CHAPTER 1 Understanding Anxiety Disorders

1. Defining Anxiety Disorders 16
   *Rebecca J. Frey and Teresa G. Odle*
   A general overview of the various anxiety disorders includes descriptions, symptoms, and available treatment options.

2. Treating Anxiety Disorders 24
   *National Institute of Mental Health*
   Treatment options for anxiety disorders depend on the patients’ preference and on their specific diagnosis, but can include medication, psychotherapy, or some combination of both.

3. Anxiety and Depression Are Closely Related 32
   *Michael L. Nichols*
   Many people who are affected by anxiety disorders are also affected by depression. The two disorders manifest similar coping strategies in patients and are genetically linked, while also benefiting from similar treatment options.

4. Managing Obsessive-Compulsive Disorder 41
   *Mark Rowh*
   Although the cause of obsessive-compulsive disorder is unclear, the disorder is understood to be brain-based. Treatments include medication and cognitive-behavioral therapy.
CHAPTER 2

Controversies Surrounding Anxiety Disorders

1. Anxiety Disorders Are Overdiagnosed and Overtreated  49

*Philip Hickey*

In modern society, there is a tendency to attach medical disorders to ordinary human feelings and reactions, which the marketers for pharmaceutical industries have exploited for their own gain.

2. Anxiety Disorders Are Underdiagnosed and Undertreated  57

*Raymond W. Lam*

Anxiety disorders are highly prevalent in the population, yet often mis- or underdiagnosed. Patients should be presented with a broader range of readily available treatment options, including antidepressants and cognitive-behavioral therapy.

3. Social Anxiety Disorder Is Not Just Shyness  66

*Martin A. Katzman*

Social anxiety disorder is a much more critical and harmful affliction than shyness and has the potential to interrupt and damage patients’ lives in a manner that needs to be recognized and treated with medication and therapy.

4. Social Anxiety Disorder and Shyness Are Similar  75

*Roger Dobson*

Shyness is a natural human trait that is too often being diagnosed as social anxiety disorder, and pharmaceutical companies and some health care practitioners are profiting from this trend.
5. Post-Traumatic Stress Disorder Is Underdiagnosed

Michael de Yoanna and Mark Benjamin

Soldiers returning from Iraq and Afghanistan are not being diagnosed with post-traumatic stress disorder because the U.S. military is worried about the costs associated with providing disability benefits. Physicians are being directed to make different diagnoses.

6. Post-Traumatic Stress Disorder Is Overdiagnosed

Daniel J. Carlat

Post-traumatic stress disorder is overdiagnosed because it has a loose and vague set of criteria. The disorder’s parameters need to be narrowed and redefined for the future.

CHAPTER 3

The Personal Side of Anxiety Disorders

1. Living with Agoraphobia

Shirley B.

An agoraphobic tells the story of her long journey from fearful seclusion and offers gratitude to those who have helped her face her fears.

2. A College Student Struggles with Obsessive-Compulsive Disorder

Huw Davies

A young man with obsessive-compulsive disorder describes his compulsive behaviors and his efforts to get them under control.
3. Fighting Panic Disorder Is a Lifelong Battle  111

*Harriet Brown*

Suffering from panic disorders has been a lifelong struggle for Harriet Brown, who explains the symptoms and the terror of a panic attack and her attempts to be free from them.

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