Anxiety Disorder
And other disorders (Trauma-Related Disorders and OCD) with prominent anxiety

Learning Objectives:

1. Anxiety
   • Explain the difference between normal and pathological anxiety
   • Identify the different way anxiety presents in the different domains
   • Recall the major neuroanatomical structures, circuits, and neurotransmitters that are involved in pathological anxiety.

2. Diagnosing Anxiety Disorders
   • Explain what the difference is between a panic attack and panic disorder
   • Contrast the signs and symptoms and minimal time requirement that are used to diagnose Panic disorder, Agoraphobia, Generalized Anxiety Disorder, Specific Phobia, and Social Phobia and differentiate them from each other
   • Contrast the signs and symptoms that identify Separation Anxiety and Selective Mutism and differentiate them from each other
   • Describe what illnesses need to be ruled out before an Anxiety Disorder may be diagnosed

3. The prevalence, course/prognosis, and comorbidity of Anxiety disorders
   • Compare the relative prevalence of the anxiety disorders to each other (no specific percentages necessary)
   • Recall the course (likely prognosis) of the different anxiety disorders and compare and contrast to each other
   • Recall and comprehend the common co-morbidities for anxiety disorders

4. Treatment issues
   • Recall the medications commonly used for most anxiety disorders
   • Discuss the use of Cognitive Behavioral Therapy (CBT) in treating Anxiety disorders including for which anxiety disorder CBT is the preferred treatment.

5. Trauma Related Disorders & Obsessive-Compulsive Disorder (OCD)
   • Recall the diagnostic requirement for an Adjustment Disorder and how to differentiate it from mood, anxiety, or trauma related disorders
   • Recall the trauma exposure requirement for Acute Stress Disorder (ASD) and Post Traumatic Stress Disorder (PTSD)
   • Compare and contrast obsessions and compulsions
   • Recall the signs and symptoms and time requirement of ASD and PTSD and contrast the major differences between them
   • Recall the signs and symptoms and time requirement of OCD
   • Understand the importance of exposure therapies for first line treatment in OCD
   • Contrast the Course, Prevalence (Predictors), Co-morbidity, and Treatment of PTSD and OCD with the Anxiety Disorders