







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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CASE STUDY

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

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DEFENSES AGAINST ANXIETY

- Defense mechanisms
 - Automatic coping styles
 - Protect people from anxiety
 - Maintain self-image by blocking
 - Feelings
 - Conflicts
 - Memories
 - Can be healthy or unhealthy

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DEFENSE MECHANISMS

- Identify 3 of your maladaptive defense mechanisms.
- Identify 3 of your adaptive defense mechanisms

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CLINICAL PICTURE

- Separation anxiety disorder
 - Developmentally inappropriate levels of concern over being away from a significant other
- Panic disorder
 - Panic attacks
- Didaskaleinophobia

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CLINICAL PICTURE (CONT.)

- Agoraphobia
 - Excessive anxiety or fear about being in places or situations from which escape might be difficult or embarrassing (open space fear)
- Specific phobias

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CLINICAL PICTURE (CONT.)

- Social anxiety disorder
 - Severe anxiety or fear provoked by exposure to a social or a performance situation that will be evaluated negatively by others
- Generalized anxiety disorder
 - Excessive worry that lasts for months

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CLINICAL PICTURE (CONT.)

- Other anxiety disorders
 - Substance-induced anxiety disorder
 - Anxiety due to a medical condition

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OBSESSIVE-COMPULSIVE DISORDERS

- Obsessions
 - Thoughts, impulses, or images that persist and recur, so that they cannot be dismissed from the mind
- Compulsions
 - Ritualistic behaviors an individual feels driven to perform in an attempt to reduce anxiety

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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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APPLICATION OF THE NURSING PROCESS

- Assessment
 - General assessment of symptoms
 - Self-assessment
 - Assessment guidelines: anxiety and obsessive-compulsive disorders
- Planning

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APPLICATION (CONT.)

- Implementation
 - Mild to moderate levels of anxiety
 - Severe to panic levels of anxiety
- 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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IMPLEMENTATION

- Pharmacological interventions
 - Anti-anxiety drugs
 - Other classes
- Integrative therapy
- Behavioral therapy
 - Modeling
 - Desensitization
 - Flooding
 - Response prevention
 - Thought stopping

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ADVANCED PRACTICE INTERVENTIONS

- Cognitive-behavioral therapy

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AUDIENCE RESPONSE QUESTIONS

1. What is your usual level of anxiety on the day of a nursing exam?

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

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AUDIENCE RESPONSE QUESTIONS

2. The television character "Monk" appears to have which anxiety problem?

- A. Panic disorder
- B. Generalized anxiety disorder
- C. Posttraumatic stress disorder
- D. Obsessive-compulsive disorder

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