Chapter 15

Anxiety and Obsessive-Compulsive Related Disorders

Anxiety

- Anxiety –
- Fear –
- Normal anxiety –

Levels of Anxiety

- Mild anxiety
- Moderate anxiety
- Severe anxiety
- Panic
Question 1

A parent is shopping with a 5-year-old child in a large, busy urban mall. The parent suddenly realizes the child is missing. Which level of anxiety would likely result?

A. Mild  
B. Moderate  
C. Severe  
D. Panic

Case Study

What behaviors might this parent be exhibiting that would indicate panic-level anxiety?

Defenses Against Anxiety

- Defense mechanisms
  - 1
  - 2
  - 3
    - A
    - B
    - C
  - 4
Clinical Picture

- Separation anxiety disorder
- Panic disorder

Clinical Picture (Cont.)

- Agoraphobia
- Specific phobias

Clinical Picture (Cont.)

- Social anxiety disorder
- Generalized anxiety disorder
Clinical Picture (Cont.)

- Other anxiety disorders
  - 1
  - 2

Obsessive-Compulsive Disorders

- Obsessions

- Compulsions

Obsessive-Compulsive Disorders (Cont.)

- Obsessive-compulsive disorder
- Body dysmorphic disorder
- Hoarding disorder
- Hair pulling and skin picking disorders
- Other compulsive disorders
Anxiety Disorders

- Epidemiology
- Comorbidity
- Etiology
  - Biological
  - Genetics
  - Neurobiological

Psychological Theories

- Psychodynamic theories
  - Sigmund Freud
  - Harry Stack Sullivan
  - Behavior theories
  - Cognitive theories
- Cultural considerations

Application of the Nursing Process

- Assessment
  - 1
  - 2
  - 3
- Nursing diagnosis
- Outcomes identification
- Planning
Application of the Nursing Process (Cont.)

- Implementation
  - 1
  - 2
- Counseling
- Teamwork and safety
- Promotion of self-care activities

Case Study (Cont.)

- What would be some appropriate interventions for the parent whose child is missing at the mall and is experiencing panic level anxiety?

Implementation

- Pharmacological interventions
  - 1
  - 2
  - 3
- Psychobiological interventions
- Integrative therapy
- Health teaching
Advanced Practice Interventions

- Cognitive therapy
- Behavioral therapy
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
- Cognitive-behavioral therapy