

Treatment of Anxiety

Treatment

- Symptomatic versus preventive

Object of Treatment

- Symptomatic
 - Episode
- Preventive
 - Disorder

Meds

- Symptomatic
 - Benzodiazepines
 - Other sedatives
- Preventive
 - Antidepressants
 - Anticonvulsants

Symptomatic Meds

- Mechanism
 - GABA
- Types
 - Longer acting
 - 2-keto (Diazepam)
 - Shorter acting
 - 3-hydroxy (Lorazepam)
 - Triazolo (Alprazolam)

Symptomatic Treatment

- Pro's
 - Effective
 - Short acting (PRN use)

Symptomatic Treatment

- Con's
 - Tolerance
 - Withdrawal

Preventive Treatment

- Antidepressants
- Anticonvulsants
- Action
 - Indirect modulation

Preventive Treatment

- Pro's
 - Effective prevention
 - Reduces
 - # episodes
 - Length
 - Severity
 - No tolerance or withdrawal

Preventive Treatment

- Con's
 - Long acting
 - Require daily use
 - No prn usage

In practice...

- Often use combinations

Psychotherapy

- Also symptomatic and preventive

Symptomatic

- Goal: stop attack
- Ex. Relaxation therapies
 - Deep breathing
 - Progressive muscle relaxation

Preventive Psychotherapies

- Goal: prevent attacks/disorder
- Ex. Cognitive therapy

Cognitive Therapy for Panic Disorder

- Psychoeducation
- Continuous panic monitoring
- Breathing retraining
- Cognitive restructuring
- Exposure to fear cues

Psychoeducation

- 1-2 session
 - didactic
- Identify/ name sx's
- Explain basis of sx's
- Outline plan for tx

Continuous Panic Monitoring

- Ex. diaries
- Monitor
 - Attacks
 - Cognitions
 - Events
- Helps to
 - Assess problem
 - Find associations

Breathing Retraining

- Ex. abdominal breathing
- to control physiologic reactivity.
- Practice daily.

Cognitive Restructuring

- Identify and counter fear of bodily sensations
- Decrease catastrophizing
- Realistic assessment of likely outcomes
- Socratic method

Exposure to Fear Cues

- Hierarchy of fear-inducing situations
- Systematic desensitization
- Can be imaginal or natural setting (ex. for agoraphobia)

Also use combinations
