

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 Compulsive Disorder
- Body Dysmorphic Disorder
- Hoarding Disorder
- Trichotillomania
- Excoriation/Skin picking Disorder
- Substance/Medication-induced OCD

Obsessive Compulsive Disorder

- Obsessions
 - 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 lesions
 - 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/Gabapril