Managing Anxiety and Depression

By

Dr. David Basangwa
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Outline

- Introduction
- Definitions, anxiety & Depression
- Associated stress
- Prevalence
- Types of stress
- Causes
- Health effects
- Management
Anxiety

- A diffuse unpleasant sense of apprehension
- Usually accompanied with body signs and symptoms e.g. racing heart, sweating.
- A normal feeling for all
- Comes as we face difficult situations
<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Fear</th>
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<tbody>
<tr>
<td>Universal</td>
<td>Universal</td>
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<tr>
<td>Warns of Danger</td>
<td>Warns of danger</td>
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<tr>
<td>Allows for measures to deal with threat</td>
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<tr>
<td>Threat unknown, vague, internal</td>
<td>Threat known, External, definite</td>
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<tr>
<td>Disabling and chronic</td>
<td>Clear after threat is over</td>
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types

- Panic Disorder
- Phobias
- Obsessions – compulsive illness
- PTSD
- Generalized Anxiety
Prevalence

- Very common
- Make up one of the most common groups of MH problems
- 1 in 4
- Female more affected
Depression

- Is a mood disorder
- Persistent low mood, most of the day every day for 2 or more weeks
- Weak, no spontaneous movement.
  - slow speech with characteristic facial expression and posture.
Other signs and symptoms

- Grooming
- Thought
- Memory
- Lack enjoyment
- Isolate self
- Impulsivity
- Physical symptoms - poor sleep, appetite etc
Stress

- Stress is a very common disorder
- Affects every body
- Fastest growing disease
- Cuts cross all age groups
- Usually neglected because initially not painful.
Definition

- A pressure or force exerted on the body
- It is a feeling experienced WHEN a person perceives that demands are far greater than the available personal and social resources.
- Is a warning signal.
- Result is to adjust or cope
- Has Positive and Negative effects
prevalece

- Very common
- Stress, anxiety worry and aggression on the increase
- A wild wide epidemic
  neuro/psych - 10% to 15%
- 80% workers suffer stress on the job
- All top 5 diseases in GBD have a stress related element
<table>
<thead>
<tr>
<th>Disease burden</th>
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<tr>
<td>1990</td>
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<tr>
<td>Pneumonia</td>
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<tr>
<td>Diarrhea</td>
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<tr>
<td>DNM</td>
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<tr>
<td>Severe depression</td>
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<td>Heart disease</td>
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</table>
Nature and Types of stress

- Chemically mediated (adren. and cortisol)
- Acute/intense
  - accidents
  - being frightened
  - witnessing a tragedy
- Prolonged/chronic
  - work
  - marital problems
  - financial problems
  - chronic ailment
Causes of stress

- Daily hassles
- Life changes
- Genetic
- Personality type
- Lack of support
Note

- Stress is a subjective experience
- Stressor to one isn't to another
- Affected by:
  - how you perceive it
  - Individual constitution
Work hassles

- nature of work
  - too much work over a limited period
- degree of stress determined by both demand and controllability
- relationship with others
- sustainability
- Promotions
- Job dissatisfaction
- retirement
- work environment
Health hassles

- Physical illness
- Psychological illness
- Concern about medical treatment
- Concern about possible death
Environmental hassles

- Crime
- war
- Noise
- Traffic Jam
- Natural disaster
Financial responsibility

-loans
-fees
-investments
-Mortgage payments
-Rent
Household hassles

- Children
- domestic quarrels
- Shopping and maintenance
- Extended families
Traumatic events

- experiences of extreme danger
- out of range of usual human experience

Eg - natural disaster  Earthquake, floods
- Man made war, terrorist attacks
  plane crash, car crash, Fire

-Physical assault:  Rape, attempted murder
Life events and stress

- Death of spouse 100
- Divorce 73
- Marital separation 65
- Jail 63
- Death of family 63
- Major injury 53
- Job Loss 47
- Marital reconciliat 45
- Retirement 45
- Sick family member 44
- Pregnancy 40
- Sexual difficulties 39
- Dependant 39
Personality type

- Type A.
  hyper, highly driven, competitive, Impatient and aggressive and hostile.
  Eat, walk and talk rapidly. Are restless when others are slow. Tend to dominate.
  Cant surrender control or share power. Wont delegate and increase own work load.------→ Stress

- Type B opposite.
  relaxed, focus more on life. Pace themselves.
There is genetic predisposition to stress.
Common effects include

- High blood pressure
- Peptic ulcers
- Coronary heart disease
- Diabetes mellitus
- Obesity
- Cancer
- Asthma
- Chronic pain, (headache, backache etc)
- Low immunity
Psychological effects

- Depression
- Anxiety
- Overt psychosis (if predisposed)
- Burnout syndrome
Signs & symptoms of stress

- **Brain**: Panic, anxiety, headache, dizziness, lightheadedness
- **Heart**: palpitations, chest pain, irregular hb
- **Stomach**: Nausea+/- vomiting, diarrhea, constipation, lump
- **Muscles**: muscular pains
- **Lungs**: difficulty in breathing
- **Skin**: sweating
General symptoms

- Trembling
- Fear for impending doom
- Restlessness
- Foot tapping
- Fatigue
- Irritability and anger
- Racing thoughts
- Indecisiveness
- Poor sleep.
Stress measurement

- Psychological tests
- BP
- Temp
- Cortisol levels
Burnout

Definition
- A state of physical, mental & emotional exhaustion caused by long-term involvement in demanding situations.

Followed by symptoms of:

- Physical exhaustion,
- Feeling helpless and hopeless
- Negative about work, people and life.
(breaking point)
Dynamics of Burnout

- Develops slowly due to prolonged stress
- Sometimes not identified and mistaken for a character deficit
- Identified late when the person:
  - quits, gets sick, attempts suicide
  - gets to alcohol/drug abuse
Facts to know about B-O

- Caused by stress
- Environmental factors play a role
- It is a process
- Is infectious
- More for young than older workers
- No gender difference
- Reduced by job autonomy and Good social support
- Reduced by leisure
Stages of burnout

1. Enthusiasm
2. Stagnation – Expectations not met, no promotion, no reinforcement for doing job well.
3. Frustration – in trouble. Many questions about his impact, infects others
4. Apathy. = burnout. Chronic indifference. is a crisis stage that needs immediate intervention.
Symptoms of burnout

- Low work efficiency
- Absenteeism
- Alcohol/Drugs
- Clock watching
- Complaints
- Lack creativity
- Fear for work
- No enjoyment
Interpersonal

- Withdrawal from family, friends, relatives
- Overreacting - anger
- No separation of professional and social life
- Clients abuse privacy etc
- Medical
Stress management

- Prevention
  - Limit/avoid predisposing situations
  - e.g.
    - home
    - work
    - environment
Employee assistance program

- Screen for those at risk
- In-house counseling programs
- Training in stress management
  - relaxation, biofeedback, yoga etc
- Change workload if possible
- Enhance communication and interaction
- Environmental change where possible
Health

- Have regular medical exams
- Consult on issues you do not clearly understand

Explanation and proper management is comforting and reduces stress.
Moderators of stress

- **Exercise** - wonderful tool in stress mgt. offers psychological relaxation and improves physical health.

Types
  - aerobic
  - anaerobic

- **Social support**
  forms: emotional concern
  instrumental aid
  information
  appraisal
Personal management

- Calls for proper planning & management of work schedules.
- Delegation
- Promote self efficacy
- Avoid type A behavior.
- Take a break
- Psychological hardness.
- Sense of humor (a merry heart is like medicine.)
- Good and enough sleep
Diet

- A well balanced healthy diet.
  - Just enough in take
  - Plenty of Greens and fruits
  - Less fat, less red meat
  - Chicken/fish and sea foods.
  - Limit caffeine and alcohol
  - Avoid tobacco and other recreational drugs.
Relaxation

- Helps the body to rest and also prepare for the following day
- Takes various forms:
  - simple rest
  - audio/visual entertainment
  - guided imagery
  - Biofeedback, yoga, massage, meditation
  - conversation with people whose company you enjoy.
When to consult Medics

- Unable to work or function properly
- Feel anxious with no specific reason
- Heat intolerance
- Weight loss with good appetite
- Poor sleep
- Feeling low and frustrated.
- Unexplained body pains
- Worsening symptoms
Treatment forms

- Psychotherapy
- Medication.
Thank you