Anxiety Disorders: On Campus and in the Classroom
Anxiety Disorders: On Campus and in the Classroom

- The Spectrum of Anxiety
- The Experience of Anxiety
- Anxiety Disorders
- Anxiety in the Classroom
- Anxiety on Campus
- Resources
The Spectrum of Anxiety

- Anxiety is good...
- But what do we know about too much of a good thing?
- Nerves, anxious, and clinical anxiety
The Experience of Anxiety

- **Affective**
  - Nervous, anxious, jumpy, irritable

- **Cognitive**
  - What if...? Are they...? Did I...?

- **Physical**
  - Fatigue, muscle tension, cardiovascular responses

- Which means the brain is *busy* when anxious!
DSM-5 Anxiety Disorders

- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Panic Disorder
- Specific Phobias
- Agoraphobia
- Separation Anxiety Disorder
- Selective Mutism

- (OCD and PTSD are no longer considered anxiety disorders)
DSM-5 Anxiety Disorders

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DSM-5 Anxiety Disorders

- Generalized Anxiety Disorder
  - 12-month prevalence rate is 0.9% among adolescents, 2.9% among adults
  - Females 2x as likely as males

- Social Anxiety Disorder
  - 12-month prevalence rate is about 7%
  - Males slightly higher than females
Generalized Anxiety Disorder

- Excessive anxiety and worry occurring more days than not for at least 6 months about a number of worries.

- Difficult to control the worry.

- Associated with at least 3 of the following 6 symptoms:
  - Restlessness or feeling keyed up/on-edge
  - Being easily fatigued
  - Difficulty concentrating or going blank
  - Irritability
  - Muscle tension
  - Sleep disturbance

- Causes clinically significant distress or impairment.
Social Anxiety Disorder

- Marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others (e.g., *social interactions* like conversations, meetings; *being observed* like eating; *performing* like giving a speech)
- Individual fears they will act in such a way or show anxiety that will be negatively evaluated
- Social situations almost always provoke fear or anxiety
- Social situations are avoided or endured with intense fear or anxiety
- Fear or anxiety is out of proportion to the actual threat
- Fear, anxiety, avoidance is present 6 month or more
- Fear, anxiety, avoidance causes clinically significant impairment
Anxiety in the Classroom

- Decreased ability to attend lectures
- Decreased ability to attend in lecture
- Decreased ability to encode
- Poorer performance overall
- Self-fulfilling cycle
Anxiety of Campus

- Reduced engagement
- Increased isolation
- Poorer performance
- Higher rates of withdrawal from school
Resources

- Baylor University Counseling Center (BUCC)
- Office of Access and Learning Accommodation
- Baylor Psychology Clinic
- Community providers
- Psychotherapy & pharmacotherapy