi.org/10.31887/DCNS.2011.13.4/ikodish
- 3) Southammakosane, C., & Schmitz, K. (2015). Pediatric psychopharmacology for treatment of ADHD, depression, and anxiety. *Pediatrics*, 136(2), 351–359. https://doi.org/10.1542/peds.2014-1581
- 4) American Academy of Child and Adolescent Psychiatry (2018).

 Depression: Parents medication guide. American Psychiatric Association.
 - https://www.aacap.org/App Themes/AACAP/docs/resource centers/resources/med_guides/DepressionGuide-web.pdf

<u>Mental Health - Handouts</u>

- General Anxiety Disorder -7 (GAD-7)
- Beck Anxiety Inventory (BAI)
- Hamilton Anxiety Rating Scale (HAM-A)
- Patient Health Questionnaire-9 (PHQ-9)
- Mood Disorder Questionnaire (MDQ)
- Adult ADHD Self Report Scale (ASRS-v 1.1)

