

Anxiety, anxiety disorders, somatoform disorders

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Anxiety

- Definition
- Normal anxiety
- Signs and symptoms
- Anxiety disorders
- Anxiolytic therapy
- Special importance for dentists



Fear v. anxiety

- Anxiety: Feeling of apprehension caused by anticipation of danger (internal or external)
 - threat: unknown, internal, vague, conflictual



- Fear: anxiety caused by consciously recognized and realistic danger
 - threat: known, external, definite, nonconflictual

Normal v. pathological anxiety

- Alerting signal - warning for danger
 - lifesaving effect
- Is anxiety adaptive?
 - Bodily damage, pain, helplessness, possible punishment, frustration of social or bodily needs
- helps dealing with threats (taking steps to prevent threat or lessen consequences)

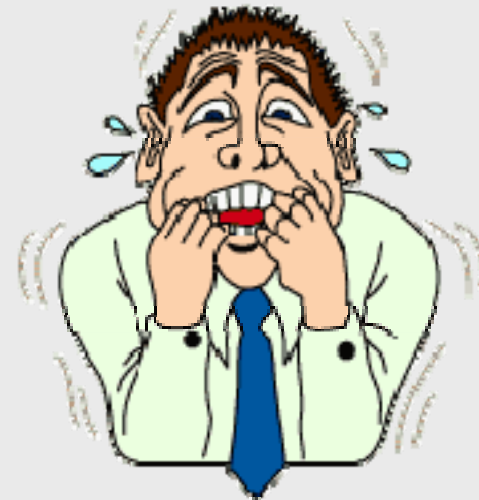


Symptoms of anxiety

- Subjective - psychological - verbal
 - unpleasant emotion
 - learning, concentration, making associations
 - perception, thinking
- Behavioural - motor symptoms
 - psychomotor retardation or agitation (restlessness), mimics, gestures
- Vegetative symptoms

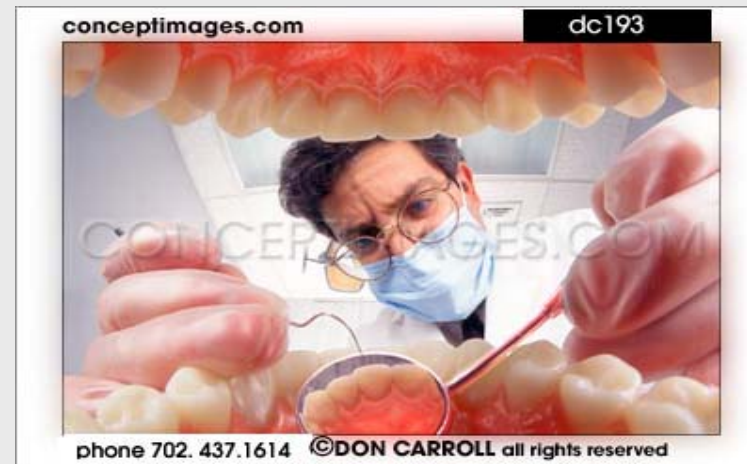
Autonomic symptoms

- hyperhidrosis, flushing
- hypertension
- tachycardia, tachypnoea
- palpitations
- syncope, dizziness
- dry mouth
- diarrhea
- upset stomach
- urinary frequency, urgency
- hyperreflexia
- pupillary mydriasis



Anxiety in dentistry

- common feature
- trait anxiety
- anxiety disorders
- treating anxiety



Anxiety disorders (DSM IV TR)

lifetime prevalence: 30.5% fm, 19.2% m

- Panic disorder and agoraphobia
- Specific phobia and social phobia
- Obsessive-compulsive disorder
- Posttraumatic stress disorder
- Generalized anxiety disorder
- Other anxiety disorders
 - due to a general medical condition
 - substance induced anxiety disorder

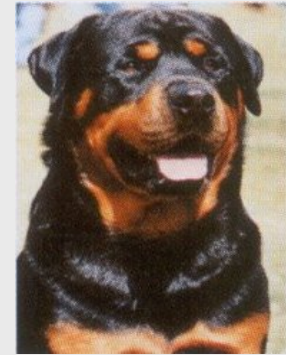


Panic disorder, Agoraphobia

- lifetime prevalence: 1.5-5%
- Panic attacks (20-30 minutes - extreme fear, fear of dying, palpitations, sweating, trembling, short of breath, chest pain, nausea, dizziness, etc.)
- Anticipatory anxiety
- Agoraphobia: fear of being alone in public places

Specific phobias, Social phobia

- Phobia: Excessive fear of a specific object, circumstance or situation (unreasonable, marked, persistent)
- 6 month prevalence: 5-10%
- Exposure: immediate anxiety
- Types: animal type, natural environment type (e.g., storms, water), blood-injection-injury type, situational type (e.g., airplanes), other
- Social phobia: social performance



Obsessive-compulsive Disorder

- Lifetime prevalence: 2-3%
- obsessions (recurrent, persistent, intrusive thoughts causing anxiety)
- compulsions (repetitive behaviors or mental acts responding to obsessions)
- ego-alien (absurd, irrational)
- symptom patterns (contamination, pathological doubt, intrusive thoughts, symmetry, etc.)



Therapy of anxiety disorders

- Pharmacotherapy
 - Benzodiazepines (alprazolam, clonazepam)
 - Buspirone
 - Antidepressants (SSRI, heterocyclic, MAOI, others)
- Psychotherapy
 - cognitive-behaviour therapy
 - relaxation

Somatization

- Somatization: somatic complaints or symptoms of psychological (mental) origin
- Somatoform disorders
 - somatization disorder
 - conversion disorder
 - hypochondriasis
 - body dysmorphic disorder
 - pain disorder
- Other mental disorders with somatic complaints and symptoms



Mental disorders with somatic complaints and/or symptoms

- Somatoform disorders
- Mood disorders
- Anxiety disorders
- Eating disorders
- Schizophrenia and related disorders
- Substance use disorders
- Organic psychiatric disorders



Somatization disorder

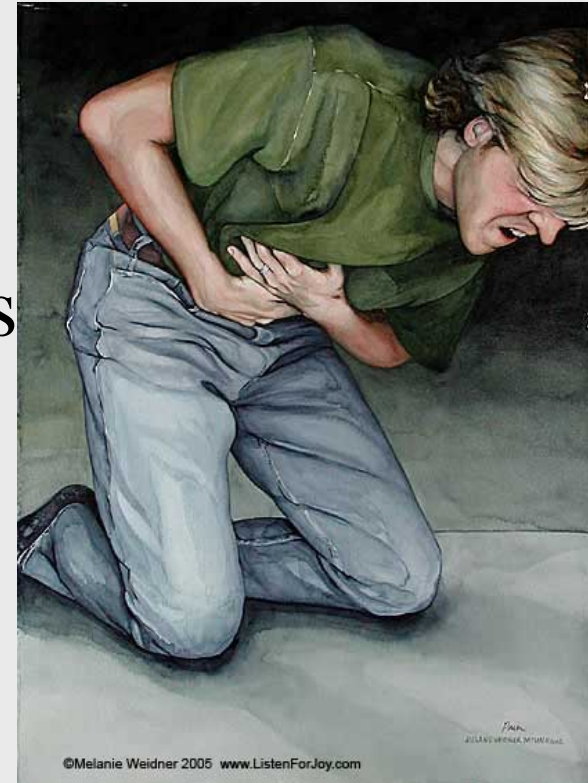
- lifetime prevalence : 0.2-2% women
- many somatic complaints affecting many organ systems (pain, gastrointestinal,sexual, pseudoneurological)
- chronic, before 30 years

Conversion disorder

- m : f 1:2 - 1:10 prevalence?
- one or more neurological symptoms with no neurological origin
- Symptoms:
 - motor (involuntary movements, tics, seizures, paralysis, astasia-abasia, etc.)
 - sensory deficits (anesthesia, blindness, etc.)
 - visceral symptoms (vomiting, diarrhea, syncope)

Hypochondriasis

- 6 month prevalence: 4-6%
- preoccupation with fears of having a serious disease
- misinterpretation of bodily symptoms, sensations
- preoccupation persists



Anxiety-somatiform disorders

- fear
- anxiety
- depression
- autonomic reactions
- somatic complaints
- somatic symptoms

