

Anxiety Disorders: the People Beneath the Diagnoses

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About the Speaker

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Commercial Associations

- Publishers: Elsevier
- Pharmaceutical Companies: None

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"Every physician must be rich in knowledge, and not only
of that which is written in books; his patients should be his
book, they will never mislead him . . ."

Paracelsus
Renaissance Alchemist and Physician

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TYPES OF SYMPTOMS

- 1) Primary
- 2) Secondary
- 3) Tertiary

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Panic Disorder: Primary Symptoms (DSM-5)

- 1) Palpitations, pounding heart, or accelerated heart rate
- 2) Sweating
- 3) Trembling or shaking
- 4) Sensations of shortness of breath or smothering
- 5) Feelings of choking
- 6) Chest pain or discomfort
- 7) Nausea or abdominal distress

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- 8) Feeling dizzy, unsteady, light-headed or faint
- 9) Chills or heat sensations
- 10) Parathesias (numbness or tingling sensations)
- 11) Derealization (feelings of unreality) or depersonalization
(being detached from oneself)
- 12) Fear of losing control or "going crazy"
- 13) Fear of dying

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OCD: Obsessive-Compulsive Disorder

- 1) Lifetime prevalence rate about 2.5% (about 2.2 million Americans suffer from OCD)
- 2) 10 -27% of people with OCD attempt suicide
- 3) Modal age of onset for males is 6-15 years old
- 4) Modal age of onset for females is 20-29 years old
- 5) 14.5 years before treatment is sought
- 6) 6 year lag before adequate treatment provided

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Obsessions of OCD

- 1) Fears of germs, poisons, contaminations
- 2) Repeated doubts of having done something bad
- 3) Repeated fears that one is going to do something bad
- 4) Need to have things in an exact order or arrangement
- 5) Unwanted sexual/violent imagery

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Rituals of OCD

- 1) **Repetitive behaviors:** hand washing, checking, hoarding, repeating a word or phrase over and over, requesting or demanding reassurances (hypochondria)
- 2) **Repetitive mental acts:** silently counting, praying, repeating a word or phrase over and over, replaying a past act in ones mind to convince oneself that they didn't do anything bad

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OCD: Secondary Symptoms

- 1) Patients have tried ways of stopping rituals
- 2) Marked irritation if ritual is interrupted by others
- 3) Slow to finish tasks and frequent lateness
- 4) Extreme anxiety if rushed to make a decision
- 5) Very irritable, frequent behavioral outbursts
- 6) Marked performance problems at work/school

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- 7) Must live a painful lie
- 8) Decimated self-esteem/ suicide

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OCD: Tertiary Symptoms

- 1) Poor performance at work/Fired from job
- 2) Direct & indirect costs in 1990: \$8.4 billion
- 3) Destroys intimate relationships and marriages
- 4) High divorce rate
- 5) Family member confusion and anger over rituals
- 6) Family confused as to what to do about rituals
- 7) Family battles over enabling behaviors

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We Can Make a Huge Difference

Always screen every patient for OCD, often after exploring depressive or other anxiety symptoms.

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"You know some of my patients who are depressed tell me that they worry a lot. Sometimes they are worrying about common concerns like money or family problems, but other times they tell me they are worrying about things that seem strange to them like they have germs on their hands or they have left something on at home that will start a fire and they just can't get these fears out of their heads. Do you ever have anything like that?"

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