

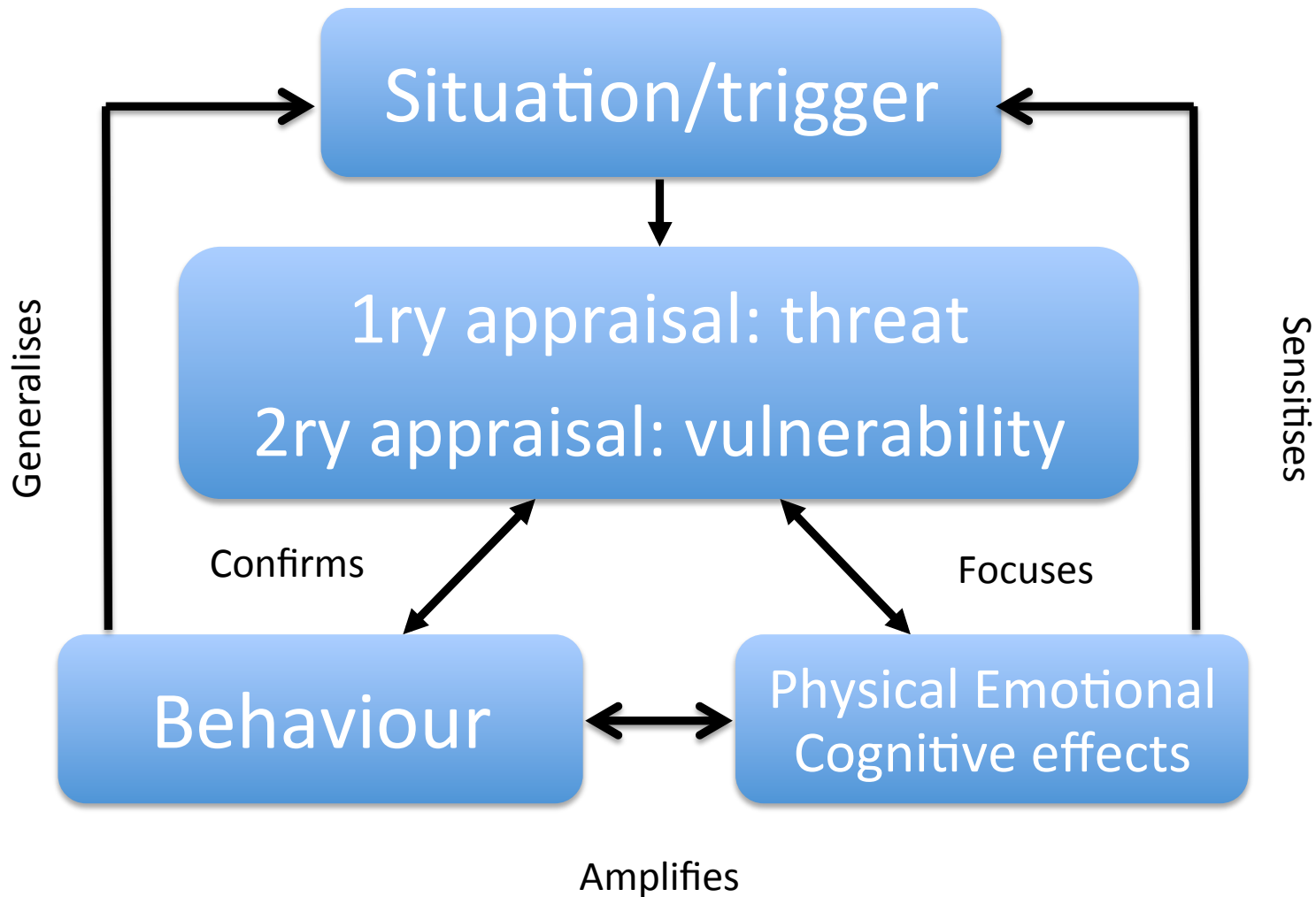
Assessment of anxiety

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

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>

Exposure diary

<u>Day/time</u>	<u>Exposure task</u>	<u>Duration.</u> <u>(mins)</u>	<u>Start</u> <u>(anxiety</u> <u>0-100)</u>	<u>Mid</u> <u>(anxiety</u> <u>0-100)</u>	<u>End</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 worry 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?	