Anxiety and Anxiolytics

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Definitions

- Fear
  - The emotional response to a real or perceived imminent danger
- Anxiety
  - The anticipation of future threat

Anxiety Disorders

- Phobias
  - Specific Phobias
  - Social Phobia
    - Performance anxiety
- Panic Disorder
- Agoraphobia
- Generalized Anxiety Disorder
- Substance/Medication-induced Anxiety Disorder
- Anxiety Disorder due to another medical condition

Phobias

- Specific Phobias
  - Fear/anxiety about a specific object or situation
  - E.g. flying, heights, animals, seeing blood
  - Object/situation is actively avoided or endured with intense fear/anxiety
  - Fear/anxiety is out of proportion to the actual danger
  - Fear/anxiety is persistent; causes distress/impairment

Phobias

- 12-month prevalence: 7-9%
- Females > Males (2:1)
- Median age of onset: 7-11 (mean 10)

- Treatment
  - CBT

Social Phobia

- Fear/avoidance of social interactions/situations that involve the possibility of being scrutinized
- Cognitions: negatively evaluated by others; being embarrassed, humiliated, rejected or offend others
- Specifier: Performance anxiety

Social Phobia

- 12-month prevalence: 7%
  - Lower in rest of world (0.5-2%); median prevalence in Europe 2.3%
- Median age of onset: 13 yo

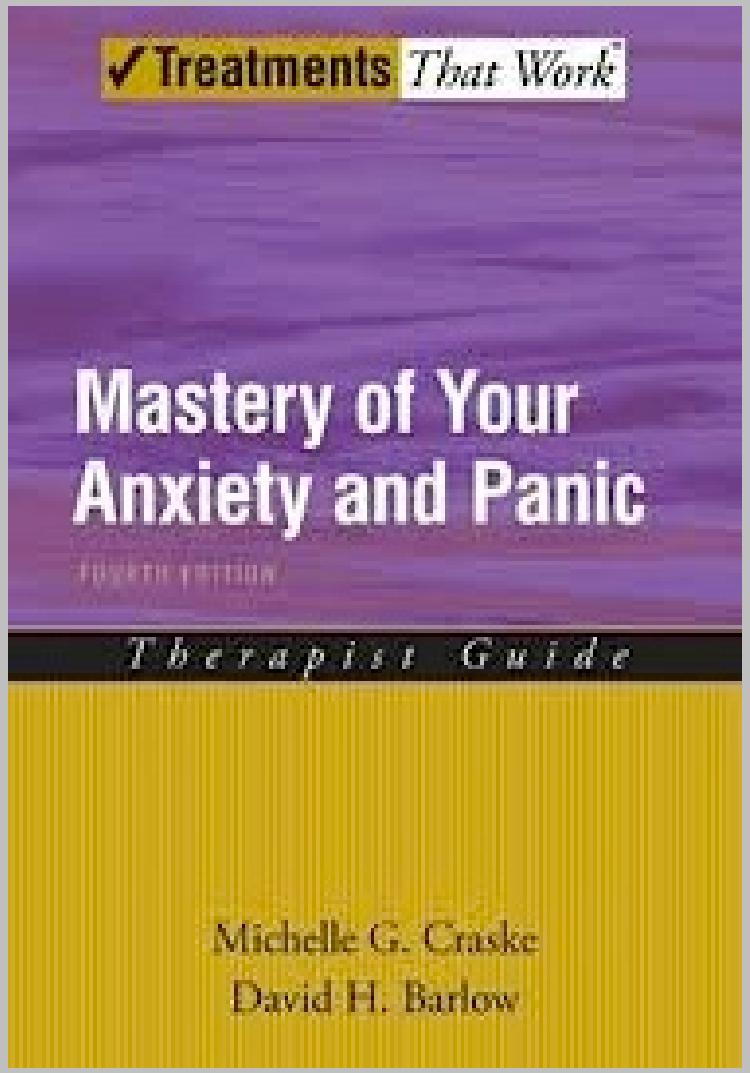
- Treatment:
  - CBT
  - SSRIs, Benzodiazepines, MAOIs, gabapentin, Beta Blockers

Panic Disorder

- Recurrent unexpected panic attacks
- Panic attack: >=4
  - palpitations, tachycardia, sweating, trembling, dyspnea, choking, nausea, derealization, paresthesias, chills/heat sensation, fear of losing control/going crazy
- 12-month prevalence: 2-3%
- Females > Males (2:1)

Panic Disorder

- CBT
- Benzodiazpines
- SSRIs
- MAOIs


✓Treatments That Work
Mastery of Your Anxiety and Panic
Fourth Edition
Therapist Guide
Michelle G. Craske
David H. Barlow

Agoraphobia

- Marked fear about using public transportation, being in open spaces, being in enclosed spaces, standing in line/being in a crowd, being outside the home alone

- 12-month prevalence: 2%
- Females > Males (2:1)
- Mean age of onset: 17 o

Generalized Anxiety Disorder

- Excessive worry
  - ‘worrying about worrying’
- Associated with feeling keyed up/restless, easily fatigued, different concentrating, irritability, muscle tension

- 12-month prevalence: 1-3%
- Median age of onset: 30 yo
- Treatment: SSRIs, SNRIs, TCAs,

Substance/Medication-induced Anxiety Disorder

- Caffeine
- Aminophylline
- Sympathomimetics
- Monosodium glutamate
- Hallucinogens
- Thyroid hormone
- Antipsychotic medications

Anxiety due to another medical condition

- Angina
- Cardiac arrhythmias
- Congestive Heart Failure
- Hypoglycemia
- Hypoxia
- Pulmonary embolism
- Sever pain
- Thyrotoxicosis
- Carcinoid
- Pheochromocytoma
- Meniere's disease

Obsessive-Compulsive and Related Disorders

- Obsessive Compuslive Disorder
- Body Dysmorphic Disorder
- Hoarding Disorder
- Trichitillomania
- Exoriation/Skin picking Disorder
- Substance/Medication-induced OCD

Obsessive Compulsive Disorder

- Obssessions
  - Recurrent/persistent thoughts
    - Contamination, aggression, religion/scrupulosity, safety/harm, need for exactness/symmetry, somatic/bodily fears
- Compulsions
  - Repetitive behaviors that an individual feels driven to perform in response to an obsession or according to rules that must be applied rigidly
    - Not done for pleasure; they reduce tension/distress
    - Checking, cleaning/washing, counting, repeating, ordering, hoarding/collecting,

OCD Specifiers

- Insight
  - With good/fair insight
  - With poor insight
  - With absent insight/delusional beliefs

- Tic-related

OCD

- 12-month prevalence: 1%
- Females (slightly) > males
- Males more commonly affected in childhood

- Mean age of onset: 19.5 yo

- Treatment: SSRIs + CBT; clomipramine

Body Dysmorphic Disorder

- Preoccupation with perceived defects/flaws in physical appearance
- Often associated with ideas of reference, social anxiety, depression

- Point-prevalence: 2.4%
- Median age of onset: 15 yo
- Most common age of onset: 12-13 yo

- Treatment: SSRIs; CBT

Trichitollomania and Excoriation

- Trichitollomania
  - Recurrent pulling out of one's hair
  - Females > Males (10:1)

- Excoriation/Skin Picking Disorder
  - Recurrent skin picking resulting in skin leasions
  - Female > Male (75% are females)

Pharmacological Treatment

Benzodiazepines

- GABA A receptor agonist
- 3 classes
  - 2-keto
    - Clonazepam/Klonopin
    - Flurazepam/Dalmane
    - Chlordiazepoxide/Librium
    - Clorazepate/Tranxene
    - Diazepam/Valium

    Metabolized by liver, so have longer half-lives
  - 3-hydroxy
    - Lorazepam/Ativan
    - Oxazepam/Serax
    - Temazepam/Restoril

    Metabolized by direct conjugation; Does not involve active metabolites
  - Triazolo
    - Alprazolam/Xanax
    - Triazolam/Halcion

    Metabolized by liver, but fewer active metabolites

Benzodiazepines

- Four uses
  - Anxiolytic
  - Sedation
  - Anticonvulsant
  - Muscle relaxant
- Discontinuation
  - Taper by no more than 25% of total dose per week
  - First 50% over 4 week period; then keep at 50% for several months

Serotonergic Agents

SSRIs

- OCD-spectrum; Social Phobia; GAD; Panic Disorder

HT1A Partial Agonist

- Buspirone/BuSpar

TCA

- Clomipramine: OCD
- Imipramine: Panic Disorder

Noradrenergic Agents

Alpha 2 agonists

- Clonidine

Beta-blockers

Other Agents

Antihistamines

- Hydroxyzine

- Anticonvulsants
  - Gabapentin/Neurontin
  - Pregabalin/Lyrica
  - Tiagabine/Gabatril