

Disordered behaviour associated with anxiety



TAKE THE TEST

- ***Check True or False to each of the following questions***
- **Do you have trouble concentrating or focusing "**
- **Do you have digestive problems"**
- **Do you become anxious when you are in a group of people"**
- **Do you lose your temper more quickly than you used to"**
- **Do you feel edgy and tense"**
- **You cannot remember when you last felt calm and relaxed**
- **You second guess your choices**
- **You are afraid of making decisions**
- **You worry a lot You get upset easily**
- ***Please count the number of "Trues" in your responses***

- **You may be suffering from mild anxiety**

You may be suffering from moderate anxiety

You may be suffering from severe anxiety

Objectives

At the end of this session the students should be able to:

- Identify characteristic of disturbed coping pattern
- Discuss characteristic behavior associated with each of the anxiety disorder
- Name general care goal
- Formulate intervention strategies

Outlines

1-introduction

2-Characteristics of disturbed coping pattern

3-Behaviour associated with each of the anxiety disorders

4-general goal for client experiencing disordered behavior

5-intervention strategies

Introduction

- **Bad with your nerves** **A worrier"**,
"Stressed out", **"Unable to relax"**, **"Tense and nervous** are all words we might use to describe someone who has a problem with anxiety.
- If someone has too much stress for too long anxiety is very often the result.. Understand what anxiety is, what can cause it, and what can keep it going.
- Overcome your anxiety by learning better ways of coping with it

- Anxiety is a bodily response to a perceived threat or danger.
- It is important to distinguish between anxiety as a feeling or experience and an anxiety disorder as a psychiatric diagnosis.
- A person may feel anxious without having an anxiety disorder. Also, a person facing a clear and present danger or a realistic fear is not usually considered to be in a state of anxiety. In addition, anxiety frequently occurs as a symptom in other categories of psychiatric disturbance

- **Anxiety often becomes a vicious circle where our symptoms, thoughts and behaviour keeps the anxiety going.**
- **Spend a few moments trying to write down any of these ways that your anxiety may be being kept going**

)unpleasant/frightening symptoms you experience

your beliefs and thoughts about these symptoms

**everyday things that you are
)current stresses in your life**



- **Frightening thoughts:** Once you know what it is you are thinking, you can begin to fight back, and break the vicious circle. In particular, **ask yourself**
-)Am I exaggerating, e.g."everything is bound to go wrong it always does".
)Am I jumping to conclusions, e.g."I have a pain in my chest therefore it must be my heart".
 Am I focusing just on the bad things, e.g."I had a really bad day yesterday" (ignoring that this followed a few good days)
- Use these questions to help yourself answer back. A good way of doing this is to write two columns - one for your thoughts that make you anxious, and the other for a more balanced thought, eg

- Write down some of your thoughts now and write as many answers as you can. This question might also help. What would you say to a friend who was thinking that way? The aim is to get faster at "catching" these anxious thoughts and answering back almost instantly. It takes a lot of practice, but really does work



Characteristic of disturbed coping pattern

- 1- inability to make a choice
- 2-internal conflict beyond conscious control
- 3- Repetition of thoughts and action
- 4 Episodic of amnesia
- 5 Multiple personality
- 6 Underlying anxiety
- 7 Secondary gain

Generalized anxiety disorder

GENERALIZED ANXIETY DISORDER

- People with generalized anxiety disorder (GAD) have ongoing, severe tension that interferes with daily functioning.
- They worry constantly and feel helpless to control these worries. Often their worries focus on job responsibilities,
- family health, or minor matters such as chores, car repairs, or appointments. They may have problems sleeping,

There are many theories trying to explain anxiety and its origin:

- * loss of the object of love in early life.
- * emotional conflict between Id and superego (Freud)
- * A fear of disapproval (Sullivan)
- * A product of frustration or interference with goal attainment (Behaviorists)
- * A conflict between 2 opposing interests.





Anxiety is characterized by the following symptoms

- **Somatic.** These physical symptoms include headaches dizziness or lightheadedness **nausea** and/or **vomiting** diarrhea tingling, pale complexion, sweating, numbness, difficulty in breathing, and sensations of tightness in the chest, neck, shoulders, or hands. These symptoms are produced by the hormonal, muscular, and cardiovascular reactions involved in the fight-or-flight reaction

Behavioral

- Behavioral symptoms of anxiety include pacing, trembling, general restlessness hyperventilation pressured speech, hand wringing, and finger tapping



Excessive worry or anxiety about multiple issues which lingers six months or more can indicate generalized anxiety disorder

- **Cognitive.** Includes
 - recurrent or obsessive thoughts,
 - feelings of doom, morbid or fear-inducing thoughts or ideas,
 - and confusion or inability to concentrate
- **Emotional.** Emotional symptoms include feelings of tension or nervousness
 - feeling "hyper" or "keyed up," or nervous
 - feelings of unreality, panic, or terror



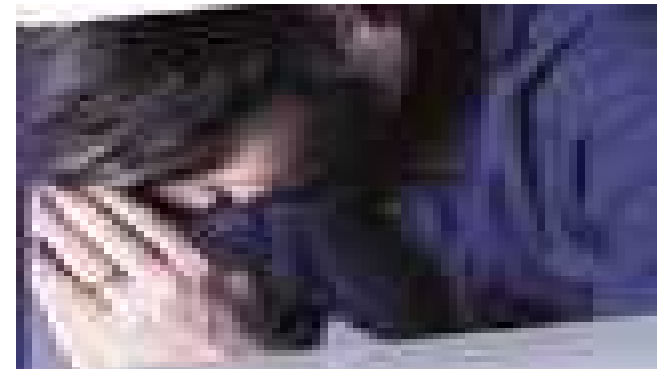
Anxiety versus fear :

* **fear** is a response to an objective threat (external danger) which the person g others recognize (e g fear Of dogs)



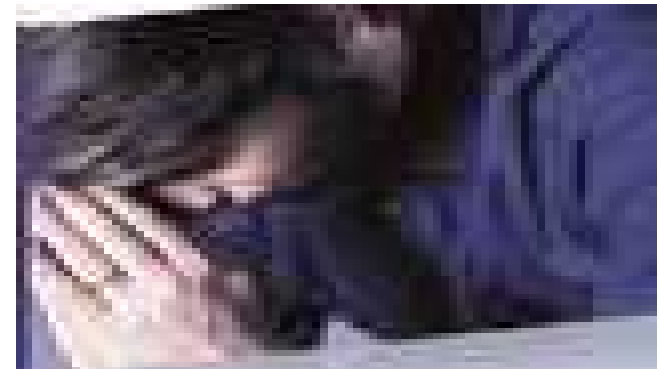
*here the specific perceived is on a conscious Undiscriminating level

* on the other hand Anxiety is a response to a subjective danger the Experience is on the unconscious Undiscriminating level



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Other causes are:

- 1- threat to biological integrity
- 2- threat to security of the self
- 3- unmet expectation.
- 4- unmet needs.
- 5- anticipated disapproval.
- 6-inability to gain self-respect, or recognition by other.
- 7-guilt, or discrepancy between self –view and actual behavior.

How anxiety is provoked:

- 1- the presence of stressor.
- 2- the individual tolerance (genetic aspect and past experience)



stressor



Manifestation of anxiety:

Usually due to sympathetic reaction preparing the body for either (fight) or (flight)

Reaction secretion of epinephrine from the adrenal gland .

*heart rate and palpitation.

*blood pressure.

*muscular tension.

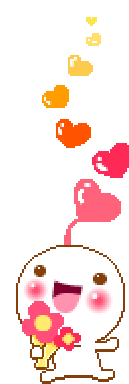
*deep respiration + difficulty, hyperventilation.

*



Mental manifestation:

- *impaired attention.
- *poor concentration
- *preoccupation.
- *blocking of thought.
- *decreased perceptual field
- *reduced creativity
- *diminished productivity
- *confusion

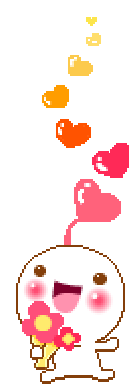


Levels of anxiety:

Mild : **physiological** :
tension of need motivate
behavior.

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perceptive to a variety of stimuli.

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Moderate:

Physiological: some symptoms may present.

Cognitive : perceptual field narrows, but respond to directions, selective inattention. Problem solving limited with directions and support.

Emotional : impatient, irritable.

Severe :

Physiological: symptoms are present and

Cognitive: :

perceptual narrows field,
unable to follow directions or
remember main points.

Unable to plan or make decision- stimuli distorted
learning and problem solving ineffective. Selective
inattention.

Emotional :

self concept threatened, sense of helplessness





P a n i c

Panic :

Physiological: severe symptoms of exhaustion

Cognitive : sensory ability and attention reduced so that only object of anxiety noticed.

Emotional : self concept overwhelmed.



Dealing with anxiety:

- 1-Observe signs of mounting anxiety and take direct measures
- 2-defended against by psycho logic or physical maneuvers eg. Defense mechanisms and somatic complaints.
- 3-Teach the client to detect anxiety
- 4-Do not validate or encourage the clients use of defense mechanism