

## Assessment of anxiety

<p>5Ws</p> <ul style="list-style-type: none"><li>• What</li><li>• When</li><li>• Where</li><li>• Why</li><li>• With whom</li></ul>	<p>Impact</p> <ul style="list-style-type: none"><li>• Occupational/financial</li><li>• Domestic/self-care</li><li>• Social</li><li>• Personal interests</li><li>• Relationships</li></ul>
<p>FIDO</p> <ul style="list-style-type: none"><li>• Frequency</li><li>• Intensity</li><li>• Duration</li><li>• Onset</li></ul>	<p>Features</p> <ul style="list-style-type: none"><li>• Physiological</li><li>• Cognitive</li><li>• Behavioural</li><li>• Affective</li></ul>

# Fight Or Flight Response

When faced with a life-threatening danger it often makes sense to run away or, if that is not possible, to fight. The *fight or flight response* is an *automatic* survival mechanism which prepares the body to take these actions. All of the body sensations produced are happening for good reasons – to prepare your body to run away or fight – but may be experienced as uncomfortable when you do not know why they are happening.

## Thoughts racing

Quicker thinking helps us to evaluate danger and make rapid decisions. It can be very difficult to concentrate on anything apart from the danger (or escape routes) when the fight or flight response is active

If we don't exercise (e.g. run away or fight) to use up the extra oxygen then we can quickly start to feel dizzy or lightheaded

## Dizzy or lightheaded

## Changes to vision

Vision can become acute so that more attention can be paid to danger. You might notice 'tunnel vision', or vision becoming 'sharper'

## Breathing becomes quicker and shallower

Quicker breathing takes in more oxygen to power the muscles. This makes the body more able to fight or run away

## Dry mouth

The mouth is part of the digestive system. Digestion shuts down during dangerous situations as energy is diverted towards the muscles

## Adrenal glands release adrenaline

The adrenaline quickly signals other parts of the body to get ready to respond to danger

## Heart beats faster

A faster heart beat feeds more blood to the muscles and enhances your ability to run away or fight

## Bladder urgency

Muscles in the bladder sometimes relax in response to extreme stress

## Nausea and 'butterflies' in the stomach

Blood is diverted away from the digestive system which can lead to feelings of nausea or 'butterflies'

## Palms become sweaty

When in danger the body sweats to keep cool. A cool machine is an efficient machine, so sweating makes the body more likely to survive a dangerous event

## Hands get cold

Blood vessels in the skin contract to force blood towards major muscle groups

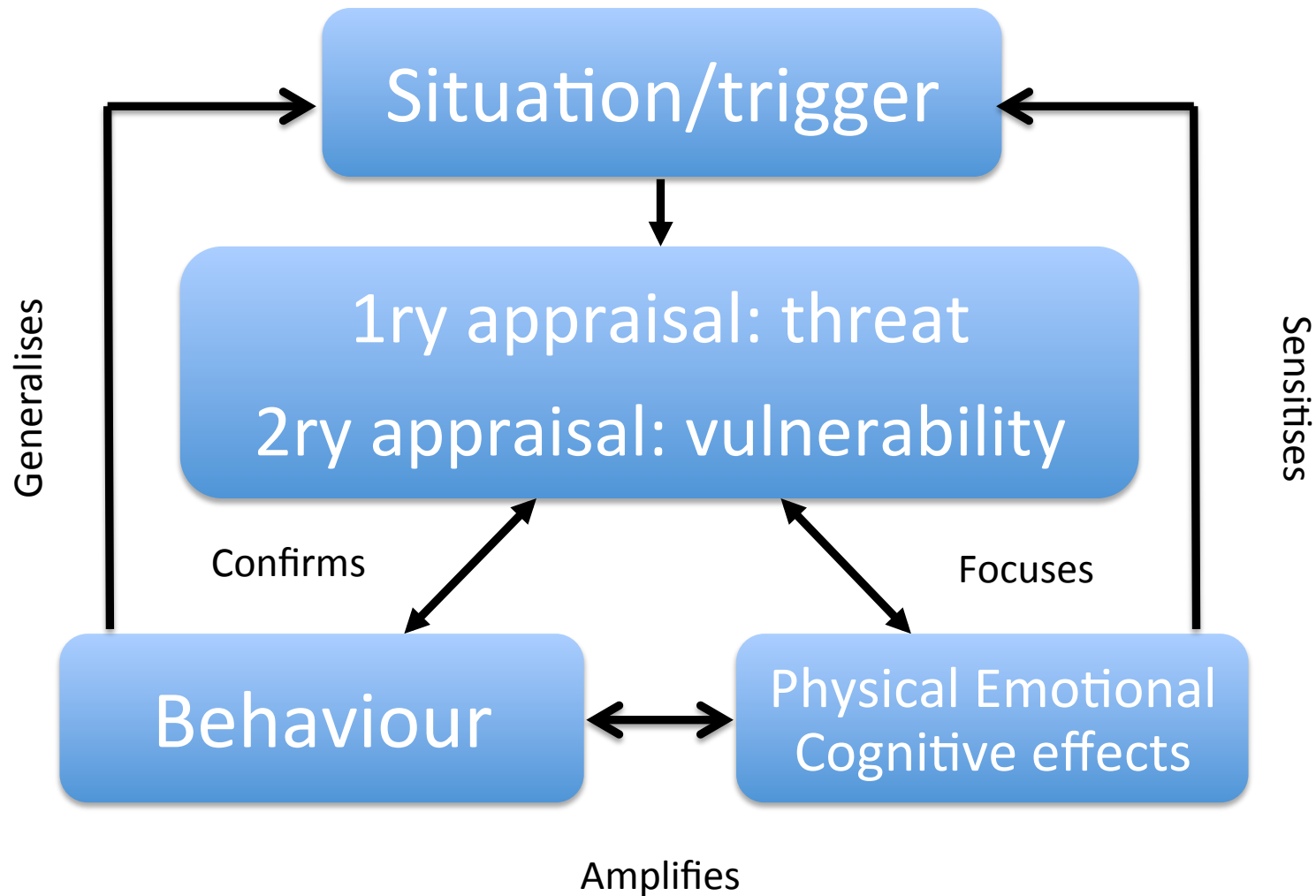
## Muscles tense

Muscles all over the body tense in order to get you ready to run away or fight. Muscles may also shake or tremble, particularly if you stay still, as a way of staying 'ready for action'

## Anxiety diary

Day	Time	Anxiety (0-10)	Thoughts, concerns or worries	Behaviour (avoidance & safety-seeking)	Consequences (+ & -)

# Anxiety feedback loops



# Anxiety equation

$$\text{Anxiety} = \frac{\text{Probability} \times \text{Awfulness}}{\text{Coping} + \text{Rescue}}$$

## Exposure hierarchy

<u>Briefly describe the anxious/avoided situation, object, sensation or intrusive thought/image</u>	<u>Anxiety</u> <u>(0- 100)</u>



## Behavioural experiment

Thought to be tested: "If...then..." (Rate credibility of belief: 0-100%)	Experiment (what, when, where, with whom)	Prediction (if belief is true)
Obstacles/barriers to overcome		Solutions/strategies to overcome barriers
What happened?	What did I learn (about the thought to be tested)?	



## Theory A vs. Theory B

Theory A	Theory B
The problem is...	The problem is I <b>worry</b> that...
Evidence for Theory A	Evidence for Theory B
Implications: what do I need to do if Theory A is correct?	Implications: what do I need to do if Theory B is correct?

## **P3R Plan (after Christine Padesky)**

What have you been avoiding?

How anxious does the thought of doing it make you feel (0-10)?

<p>Predict: what bad things might happen if you did this?</p>	<p>Prepare coping responses: what could you do when this happens?</p>
<p>Practise your responses (when, where, how, with whom)</p>	<p>Reflect: what have you learned about your vulnerability?</p>

## Uncertainty and change in behaviour (Dugas)

Date:
Description of the action chosen:
Discomfort during the action
Thoughts during the action
Observations after performing the action

## Worry questions

What are you worrying about?	
What is it about it that concerns you?	
What is the very worst that could happen? And what makes that so awful?	
What is the realistic likelihood of it occurring? How much would you bet on it?	
Make a specific prediction (worry hates specifics) How confident are you (out of 10)? How anxious does that make you feel (out of 10)?	
If your prediction came true, what could you do to deal with it? How would it look in 5 years?	
Who could you turn to for help? How practically would they help you?	
Is there anything you can or should do about your concern?	
If yes, when should you do it?	