



# PROGRAM SUPPORT NOTES

## Anxiety Disorders

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### ***For Teachers***

#### **Introduction**

An anxiety disorder is generally present when a person's emotional reaction is out of proportion to the level of worry or the anticipated threat, and this anxiety causes a general problem with everyday functioning. There are six different types of anxiety disorders and people can have more than one anxiety disorder at any one time. Anxiety disorders are one of the most common mental health disorders, affecting an increasing amount of adults and teenagers each year. This program will examine the causes, symptoms, and treatments for each of the six types. Expert interviewees and sufferers share their experiences and expertise in this informative program.

#### **Timeline**

00:00:00 What is an anxiety disorder?  
00:04:42 Generalised anxiety disorders and panic disorders  
00:09:11 Post traumatic stress disorder  
00:12:23 Obsessive compulsive disorder and phobias  
00:15:58 Young people and anxiety  
00:20:50 Credits  
00:21:49 end program

#### **Related Titles**

Dark Days – Shedding Light on Depression  
Health Inequities in Australia  
Global Health and Human Development  
Adult Health and Development  
Health Risks to the World's Young

#### **Recommended Resources**

<http://www.freedomfromfear.org>  
<http://au.reachout.com/find/articles/anxiety>  
<http://www.anxietyonline.org.au/>  
<http://youth.wyndham.vic.gov.au/gui/files/Orygen%20-%20Anxiety%20%26%20Young%20People.pdf>

### ***Student Worksheet***

#### **Initiate Prior Learning**

1. List five circumstances when you feel more anxious than usual.

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2. Explain your coping mechanism(s) when you feel higher levels of anxiety.

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3. Research the definition of an anxiety disorder (general). Compare how it is different to someone who may be anxious over a specific situation.

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4. Brainstorm as a class what you believe may lead to an anxiety disorder.

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## Anxiety Disorders

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5. Visit the Reachout Website (<http://au.reachout.com/find/articles/anxiety-disorders-types-causes-and-symptoms>). Write down the definitions of four types of anxiety disorders.

- Anxiety disorders 1

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- Anxiety disorders 2

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- Anxiety disorders 3

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- Anxiety disorders 4

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### Active Viewing Guide

1. How can anxiety play a beneficial role in our lives?

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2. Think of instances when anxiety has benefited you. Describe the situations and what resulted

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3. What is the % of people who experience a diagnosed anxiety disorder at some stage in their lives?

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4. Why have the incidences of anxiety disorders increased?

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5. When does anxiety become a problem?

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## Anxiety Disorders

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6. What are the six types of anxiety disorders mentioned in the program?

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7. What causes an anxiety disorder?

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8. Define generalised anxiety disorder (GAD).

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9. What does CBT stand for?

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10. Panic disorders can be treated in two ways. Identify and explain both treatments.

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## Anxiety Disorders

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11. Define PTSD.

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12. Is PTSD increasing or decreasing?

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13. Brainstorm life situations where PTSD could result.

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14. Can reliving the traumatic event help treat the person?

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15. Is recovery from PTSD possible?

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16. OCD can include what compulsive behaviours?

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## Anxiety Disorders

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17. Name and define two types of phobias?

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18. How common are anxiety disorders in young people?

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19. What do young adults often do to self-medicate? Why do you think they do this instead of seeking help?

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20. Why should people seek professional help?

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### Extension Activities

1. Investigate and report on five service providers in your local community that may support someone with an anxiety disorder (may include school services available).
2. If a friend confided in you about serious anxiety issues, how would you deal with it?
3. Design a pamphlet on one anxiety disorder outlining definition, signs and symptoms, causes, treatments and where to get help.
4. Debate as a class the following topic:  
  
    "The stigma associated with anxiety disorders is improving"
5. Research the statistics associated with the two types of anxiety disorders in your country. Analyse why the rates are decreasing/increasing.

### ***Suggested Student Responses***

#### **Initiate Prior Learning**

1. List five circumstances when you feel more anxious than usual.  
**Answers will vary but may include exams, public speaking, sports finals etc**
2. Explain your coping mechanism(s) when you feel higher levels of anxiety.  
**Answers will vary but may include; Exercise, relaxation, music, watching TV, socialising**
3. Research the definition of an anxiety disorder (general). Compare how it is different to someone who may be anxious over a specific situation.  
**Anxiety disorders can make you feel very anxious a lot of the time and this anxiousness can last over a long period of time and can happen in a lot of situations. This is different from a one-off anxious situation as anxiety disorders will start interfering with many areas of your day to day life, such as schoolwork, relationships and how you socialise with people (symptoms of an anxiety disorder)**
4. Brainstorm as a class what you believe may lead to an anxiety disorder.  
**Answers will vary.**
5. Visit the Reachout Website (<http://au.reachout.com/find/articles/anxiety-disorders-types-causes-and-symptoms>). Write down the definitions of 4 types of anxiety disorders.  
**Answers in link above**

### Active Viewing Guide

1. How can anxiety play a beneficial role in our lives?  
**Fight or Flight mode – anxiety can help with dangerous situations and help you persevere in solving problems.**
2. Think of instances when anxiety has benefited you. Describe the situations and what resulted.  
**Answers will vary.**
3. What is the % of people who experience a diagnosed anxiety disorder at some stage in their lives?  
**3.5%**
4. Why has the incidence of anxiety disorders increased?  
**Increased awareness, better diagnosis of symptoms, the speed at which we live our lives**
5. When does anxiety become a problem?  
**When it starts to affect our everyday lives and when you can't cope with everyday stressors.**
6. What are the six types of anxiety disorders mentioned in the program?  
**Generalised anxiety disorders  
Social anxiety disorder  
Panic disorder  
Specialised phobia disorders  
Post traumatic stress disorder  
Obsessive compulsive disorder**
7. What causes an anxiety disorder?  
**Genetic and environmental factors**
8. Define Generalised anxiety disorder.  
**Constant worry, dread and fear that something may or may not happen. Includes breathlessness, sweating and not wanting to talk. The person can be anxious for 6 months or more**
9. What does CBT stand for?  
**Cognitive behavioural therapy**
10. Panic Disorders can be treated in 2 ways. Identify and explain both treatments.  
**CBT – to address the unhelpful thoughts or behaviours causing the attacks, and knowledge based therapy – which is written material that helps the person understand the nature of the disease**
11. Define PTSD.  
**When a person experiences emotional shock after a traumatic event (i.e. war)**
12. Is PTSD increasing or decreasing?  
**Increasing**
13. Brainstorm life situations where PTSD could result.  
**Answers will vary.**

## Anxiety Disorders

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14. Can reliving the traumatic event help treat the person?

**Yes**

15. Is recovery from PTSD possible?

**Yes**

16. OCD can include what compulsive behaviours?

**Hand washing, compulsive thoughts, turning lights/appliances on/off, rearranging things, hoarding**

17. Name and define two types of phobias?

**Agoraphobia – fear of open spaces**

**Claustrophobia – fear of small spaces**

**Acrophobia – fear of heights**

**Mysophobia – fear of dirt and germs**

**Necrophobia – fear of death or dying**

**Phobophobia – fear of phobias**

18. How common are anxiety disorders in young people?

**1 in 10**

19. What do young adults often do to self-medicate? Why do you think they do this instead of seeking help?

**Alcohol/Drug use to self medicate for many reasons**

20. Why should people seek professional help?

**As the effects of their anxiety disorder may deteriorate in the long-term**