Jibson: Anxiety Disorders

Psychiatry Sequence (PSY614)

Topic: Anxiety Disorders

Faculty: Michael Jibson, M.D., Ph.D.
Department of Psychiatry

Recommended Reading:
- or

Lecture: Thursday, 10/27/08, 10:00 - 11:00 a.m.

Learning Objectives:

After reviewing the material on anxiety disorders, the student will be expected to:

1. Know the psychological and physiological signs of anxiety.
2. Define normal and abnormal anxiety.
3. Know the brain regions, peripheral systems, and neurotransmitters involved in anxiety.
4. Recognize the clinical description of a panic attack. Know the difference between a panic attack and panic disorder. Recognize medical illnesses in the differential diagnosis of a panic attack. Describe the course and treatment of panic disorder.
5. Recognize the clinical description, course, and treatment of agoraphobia. Understand the relationship between panic disorder and agoraphobia.
6. Recognize the clinical presentation, course, and treatment of social phobia, specific phobia, obsessive compulsive disorder (OCD), generalized anxiety disorder, and adjustment disorder with anxiety.
7. Recognize the clinical presentation and course of posttraumatic and acute stress disorders. Be familiar with the stressors likely to give rise to these disorders.
8. Recognize medical conditions and substances commonly associated with anxiety symptoms.

Sample Test Question:

A 35-year-old man presents himself to your orthopedics clinic for follow-up care of multiple fractures incurred in a severe motor vehicle accident three months before. Despite satisfactory repair of his fractures, and absence of pain, he has not been able to return to work. Since the accident he is terrified to drive, experiences nightmares of the accident, feels disconnected from his family, has difficulty sleeping, and is unable to concentrate. The most likely diagnosis is:

A. major depressive disorder
B. generalized anxiety disorder
C. posttraumatic stress disorder
D. obsessive compulsive disorder
E. panic disorder with agoraphobia

Answer: C