2114559

Psychopathology ECAP6006

Rehabilitation

Generalised anxiety disorder (GAD)

Lay summary

Generalised Anxiety Disorder (GAD) is a common mental health condition that involves persistent and excessive worry and fear (Crocq, 2017).

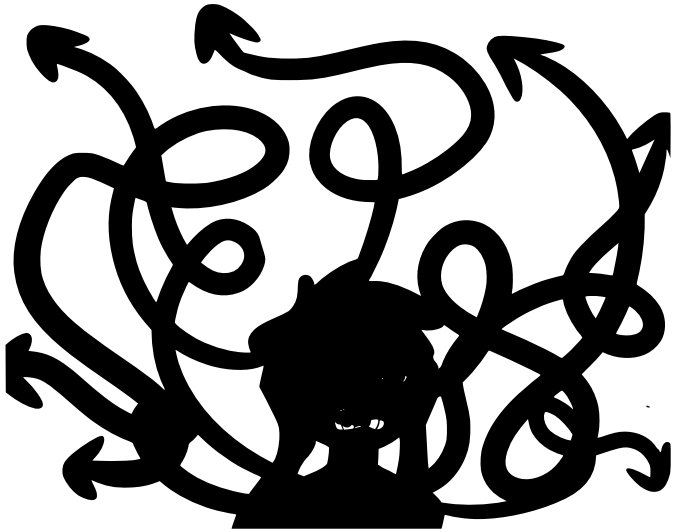
People with GAD often find it difficult to control their worries, and symptoms can appear even when there is no obvious reason (Stein & Sareen, 2015)

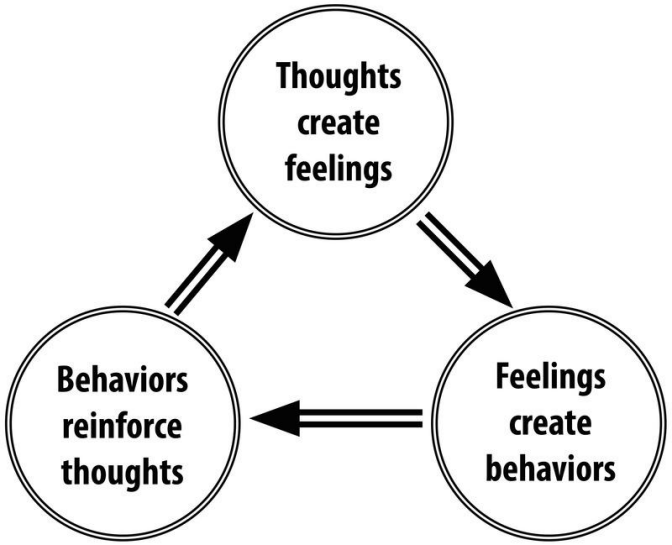
Experiences of GAD

- difficulty sleeping
- concentration
- relationships
- fatigue
- sweating
- restlessness
- and trembling or muscle tension (Mishra & Varma, 2023).

- GAD can affect anyone, often begins in childhood or early adulthood, and affects millions of people worldwide (Stein & Sareen, 2015).
- It is more common in women than men (DeMartini et al., 2019).
- Gender roles (Jaehn et al., 2020)
- This may be linked to genetic and hormonal factors, as well as environmental influences and gender roles (Remes et al., 2017).

- If GAD worsens over time, it can increase the risk of major depression, so finding the right treatment early is significant (Remes et al., 2017).
- People with GAD may experience a range of physical, social, and emotional challenges (Slee et al., 2021).
- Treatment often includes medication or psychotherapy, particularly cognitive behavioral therapy (CBT) (Locke et al., 2015).





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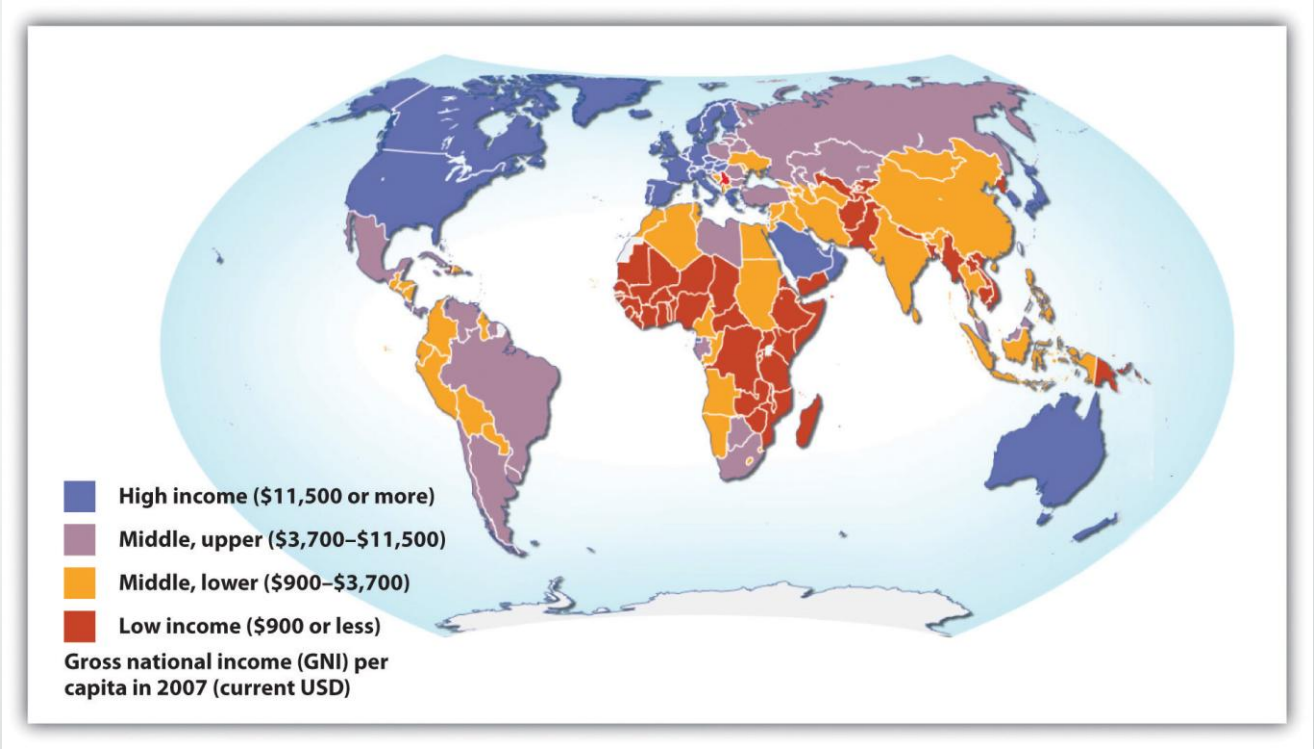
Background Literature

- GAD started to be recognized as its own diagnostic criteria for a separate mood disorder up to the current DSM-IV (Showraki et al., 2020).
- Certain levels of anxiety are good until it becomes chronic and interferes with life (Andrews et al., 2018).
- GAD can lead to self-medication, which can end with a substance use disorder (Turner et al., 2018; Vorspan et al., 2015).

- The onset of this illness starts as early as adolescence (Ströhle et al., 2018).
- GAD affects 6.8 million adults in the US alone, yet only 43.2% will receive treatment (Mishra & Varma, 2023).
- Exercise can improve mental health and reduce GAD (Ghasem Babaei-Zarch et al., 2023)

82% of those who suffer from GAD have significant impairment (Barlow et al, 2017).

More significantly prevalent and impairing in higher-income countries than in low- or middle-income countries (Ruscio et al., 2017).



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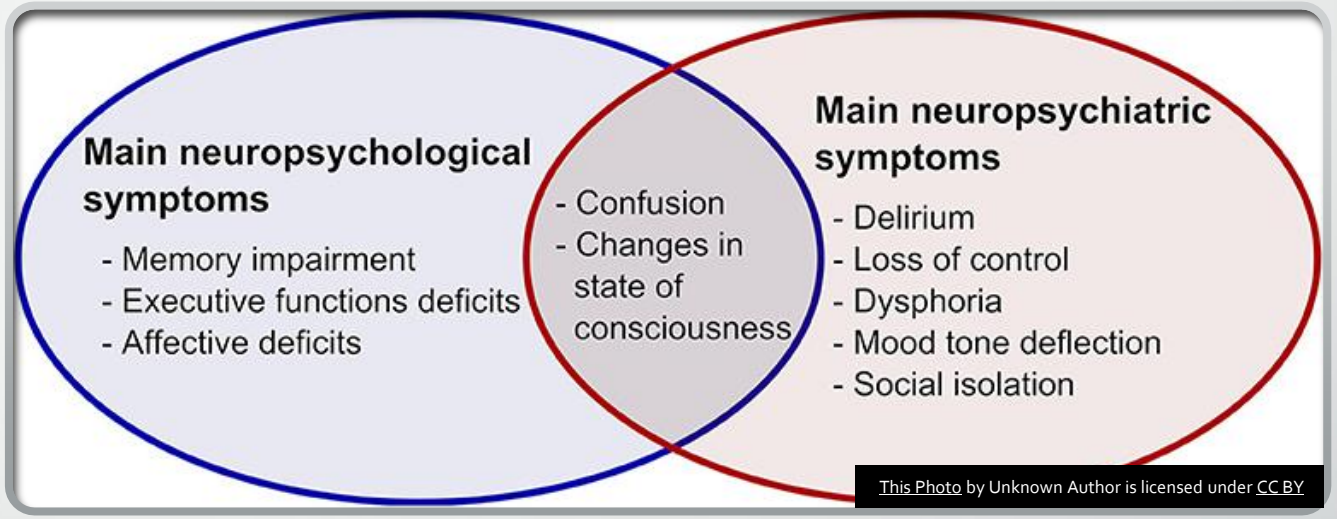
Neuropsychological

- GAD is believed to be caused by dysregulation in the body's fear-response systems and when changes are made, it can heighten the fear and anxiety response (Gkintoni & Ortiz, 2023)
- A study done by Chen et al. (2020) on the brain found that patients with GAD had reduced grey matter volume
- GAD and major depressive disorder are two separate diseases(Maron & Nutt, 2017)



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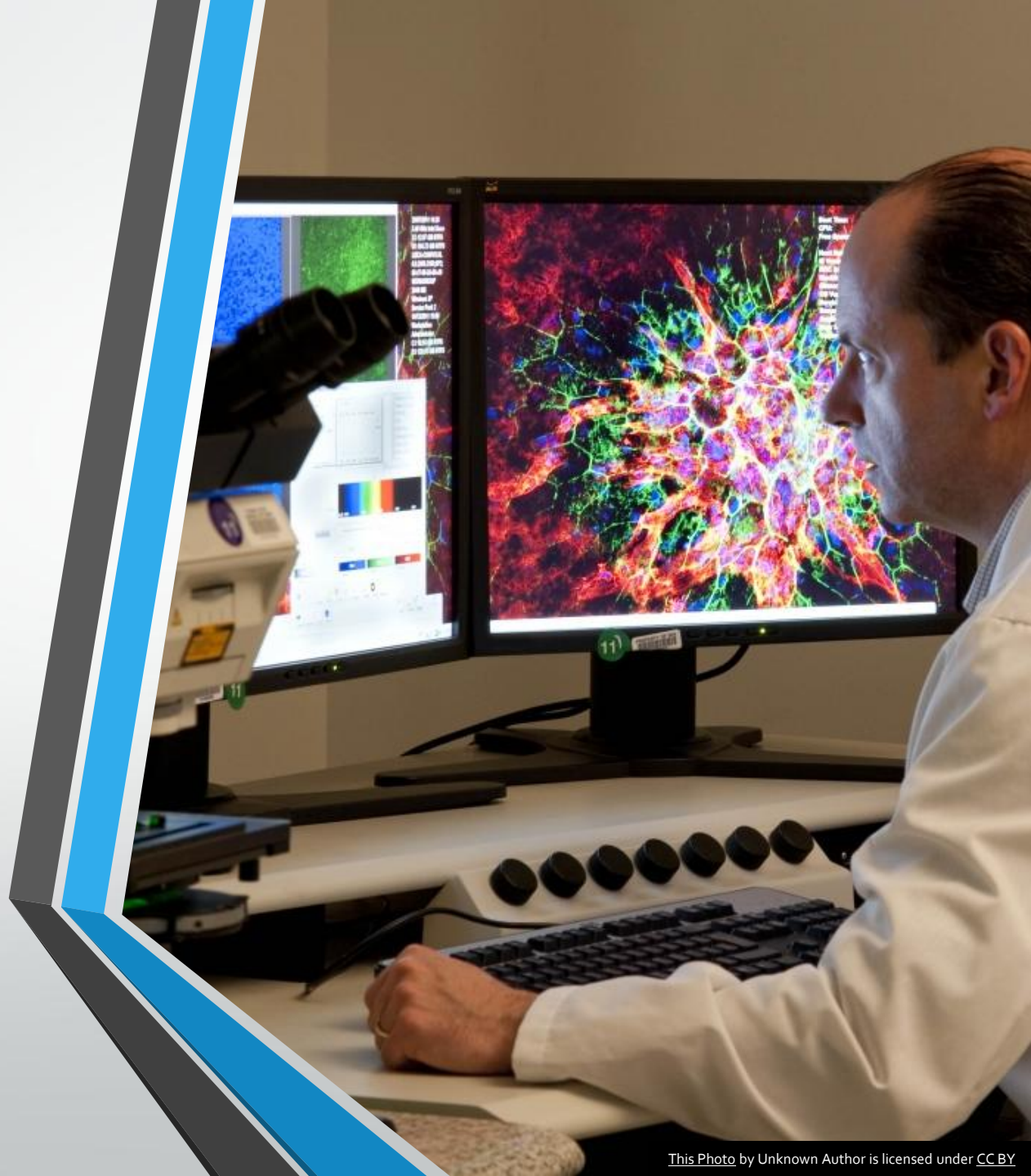
- Certain substances in the blood has been found to help diagnose GAD.
- This is believed to be up to 94% accurate and can be used to identify individuals with the disorder (Shen et al., 2022).



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Genetics

The most important genetic risk factor found was between major depressive disorder and GAD (Kalin, 2020).

Twin studies have found shared genetic factors across different types of anxiety disorders (Meier & Deckert, 2019).

Proposed Methodology

- DSM-IV criteria to identify individuals with Generalized Anxiety Disorder (American Psychiatric Association 2022).

- The Generalized Anxiety Disorder 7-Item (GAD-7) Questionnaire is a screening tool that can be used to monitor patients with generalized anxiety disorder (Toussaint et al., 2020).

Diagnostic screening

- Individuals referred by their General practitioner (GP)
- identify specific triggers or stressors
- such as work stress, family issues, or social anxiety.

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Personalised treatment

COGNITIVE BEHAVIOURAL THERAPY (CBT)

(SIMON ET AL., 2021)

MEDICATION: , SELECTIVE SEROTONIN UPTAKE INHIBITORS (SSRIS)
(SLEE ET AL., 2019)

LIFESTYLE SUPPORT

(AMIRI ET AL., 2024)

(HOGE ET AL., 2018)

Rehabilitation doesn't end when symptoms improve

- Preventing relapse
- Follow-up check-ins
- Continue medication for at least a year
- Family involvement

(Stein, M. B., & Sareen, J. 2015; Haine-Schlagel & Walsh, 2015)

Outcome measures

GAD-7 has been shown to have positive results (Plummer et al., 2016).

Medication SSRIs (Edinoff et al., 2021)

Self-measurement scale is used (Öberg et al., 2019).

	(0)	(1)	(2)	(3)
1. Feeling nervous, anxious, or on edge	☐	☐	☐	☐
2. Not being able to stop or control worrying	☐	☐	☐	☐
3. Worrying too much about different things	☐	☐	☐	☐
4. Trouble relaxing	☐	☐	☐	☐
5. Being so restless that it is hard to sit still	☐	☐	☐	☐
6. Becoming easily annoyed or irritable	☐	☐	☐	☐
7. Feeling afraid as if something awful might happen	☐	☐	☐	☐

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

☐ Not difficult at all ☐ Somewhat difficult ☐ difficult difficult

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Ethical considerations

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I acknowledge the use of google scholar on 20th April to get research. I used the prompt(s):

1. DSM-IV
2. Generalised anxiety disorder
3. Rehabilitation for GAD
4. Medication for GAD
5. GAD effects on the brain
6. Biomarkers in GAD patients

I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence