How I Practice: Screening for Anxiety

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Disclaimer

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Anxiety

- Anxiety disorders are the most common mental illness in the US, with approximately 30% of adults in the US experiencing anxiety during their lifetime.
- Prevalence of anxiety disorders is higher among women compared with men (23% versus 14%).
- Anxiety disorders are often undiagnosed.
- The recent COVID-19 pandemic has only amplified these numbers.

*Nelson H, Cantor A, Weeks C, Pappas M. Screening for Anxiety in Adolescent and Adult Women Systematic Review: 2020*
What is anxiety?

<table>
<thead>
<tr>
<th>Table 1. Anxiety Disorders</th>
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<tbody>
<tr>
<td><strong>Generalized Anxiety Disorder</strong></td>
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<td><strong>Separation Anxiety Disorder</strong></td>
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<td><strong>Social Phobia or Anxiety</strong></td>
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<td><strong>Specific Phobia</strong></td>
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<td><strong>Panic Disorder</strong></td>
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<td><strong>Selective Mutism</strong></td>
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<td><strong>Agoraphobia</strong></td>
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Screening for Anxiety

“Screening for anxiety in adolescent and adult women, including those who are pregnant or postpartum.

...screening intervals are unknown and clinical judgement should be used to determine screening frequency.

Given the high prevalence ... lack of recognition... and multiple problems associated with untreated anxiety, clinicians should consider screening women who have not been recently screened.”

Screening Tools (some):

- EPDS (specifically for pregnant and postpartum women)
- PHQ-4
- HADS in adult women
- Bright Futures Y-PSC in adolescents and young women

Screening for Anxiety: How I Practice

• Ask the patient to tell you about their situation.
• Ask questions such as the following:
  • Would you say that you are under a lot of stress?
  • Would you say that during the past month you have been worrying a lot about your everyday problems?
  • Would you say that includes feeling down or depressed at all as well?
  • Do you ever feel like life isn’t worth living or that you would hurt yourself or others?
  • Would you be interested in getting help with these feelings?
WPSI Resources

- Telehealth FAQ
- Billing and Coding Guide

*COMING SOON*
- “How I Practice” Videos
  - Interpersonal and Domestic Violence
  - Anxiety
  - Contraception
Useful Resources

• APA Anxiety Articles: https://www.apa.org/topics/anxiety/

• Everyday Health Anxiety Resources: https://www.everydayhealth.com/anxiety/guide/resources/

• Blog posts, Events, Webinars & More: https://www.psychiatry.org/patients-families/anxiety-disorders

• Anxiety Disorder Resource Center: https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx
Questions? Contact WPSI Staff

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