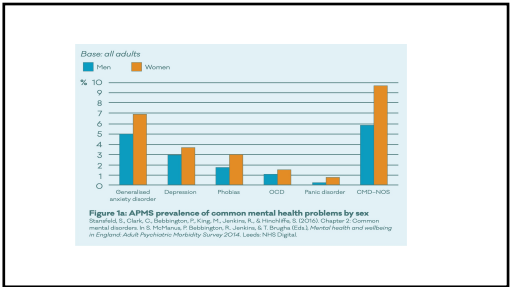
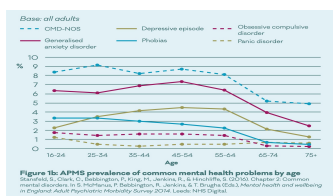


Classification

- Generalised Anxiety Disorder (GAD)
- Social Anxiety Disorder (SAD)
- Specific phobias
- Panic Disorder
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)





Mental Health Foundation Report

- Findings from the APMS (2014) show that, with the exception of panic disorder, all types of mental health problems were more prevalent in people of working age (aged 16-64) than those aged 65 and over. See Figure 1b for the prevalence of common mental health problems by age group.
- Since the last survey in 2007, the APMS (2014) shows an increase in common mental health problems among late-mid-life men and women (aged 55-64), suggesting that this population group may be particularly vulnerable to the impact of the economic recession.
- In the survey, common mental health problems were also found to be more prevalent in certain groups of the population, including black women, adults under the age of 60 who are living alone, women who live in large households, unemployed adults, those in receipt of benefits and those who smoke cigarettes.

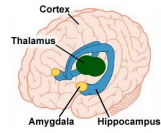
Mental health condition	2007 (%)	2014 (%)
GAD	4.4	5.9
Depression	2.3	3.3
Phobias	1.4	2.4
OCD	1.1	1.3
Panic disorder	1.1	0.6
CMD-NOS	9.0	7.8

Table 1b: Prevalence of common mental health problems (adults 16+)
 Stansfeld, S., Clark, C., Bebbington, P., King, M., Jenkins, R., & Hinchliffe, S. (2016). Chapter 2: Common mental disorders. In S. McManus, P. Bebbington, R. Jenkins, & T. Brugha (Eds.), *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014*. Leeds: NHS Digital.

Aetiology

Phobias

Psychoanalytic theory
Classical conditioning
Biological models (biological preparedness & non-associative fear acquisition)



Treatment

Exposure therapy:

<https://www.youtube.com/watch?v=0j7dzjAif60>

CBT interoceptive exposure:

<https://www.youtube.com/watch?v=sigXTV50Xjk>

Exposure therapy - VR

<https://www.youtube.com/watch?v=r7Y07OY66A>

Social Anxiety Disorder (SAD)

Aetiology

Genetic factors
Developmental factors
Cognitive factors (self-focused attention; interpretation bias)

Treatment

Exposure therapy
Social skills training
Cognitive restructuring

Panic Disorder & Agoraphobia

Aetiology

- Biological theories (hyperventilation, noradrenergic overactivity)
- Psychological theories
 - Classical conditioning
 - Catastrophic interpretation
 - Anxiety sensitivity

Treatment

- Cognitive restructuring
- Interceptive exposure
- Breathing training

Generalized Anxiety Disorder (GAD)

Aetiology

- Psychological theories
 - Information biases (attention bias modification)
 - Dispositional characteristics (worriers)

Treatment

- CBT
- Relaxation training
- Cognitive restructuring
- Behavioural rehearsal

Obsessive Compulsive Disorder (OCD)

OCD-related disorders:

- Body dysmorphia
- Hoarding
- Hair pulling
- Skin-picking

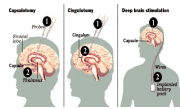
Aetiology

- Biological factors (inheritance component)
- Psychological factors
 - Memory deficits
 - Dysfunctional beliefs (inflated responsibility, thought-action fusion, & mental contamination)

Obsessive Compulsive Disorder (OCD)

Treatment

- Exposure therapy
- CBT
- Pharmacological treatment (SSRIs)
- Neurosurgery (cingulotomy)



Post-traumatic Stress Disorder (PTSD)

- Aetiology**
- Biological factors (hippocampus & amygdala)
- Vulnerability factors
- Dissociation and avoidance
- Classical conditioning
- Emotional processing theory
- Treatment**
- Psychological debriefing
- Exposure therapy
- EMDR (Eye movement desensitization and reprocessing)

