Anxiety Disorders

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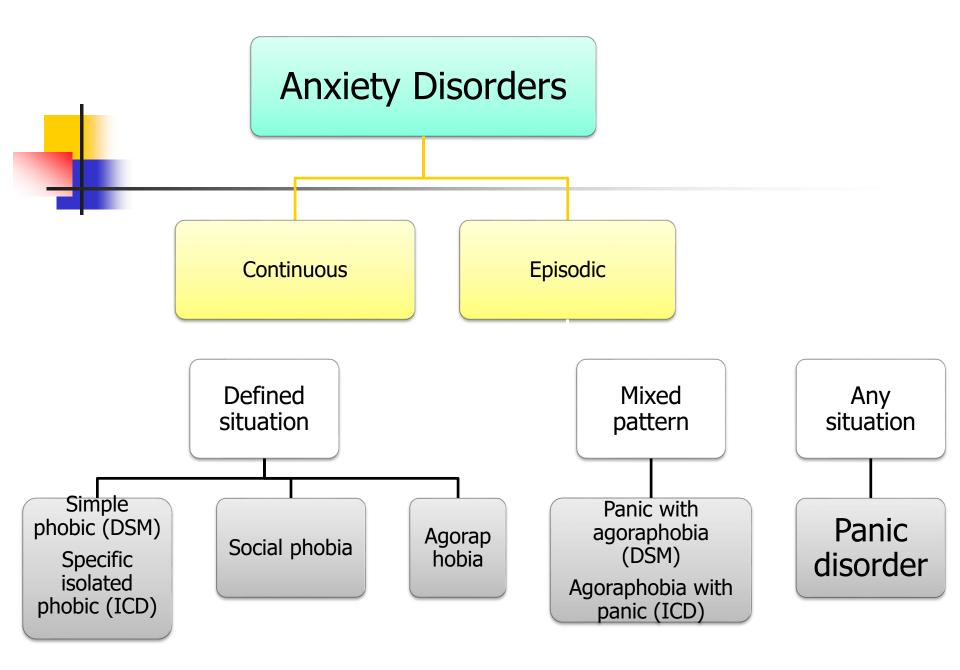


FIGURE 5.1 Disorders Chart: Anxiety Disorders

Panic Disorder

Recurrent and unexpected panic attacks

Concern about expected future panic attacks or about losing control

Can occur with or without agoraphobia

Generalized Anxiety Disorder

Excessive anxiety and apprehension over a number of life circumstances for a period of at least six months

Worry is difficult to control

General anxiety symptoms such as vigilance, muscle tension, restlessness, edginess, difficulty concentrating

Acute and Posttraumatic Stress Disorders

Re-experiencing a traumatic event through recurrent and intrusive memories and dreams

Attempts to avoid thoughts of event and to remain emotionally detached from the event

Increased arousal manifested by sleep disturbances, temper outbursts, concentration difficulties and exaggerated startle responses

Duration for ASD is two to 30 days; for PTSD, more than 30 days

ANXIETY DISORDERS

Anxiety is the predominant symptom; avoidance is almost always present

Obsessive-Compulsive Disorder

Recurrent and persistent intrusive thoughts and impulses

Attempts are made to suppress the thoughts or behaviors

Thoughts or behaviors are recognized as unreasonable (does not apply to children)

Phobias

Persistent, unrealistic fears of specific objects or situations

Exposure to feared stimulus produces intense fear or panic attacks

Avoidance responses are almost always present

Anxiety dissipates when phobic situation is not being confronted FIGURE 5.1 Disorders Chart: Anxiety Disorders (continued)

ANXIETY DISORDERS	Lifetime Prevalence	Gender and Cultural Factors	Age of Onset	Course
Panic Disorder	2-3%	May involve intense fear of the supernatural in some cultures. 2–3 times more common in females.	Late adolescence and mid-30s	Chronic; waxes and wanes
Generalized Anxiety Disorder	5%	Up to 2 times more prevalent in females. May be over diagnosed in children.	Usually childhood or adolescence	Chronic: fluctuating: worsens during stress: over 2/3 have a comorbid disorder
Agoraphobia	Unknown; in clinical samples 95% met criteria for panic disorder or specific phobia	Far more prevalent in females.	205 t0 405	Little known
Social Phobias	3–13%: may depend on threshold used in study	More common in women. In certain Asian cultures may involve fear of offending others.	Mid-teens	Often continuous
Specific Phobia	7–13%	Approximately 2 times more common in females but depends on type of phobia. Fear of magic or spirits present in many cultures and only if reaction is excessive in context of culture would the diagnosis be considered.	Childhood or early adolescence but depends on type of phobia	Phobias that persist into childhood (about 20%) remit infrequently
Obsessive-Compulsive Disorder	1–2.5% depending on assessment tool	Equally common in males and females: less prevalent among African Americans, Asian Americans, and Hispanic Americans than White Americans.	Usually adolescence or early adulthood	Majority have chronic waxing and waning course
Post-Traumatic Stress Disorder	8%; elevated rates are found among refugees	More common in females, and in survivors of rape, military combat, and captivity.	Any age	Symptoms usually occur within 3 months after trauma, but may be delayed for some; approximately 50% recover within 3 months
Acute Stress Disorder	Currently not known; from 14–33% for specific traumas	Uncertain: probably more common in females.	Any age	Time limited to one month: if persists longer may meet criteria for PTSD

Source: Based on data from American Psychiatric Association (2000), NIMH (1999), Stein (2001).

