

Author(s): Michael Jibson, M.D., Ph.D., 2009

License: Unless otherwise noted, this material is made available under the terms of the

Creative Commons Attribution–Share Alike 3.0 License:

<http://creativecommons.org/licenses/by-sa/3.0/>

We have reviewed this material in accordance with U.S. Copyright Law **and have tried to maximize your ability to use, share, and adapt it.** The citation key on the following slide provides information about how you may share and adapt this material.

Copyright holders of content included in this material should contact open.michigan@umich.edu with any questions, corrections, or clarification regarding the use of content.

For more information about **how to cite** these materials visit <http://open.umich.edu/education/about/terms-of-use>.

Any **medical information** in this material is intended to inform and educate and **is not a tool for self-diagnosis** or a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional. Please speak to your physician if you have questions about your medical condition.

Viewer discretion is advised: Some medical content is graphic and may not be suitable for all viewers.

Psychiatry Sequence (PSY614)

Topic: **Anxiety Disorders**

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

Recommended Reading: Andreasen & Black, *Introductory Textbook of Psychiatry*, 3rd ed., pp. 315-346
or
Sadock & Sadock, *Kaplan & Sadock's Pocket Handbook of Clinical Psychiatry*, 3rd ed., pp. 150-164

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