Anxiety Disorders

Learning Objectives:

By the end of the clerkship, the student will recognize, evaluate, and state the treatments for patients with anxiety disorders.

1. Summarize the neurobiological, psychological, environmental, and genetic hypotheses for each anxiety disorder.
2. Describe the epidemiology, clinical features, course, and psychiatric co-morbidities of each anxiety disorder.
3. Diagnose panic disorder, agoraphobia, social phobia, specific phobias, generalized anxiety disorder, posttraumatic stress disorder, acute stress disorder, and obsessive-compulsive disorder.
4. Distinguish panic attack from panic disorder.
5. Contrast features that differentiate panic disorder, agoraphobia, specific phobia, generalized anxiety disorder, posttraumatic disorder, acute stress disorder, and obsessive compulsive disorder from each other.
6. Cite the common general medical and substance-induced causes of anxiety, and assess for these causes in evaluating a person with an anxiety disorder.
7. Outline psychotherapeutic and pharmacologic treatments for each of the anxiety disorders.

Pharmacology

8. Discuss the indications, mechanism of action, pharmacokinetics, common side effects, signs of toxicity, and drug interactions of the SSRIs, benzodiazepines, and sedative-hypnotics.
9. Summarize which medications are efficacious for panic disorder, OCD, PTSD, social phobia, and PTSD.
10. Cite the medication dosages and the lengths of therapeutic trial necessary for treatment of panic disorder, OCD, PTSD, and GAD.
11. Discuss the consequences of abrupt discontinuation of medications.
12. Discuss patient characteristics associated with benzodiazepine abuse.
13. Discuss the guidelines for prescribing benzodiazepines.
14. Discuss the differences (mechanism of action, onset of effect, and indications) between buspirone and benzodiazepines.