

# Recognition and Management of Anxiety in the General Clinic

John Miner, MD, Williams College

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Recognition and Management of Anxiety in the  
General Clinic

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**Table 1**  
*Current DSM-IV-TR Disorders for Depression and Anxiety*  
(American Psychiatric Association, 2000)

<b>Depressive disorders</b>
Major depression
Dysthymia
Adjustment disorder
Depressive disorder NOS
<b>Anxiety disorders</b>
Panic disorder (with and without agoraphobia)
Agoraphobia (without a history of panic disorder)
Generalized anxiety disorder
Obsessive-compulsive disorder
Social phobia (or social anxiety disorder)
Acute stress disorder
Posttraumatic stress disorder
Specific phobia
Adjustment disorder
Anxiety disorder NOS

Note. DSM-IV-TR = Diagnostic and Statistical Manual of Mental Disorders, 4th ed.; NOS = not otherwise specified.

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**Anxiety:**  
Most prevalent form of Psychiatric Conditions



1% Schizophrenia

15% Depression / Mood Disorders

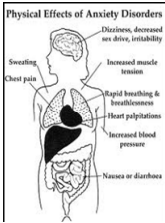
25% Anxiety Disorders

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**Criteria for Panic Attack**


- 1) palpitations, pounding heart or accelerated heart rate
- 2) Sweating
- 3) Trembling or shaking
- 4) Sensations of SOB or smothering
- 5) Feeling of choking
- 6) Chest pain or discomfort
- 7) Nausea or abdominal distress
- 8) Feeling dizzy, unsteady, lightheaded or faint
- 9) Derealization or depersonalization
- 10) Fear of losing control or going crazy
- 11) Fear of dying
- 12) Paresthesias
- 13) Chills or hot flashes

**Physical Effects of Anxiety Disorders**



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Overview of Diagnostic Categories



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**Derealization & Depersonalization**

Derealization – external world seems different (unreality)

Depersonalization – ‘I’ seem different (detached)


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**Somatoform Disorders**

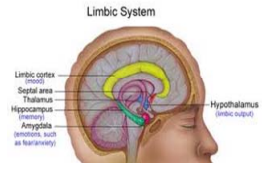
Somatization Disorder  
 Conversion Disorder  
 Pain Disorder  
 Hypochondriasis  
 Body Dysmorphic Disorder



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**Limbic System**



Hippocampus – contextual processing (aversive stimuli / preparation)  
 Amygdala – emotional processing (fear / fight or flight)


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**Personality Disorders**

A) Odd or eccentric  
 Paranoid  
 Schizoid  
 Schizotypal

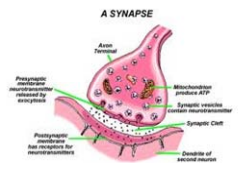
B) Dramatic or emotional  
 Antisocial  
 Histrionic  
 Borderline  
 Narcissistic

C) Anxious or fearful  
 Avoidant  
 Dependent  
 Obsessive-Compulsive



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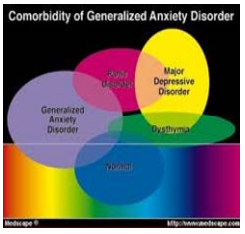
**A SYNAPSE**



**Synaptic Communication**


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**Comorbidity of Generalized Anxiety Disorder**



**Co-Morbidity**

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**Synaptic Self** by Joseph LeDoux  
 Director for the Neuroscience of Fear and Anxiety at NYU  
[www.cns.nyu.edu/CNFA/](http://www.cns.nyu.edu/CNFA/)

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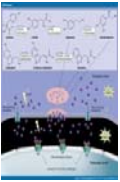
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**The Monoamines**

Serotonin  
5-hydroxy tryptamine

Norepinephrine  
catecholamine

Dopamine



The diagram illustrates the synthesis and pathways of monoamine neurotransmitters. It shows the conversion of tryptophan to 5-hydroxytryptamine (serotonin) and tyrosine to norepinephrine and dopamine. The pathways involve various enzymes and receptors, and the neurotransmitters are shown interacting with their respective receptors on target cells.

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**Medications**

Benzodiazepines  
Buspar  
Antihistamines  
SSRI's / SNRI's  
Beta Blockers  
Alpha Agonists  
Atypical Antipsychotics



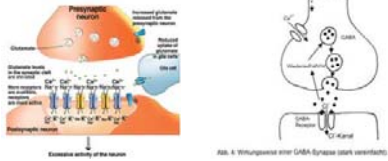
A close-up photograph of a hand in a white lab coat holding several small, colorful pills (yellow, orange, and white) on a light green surface.

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**The Modulators: Glutamate & GABA**

**Excitatory**  
Antagonists – acamprosate

**Inhibitory**  
Agonists – alcohol, benzo's, AED's, etc



The diagram shows the neurotransmission of glutamate and GABA. On the left, a presynaptic neuron releases glutamate, which binds to receptors on the postsynaptic neuron, leading to the opening of calcium channels and the release of calcium ions. On the right, a presynaptic neuron releases GABA, which binds to receptors on the postsynaptic neuron, leading to the opening of potassium channels and the release of potassium ions. The diagram also shows the reuptake of neurotransmitters into the presynaptic neuron.

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**Establish Alliance and Rapport**

Ask 'knowing' questions

Don't interrupt the 'pause'

Follow the 'threads'

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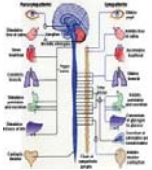
**Autonomic Nervous System**

Sympathetic

alpha receptors


beta receptors

Parasympathetic



The diagram illustrates the autonomic nervous system, showing the sympathetic and parasympathetic branches. The sympathetic branch is associated with alpha and beta receptors, while the parasympathetic branch is associated with muscarinic and nicotinic receptors. The diagram shows the pathways from the brain and spinal cord to the various organs and tissues.

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"All we have to fear is fear itself."

Co Morbidity  
Countertransference