

# How I Practice: Screening for Anxiety



# WPSI

Women's Preventive Services Initiative

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## Disclaimer

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# Presenter

## **Julia Skapik, MD, MPH, FAMIA**

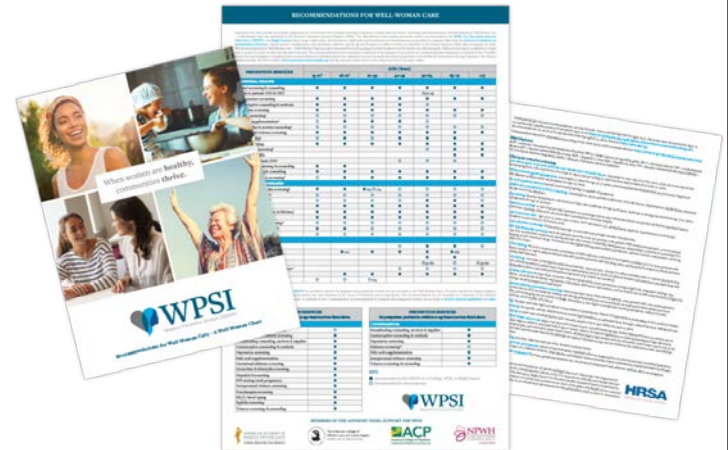
Julia Skapik is the Medical Director for Informatics for the National Association of community Health Centers (NACHC) and a board-certified Internist and Clinical Informaticist. Dr. Skapik is an industry as a member of the HL7 Board of Directors and the CMIO of LogicaHealth. She is currently a practicing community health provider with Neighborhood Health of Virginia.



No conflicts of interest to disclose.

# 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.



# What is anxiety?

**Table 1. Anxiety Disorders<sup>1</sup>**

Generalized Anxiety Disorder	Excessive anxiety and worry (apprehensive expectation) occurring more days than not for at least 6 months about a number of events or activities (such as work or school performance); the person finds it difficult to control the worry.
Separation Anxiety Disorder	Developing inappropriate and excessive fear or anxiety concerning separation from those to whom the individual is attached.
Social Phobia or Anxiety	Marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others.
Specific Phobia	Marked fear or anxiety about a specific object or situation (e.g., flying, heights, animals, receiving an injection, seeing blood).
Panic Disorder	Recurrent unexpected panic attacks. A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes.
Selective Mutism	A childhood disorder typified by an inability to speak in certain circumstances. Specifically, it is a consistent failure to speak in certain social situations where there is a natural expectation of speaking.
Agoraphobia	A disproportionate fear of public places, often perceiving such environments as too open, crowded, or dangerous.

\*Women's Preventive Services Initiative. Screening for Anxiety: Systematic Review. Retrieved from: <https://www.womenspreventivehealth.org/wp-content/uploads/Screening-for-Anxiety-Report.pdf>

# 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

### FAQ FOR TELEHEALTH SERVICES

WPSI resources assist you practitioners in preparing to offer preventive services to their patients through telehealth platforms whenever possible. Details and protocols about suitable telehealth modalities as an alternative for patient preventive visits and services. Each practice (single or multi-site, hospital, or other health care setting) should evaluate their local or regional situation to determine the best strategy for providing resources to care the patients with COVID-19 infection, while continuing to manage care for patients who are not infected with the infection or virus. In making these decisions, health care practitioners should consider several factors such as the general population, availability of local and regional resources, including staffing and provider personnel, equipment, availability of COVID-19 in the regional area, and type of practice setting, with an overall goal of providing, multiparty group practice, hospital-based clinical, Community, there is no single solution appropriate to all situations.

WPSI has worked alongside our partners to identify telehealth resources that can help clinicians to continue to provide health care to their patients. Please see below for additional resources as well as frequently asked questions. Visit <https://www.womenspreventivehealth.org>

### Women's Preventive Services Initiative (WPSI) 2020 Coding Guide

### Our Speaker

**Catherine T. Witkop, MD, MPH  
Col (Ret), USAF, MC**

Dr. Catherine Talana Witkop, MD, MPH, is the Associate Dean for Medical Education at the F. Edward Hebert School of Medicine, "America's Medical School," Uniformed Services University (USU), Bethesda, MD.

Dr. Witkop is Professor of Obstetrics & Gynecology and Preventive Medicine at USU and is board certified and clinically active in both specialties. Dr. Witkop is a Fellow of both the American College of Obstetricians and Gynecologists (ACOG) and the American College of Preventive Medicine (ACPM). She serves as USU Liaison on the Dissemination and Implementation Steering Committee and Multidisciplinary Steering Committee for the Women's Preventive Services Initiative (WPSI).

No conflicts of interests to disclose.

### Our Speaker

**Cee Ann Davis, M.D., M.P.H.,  
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Represents NACCHO on WPSI-DISC

Dr. Davis is currently Director of Blue Ridge Community Health, a nongovernmental organization providing public health and preventive health support services. She serves as Adjunct Faculty at Virginia Commonwealth University School of Medicine (teaching MPH Public Health Ethics and Interprofessional Education collaboration courses), and the Mary Baldwin University Murphy Deming School of Health Sciences (teaching the Physician Assistant women's Health Module). She received her B.A. and M.D. from U.Va., and her Residency training and M.P.H. from Johns Hopkins University. She is Board Certified both in Obstetrics and Gynecology (Ob/Gyn) and in General Preventive Medicine/Public Health.



## 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](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx)

## Questions? Contact WPSI Staff



New WPSI  
#WellWoman Chart



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