

# Anxiety Disorders and Obsessive Compulsive Disorders

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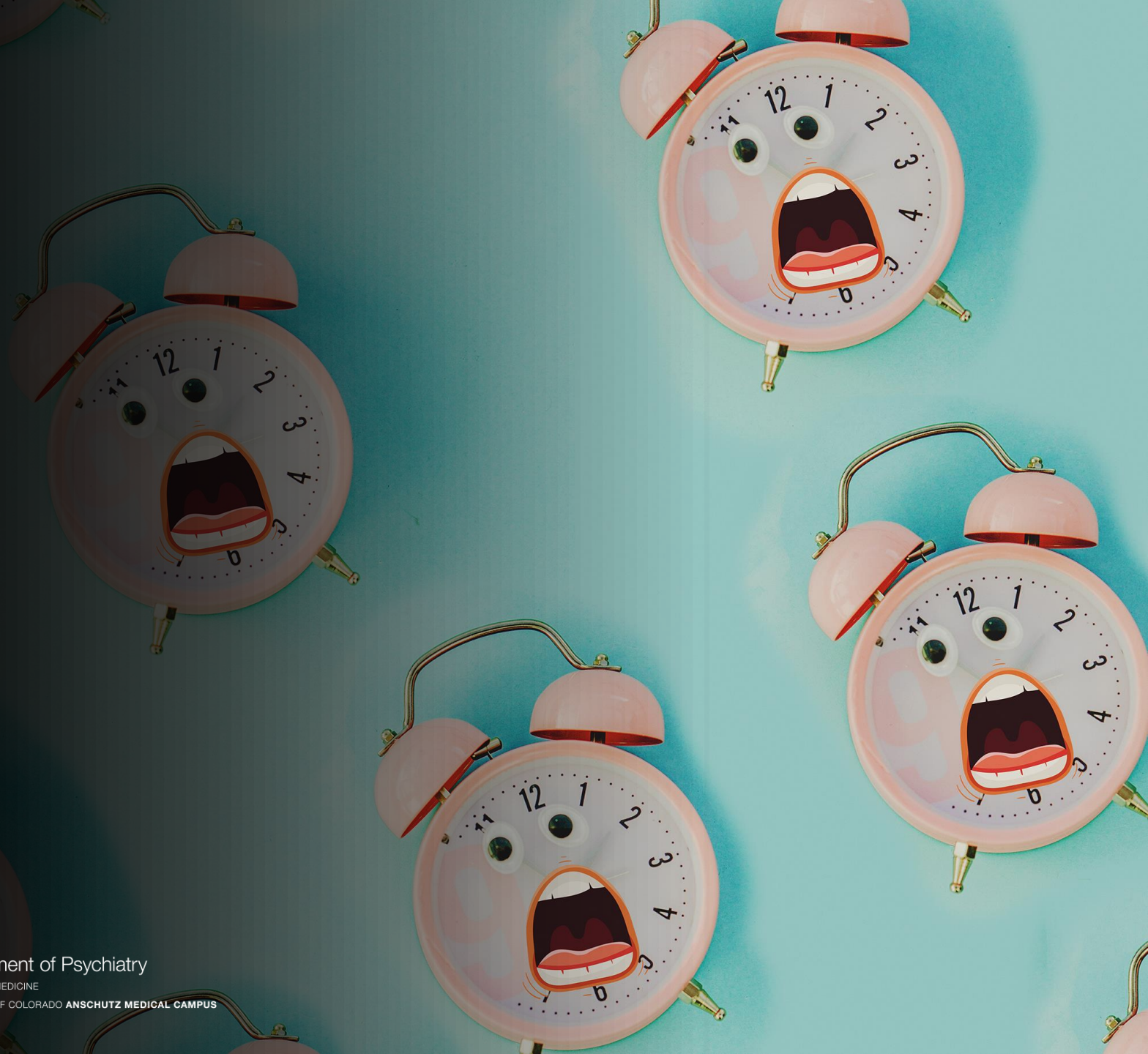
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# What is Anxiety

- A feeling of fear, dread, and uneasiness
- Anticipation of a future concern
- Often associated with avoidance and physical symptoms such as shortness of breath and/or muscle tension
- A normal reaction to stress
- Can be beneficial at times:
  - Help alert us to danger
  - Motivator

# Anxiety Disorders

Generalized Anxiety Disorder

Social Anxiety Disorder

Specific Phobia

Panic Disorder

Separation Anxiety Disorder

Agoraphobia

Selective mutism

# Generalized Anxiety Disorder

**Persistent and excessive worry that interferes with daily activities.**

- May be accompanied with physical symptoms
- Worries often focus on everyday things such as finances, job responsibilities, family, health, or minor matters





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## Social Anxiety Disorder

Significant anxiety and discomfort about being embarrassed, humiliated, rejected or looked down on in social interactions.

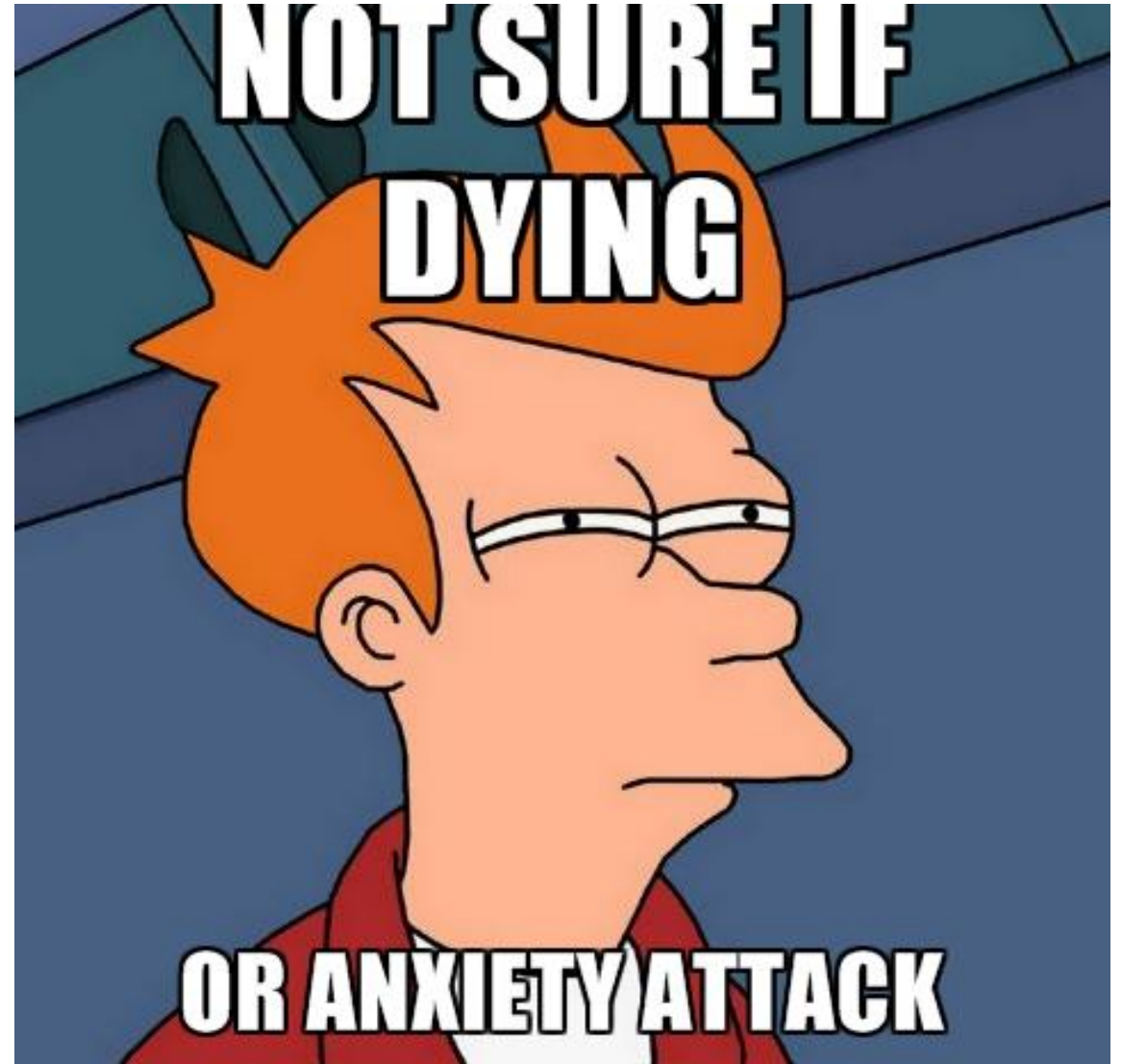
- Often involves avoidance of the social situation or enduring it with high anxiety
- Examples:
  - Fear of eating in public
  - Fear of meeting new people
  - Extreme fear of public speaking

# Panic Disorder

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The core symptom of panic disorder is recurrent panic attacks, an overwhelming combination of physical and psychological distress.

- Rapid heart rate
- Sweating
- Trembling or shaking
- Shortness of breath
- Chest pain
- Light-headed
- Fear of losing control
- Fear of dying





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## Agoraphobia

- Involves the fear of being in situations where escape may be difficult or embarrassing, or help might not be available if the event of panic symptoms.
- Fear experienced in two or more of the following situations:
  - Using public transportation
  - Being in open spaces
  - Being in enclosed places
  - Standing in line or being in a crowd
  - Being outside the home alone
- Active avoidance of the situation or an individual may require a companion.
- Untreated may lead to a person being unable to leave the house.



# Phobias

Excessive and persistent fear of a specific object, situation or activity that is generally not harmful.

- Individuals know the fear is excessive, but they can't overcome it
- Extreme lengths to avoid the fear
- Examples:
  - Fear of snakes
  - Fear of flying

# Causes: Biopsychosocial Model

- Combination of factors including genetic, environmental, psychological and developmental.
- Possible causes:
  - Trauma
  - Stress buildup
  - Personality
  - Drugs or alcohol



# Co-Morbidities in Anxiety Disorders

- ▶ Anxiety disorders are highly co-morbid with one another
- ▶ About 60% of people with an anxiety disorder have one or more additional anxiety or depression diagnosis
- ▶ Other co-morbidities:
  - ▶ Eating disorders
  - ▶ PTSD
  - ▶ Obsessive compulsive disorders
  - ▶ Mood disorders
  - ▶ Personality disorders



# Prevalence and Burden

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- One out of every 14 people meets the diagnostic criteria for anxiety disorder (Craske and Stein, 2016)
- Globally, in 2019:
  - 45.82 million incident cases of anxiety disorders
  - 301.39 million prevalent cases of anxiety disorders
  - 28.68 million DALYs (disability-adjusted life year)
- Since COVID-19 an estimated increase:
  - 44.5 million DALYs in 2020
  - Estimated additional 76.2 million cases of anxiety disorders globally since the onset of COVID-19

# Obsessive Compulsive Disorders

- Previously considered part of anxiety disorders category. Anxiety is part of these disorders.
  - Obsessive Compulsive Disorder (OCD)
    - Insight and tic specifiers
  - Body Dysmorphic Disorder
  - Body Focused Repetitive Behaviors
  - Hoarding disorder

# Body Dysmorphic Disorder



- Repetitive behaviors or mental acts done in response to preoccupation with perceived defects or flaws in physical appearance
- Obsessive and compulsive components to this disorder
- Associated with some of the highest rates of suicidality and mental illness
- Often begins around age 12 or 13
- Prevalence
  - 1.7-2.9% in the US
  - 1.9-2.2% Internationally

# Hoarding Disorder

- Characterized by the persistent difficulty of discarding or parting with possessions, regardless of the value others may attribute to these possessions.
- Prevalence
  - 2.6% (higher rates for people over 60 years old and people with other psychiatric diagnoses)



# Body Focused Repetitive Behaviors

- Trichotillomania (hairpulling disorder)
- Excoriation disorder (skin picking)
- Repetitive behaviors that lead to feelings of pleasure, release, pain, etc. and can be ritualized
- The resulting problems may include medical issues such as infections, skin lesions, scarring etc.
- Between 2% to 4% of the population experiences BFRBs
- Age of onset: late childhood and adolescence



# OBSESSIVE COMPULSIVE DISORDER

Presence of obsessions AND compulsions

Greater than 1 hr per day or cause distress/impairment

Not attributable to substance or medical condition (e.g. rule out dementia, brain conditions, substance use/abuse)

Specifications: good or fair insight, poor insight, absent insight, or tic-related



## Obsessions

1. Recurrent and persistent thoughts, urges, or images
  - Intrusive and **unwanted**
  - Cause anxiety or distress
  
2. Individual attempts to ignore, suppress, or neutralize



# Compulsions

1. Repetitive behavior or mental act
  - Feels driven to perform in response to an obsession
2. Aimed at preventing or reducing anxiety or distress
  - Excessive or unrealistically connected

Rituals are done to avoid *anxiety* just as much or more than to avoid the *feared consequence*.





# Biopsychosocial Model for OCD

- Genetic component
- Psychological vulnerabilities from early life experiences
  - Trauma
  - Dysfunctional beliefs
- Modeled through family, media, society
  - Stereotypes
  - Stigma
- Cultural norms and standards
- Maladaptive form of coping

# Comorbidities in OCD

- Substance use disorder 27%
- Personality disorder 45%
- Major depression 35-67%
- Bipolar disorder 16%
- Eating disorder 13% (11-42%)
- Panic disorder 18%
- Tic disorder 14%
- ADHD 10-30%

# Prevalence of OCD

- Equally affects men, women, and children of all races, ethnicities, and backgrounds
- Lifetime prevalence between 2-3%
  - About 2-3 million adults in the US
  - About 500,000 kids and teens in the US



## BURDEN OF OCD

- The World Health Organization has ranked OCD in the top ten most disabling illnesses of any kind, in terms of lost earnings and diminished quality of life (globally).
- WHO also reported that OCD was the fifth leading cause of disease burden for women aged 15-44 in the developed world.
- Impacts all or majority of life domains
- Major impact on family and caregivers, economically, physically, and emotionally

# Treatment for Anxiety Disorders

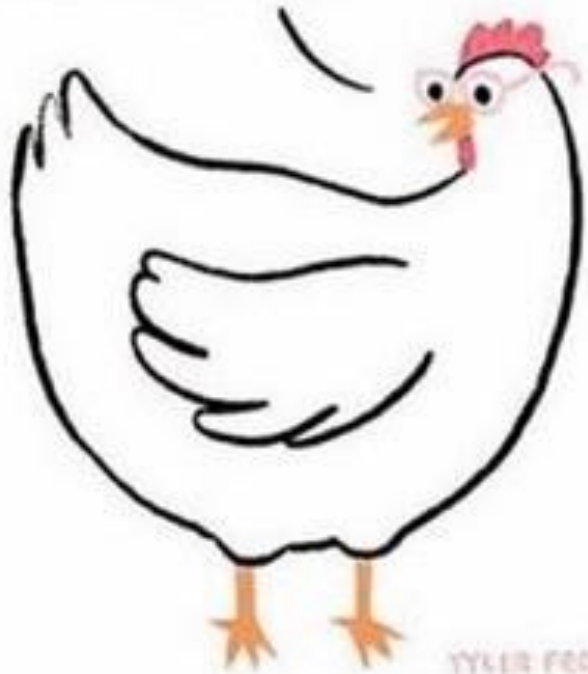
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- A combination of psychotherapy, CBT or other cognitive behavioral therapies, and medication
- Therapy should focus on coping skills, mindfulness, and helping someone learn different ways of thinking, responding, and behaving to feel less anxious
- Medications:
  - SSRIs
  - Beta blockers
  - Benzodiazepines



## WHY DID THE CHICKEN CROSS THE ROAD

MY THERAPIST  
SAYS I SHOULD  
DO MORE THINGS  
THAT SCARE ME



TYLER FEDER

## Treatment for OCD

- ERP with CBT/ACT combination, can use adjunct therapies such as DBT, RO-DBT, and CRT
- Medication management
  - SSRIs
  - Anti-psychotics

Need specialized treatment:

- There is hesitancy for clinicians in the community to use exposures
- Still much stigma around OCD and misunderstanding of treatment
- Lack of affordable and accessible care

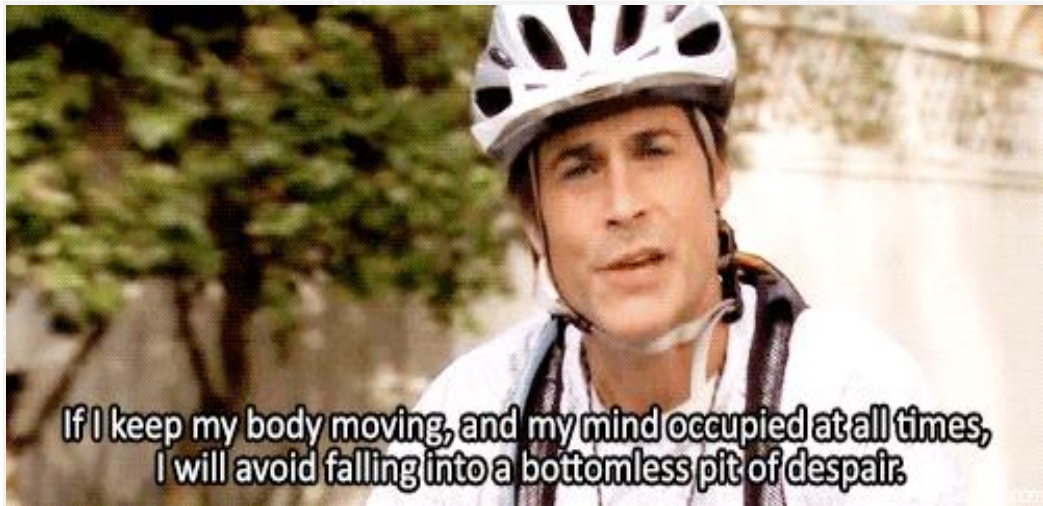
# Treatment Gap

- The need for treatment is exponentially growing, but a gap exists between the need for treatment and its availability
- 2018 study of 51,547 respondents:
  - 7.6% received any treatment
  - 9.8% received possibly adequate treatment
  - 41.3% perceived a need for care
  - Even lower treatment levels in lower income countries



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# Macro Interventions



- Multi-channel interventions and treatments:
  - Film-based education
  - Internet-based
  - Mental health mobile apps
- Early prevention
  - Educate communities, schools, and workplaces on detection and prevention strategies
  - Promote healthy lifestyle

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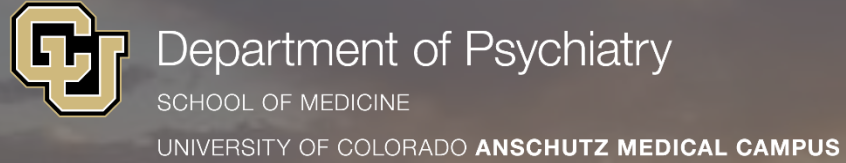
- Programs focused on controlling potential risk factors
  - School-based programs
- Mental health literacy
- Mental health first aid courses
- Healthcare policies and plans



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# Thank you!

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