

Chapter 15

Anxiety and Obsessive-Compulsive Related Disorders

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Anxiety

- Anxiety –
- Fear –
- Normal anxiety –

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Levels of Anxiety

- Mild anxiety
- Moderate anxiety
- Severe anxiety
- Panic

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3

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

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4

Case Study

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

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Defenses Against Anxiety

- Defense mechanisms
 - > 1
 - > 2
 - > 3
 - > A
 - > B
 - > C
 - > 4

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6

Clinical Picture

- Separation anxiety disorder
 -

- Panic disorder
 -

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Clinical Picture (Cont.)

- Agoraphobia
 -

- Specific phobias

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Clinical Picture (Cont.)

- Social anxiety disorder
 -

- Generalized anxiety disorder
 -

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Clinical Picture (Cont.)

- Other anxiety disorders
 - 1
 - 2

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Obsessive-Compulsive Disorders

- Obsessions

- Compulsions

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**Obsessive-Compulsive Disorders
(Cont.)**

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

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Anxiety Disorders

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

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Psychological Theories

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

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Application of the Nursing Process

- Assessment
 - 1
 - 2
 - 3
- Nursing diagnosis
- Outcomes identification
- Planning

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Application of the Nursing Process (Cont.)

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

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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?

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17

Implementation

- Pharmacological interventions
 - 1
 - 2
 - 3
- Psychobiological interventions
- Integrative therapy
- Health teaching

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18

Advanced Practice Interventions

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

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19
