



MOOD, ANXIETY AND TRAUMA-RELATED DISORDERS

What are mood, anxiety and trauma-related disorders?

Mood disorders are psychological conditions characterized by an ongoing disturbance in mood, including elevation, depression or mood swings. Anxiety disorders are a group of clinically significant diagnoses characterized by overwhelming worry, fear or concern, ultimately interfering with one's quality of life and ability to function effectively at work, school or home.

Forms of mood, anxiety and trauma related disorders include:

- Depressive Disorders including Major Depressive Disorder
- Anxiety Disorders (Generalized, OCD, Panic)
- Bipolar Disorder
- Post-Traumatic Stress Disorder
- Trauma (including childhood and adult sexual, physical and emotional abuse)
- Attachment Disorders
- Personality Disorders
- Self-Injury
- Co-Occurring Substance Use and Mood and Anxiety Disorders
- Co-Occurring Eating Disorders and Mood and Anxiety Disorders
- Adjustment Disorder (due to recent changes, transitions or losses)
- Grief and Complicated Grief

Symptoms & Signs

Symptoms of mood, anxiety and trauma-related disorders – alone or co-occurring alongside an eating disorder – can be diverse, varying from person to person. Mood issues and anxiety tend to go hand-in-hand. It is common to see depressive features in a person struggling with debilitating anxiety, fear and worry. In general, these symptoms extend beyond “normal” sadness or concern associated with the events of daily life, and are instead prolonged, intense and debilitating.

Symptoms of mood disorders include:

- Sustained sadness or unexplained crying spells
- Irritability, anger, worry, agitation, anxiety
- Pessimism, indifference, apathy
- Feelings of guilt, worthlessness
- Changes in appetite and sleep patterns
- Loss of energy, lethargy
- Inability to concentrate, indecisiveness
- Inability to take pleasure in former interests or hobbies
- Social withdrawal
- Unexplained aches and pains
- Mood swings
- Recurring thoughts of death or suicide

Symptoms of anxiety disorders include:

- Persistent or intense fear or worry
- Feelings of nervousness, apprehension or dread
- Difficulty concentrating
- Feeling tense, “jumpy” or on edge
- Irritability
- Restlessness
- Physical symptoms of anxiety include fast/pounding heartbeat, sweating, shortness of breath, shaking/tremors/twitches, muscle tension, headaches, upset stomach, dizziness, frequent need to urinate, diarrhea, fatigue

Symptoms of traumatic stress disorders include:

- Hypervigilance
- Inability to concentrate
- Nightmares
- Unsettled and high levels of anxiety
- Sensitive startle reflex
- Avoidance of places, people, things, thoughts, or emotions that remind one of their trauma
- High levels of shame, guilt, and negative thoughts of oneself and others
- Loss of interest in enjoyable activities
- Relationship difficulties

Health Risks

- Weakened immune system/vulnerability to viral infections
- COPD
- Depressed appetite/nutritional deficiencies
- Depression
- Excretory and digestive issues, including IBS
- Increased risk of diabetes, high blood pressure and heart disease
- Increased risk of coronary events (especially among individuals with heart disease)

Mood, anxiety and trauma related disorders carry a heightened risk of suicide. In fact, upwards of 90 percent of those who commit suicide have a diagnosable and treatable mental illness.

FACTS & STATISTICS

Knowing the symptoms, causes, health risks and treatment for mood, anxiety and trauma related disorders is very important. Understanding the facts and statistics of just how prevalent and serious these disorders are just as important.

- Nearly one in ten people aged 18 and older have mood disorders (www.nlm.nih.gov)
- About 40 million American adults have some type of anxiety disorder every year (www.nimh.nih.gov)
- 7 to 8 out of 100 people will experience PTSD at some point in their lives
- Women are 60 percent more likely to have an anxiety disorder than men (www.nimh.nih.gov)
- Approximately 80 percent of individuals with eating disorders are diagnosed with another psychiatric disorder at some time in their life, most commonly depressive, anxiety and personality disorders. (Klump, Haye, Treasure & Tyson, 2009)

Research reveals a very high dual diagnosis rate among eating disorders and mood, anxiety and trauma related substance disorders:

- Approximately 80 percent of individuals with eating disorders are diagnosed with another psychiatric disorder at some time in their life, most commonly depressive, anxiety and personality disorders.
- Of those with anorexia nervosa, 48 percent have co-occurring anxiety disorders, 42 percent have co-occurring mood disorders and 31 percent have co-occurring impulse control disorders
- Of those with bulimia nervosa, 81 percent have co-occurring anxiety disorders, 71 percent have co-occurring mood disorders and 64 percent have co-occurring impulse control disorders
- Of those with binge eating disorder, 65 percent have co-occurring anxiety disorders, 46 percent have co-occurring mood disorders and 43 percent have co-occurring impulse control disorders (Hudson, Hiripi, Harrison & Kessler, 2007)
- A substantial majority of eating disorder patients had the onset of OCD, social phobia, specific phobia and Generalized Anxiety Disorder before the emergence of the eating disorder, suggesting that the disordered eating is a successful coping mechanism for those difficult feelings (Kaye, Bulik, Thornton & Barbarich, 2004)

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