



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS

Anxiety

Marlin C. Hoover, PhD, MSCP, ABPP-CL

Southern New Mexico Family Medicine Residency Program

Clinical Director, Hoover and Associates

Anxiety

- **Most common psychiatric disorders**
 - 15.4% of community samples have an anxiety disorder
 - 5th most common clinical diagnosis in primary care (11% of all visits)
 - Often precipitated by or coexisting with somatic illness
 - More than half of all patients in US with a mental disorder receive their sole treatment from a PCP

Anxiety

- **Palpitations, Pounding Heart, Chest Pain or Discomfort**
- **Sweating/Trembling/Shaking, Chills or Hot Flushes, Paresthesias**
- **Sensation of Shortness of Breath or Smothering/Choking**
- **Nausea or Abdominal Distress**
- **Feeling Dizzy, Unsteady, Lightheaded, or Faint**
- **Derealization or Depersonalization**
- **Fear of Dying**

Tools for Assessment and Tracking

- **EMR (Electronic Medical Record) Based**
 - **Vital Signs** – BP, RR, HR, PO2
 - **PQRS 9 (Physician Quality Reporting System)**
CMS
 - **Smoking Status**

Medical Conditions That Cause or Exacerbate Anxiety

- **Hyperthyroidism**
- **Hypoglycemia**
- **Cardiovascular Disorders** (Arrhythmias, MI, CHF, Mitral Valve Prolapse)
- **Audio Vestibular Disorder**
- **COPD**

Anxiety

Panic Disorder	GAD	Social Anxiety Disorder	PTSD
SSRI' s	SSRI' s	SSRI' s	SSRI' s
SNRI	SNRI	SNRI	
TCA' s	TCA' s	TCA' s	TCA' s
	Trazedone	Beta Blockers	Beta Blockers
	Buspirone		

Behavioral Interventions

- Challenge anxiety provoking “**cognitive distortions**”
- **Progressive Muscle Relaxation** & breathing exercises
- **Aerobic exercise**
- **Biofeedback**
- **Sleep hygiene**



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS