Psychological Disorders

Chapter 6

Anxiety and Obsessive Compulsive Disorders

Outline/overview

- Specific phobia
- Social anxiety disorder (Social phobia)
- Panic disorder
- Agoraphobia
- Obsessive compulsive disorder
- Generalized anxiety disorder
- Treatments

Specific phobia

- marked fear or anxiety about a specific object or situation
- avoided or endured with intense anxiety
- interferes significantly with functioning
Specific Phobia (cont.)

- Common phobias
  - animals
  - heights
  - confinement
  - injury and/or blood
- Epidemiology
  - point prevalence about 10% (avg. over 4 samples)
  - lifetime prevalence approx. 14% (6-23%)
  - Text: > 12% lifetime

- Rarely seek treatment
- Some genetic predisposition
- Somehow “hardwired” to fear certain objects
- Estimated lifetime prevalence: animal 11%, blood/inj. 3-6%, situational 12%
- Gender differences?
- Clear familial influences
- Familial influences - positive correlations between children and mothers
- Higher concordance between MZ than DZ twins
- Treatments - exposure / systematic desensitization

Social Anxiety Disorder (Social Phobia)

- Fear of social or performance situations
- Subject to evaluation by others
- Fear - will embarrass or humiliate self
- Prevalence - 12 mo. prev. as high as 8%, 3/2
- Lifetime prevalence 2-19% across studies
- Text: 7% 1 yr & 12% lifetime incidence
- Alcohol use/abuse may be problem
- No evidence of genetic component
- Diathesis-stress “in action” – GABA functioning
Panic disorder

- recurrent, unexpected panic attacks
- panic attack - discrete period of intense fear or discomfort not tied to a phobic stimuli
- 4 of 13 symptoms - palpitations/increased heart rate, sweating, shortness of breath, choking sensation, chest pain, nausea, fear of dying
- One month or more of:
  - persistent concern about additional attacks or worries about consequences of attacks
  - significant maladaptive changes in behavior or functioning

Agoraphobia

- marked, or intense, fear or anxiety triggered by the real or anticipated exposure to a wide range of situations: public transportation, being in open spaces, being in enclosed spaces, standing in line or being in a crowd, or being outside of home alone
- believe that escape might be difficult or help might be unavailable when panic-like symptoms occur
- persistent – typically > 6 mos

Panic disorder and agoraphobia

- Prevalence-about 1.6% of population has panic attacks
- about 4% agoraphobia
- Panic Disorder – point about 0.5%-2.3%, lifetime 5%
- 24% have comorbid depressive disorder
- biological mechanisms
- genetic component 9.3% of relatives also have panic disorder, 1.3% of relatives of social phobics, 0% of nonpatient controls
- higher MZ concordance
- assess alcohol abuse
- Case example - Steve: video
### Generalized Anxiety Disorder (GAD)
- Excessive or unrealistic anxiety and worry
- 6 mos. or more
- More “worrying days” than good
- Worry is central theme in GAD
- Poor diagnostic reliability
- Not easily distinguished from other anxiety disorders

### GAD (cont.)
- Many depressed also meet GAD criteria
- Prevalence - common in general population
- Rarely seek mental health treatment
- See FMD's for feeling “keyed up” “edgy”
- 2-1 Fem/male – 5% lifetime/1.6% point
- Early studies = no evidence of genetic component, heritability now estimated at about 30% - shared with major depression

### Obsessive Compulsive Disorder (OCD)
- Recurrent obsessions or compulsions
- Cause marked distress, take > 1 hr./day
- Obsessions - Repetitive, recurring thoughts, ideas, images, or impulses experienced as intrusive
  - In DSM-IV had to be recognized as unreasonable
- Compulsions - Repetitive, purposeful behaviors, performed rigidly, according to certain rules
- Insight - 1. Good or fair, 2. Poor, or 3. Absent
  - Insight/delusional beliefs
OCD (cont.)

- Prevalence - once thought very rare (about 0.5%) some data suggests 2% - 1yr
- Text - lifetime prevalence rate of 2.5%
- 80% both obsessions and compulsions
- comorbidity - 75% also meet criteria for major depressive disorder
- 10-35% of depressed have obsessions
- seems to have a genetic component
- case example - Chuck: video

Trauma/Stress & Anxiety disorders treatment

- not much long term research
- knowledge of natural course of disorders sparse
- OCD & agoraphobic patients - positive results of behavioral treatments are maintained
- EMDR treatment for PTSD
  - no well controlled studies
  - anecdotal and case reports promising

Treatment (cont.)

- cognitive and behavioral techniques
- group therapy for social phobia
- pharmacological treatments
  - anafranil, luvox - OCD
  - SSRIs/tofranil - panic
  - benzo's/buspar/SSRIs - GAD