

# Community Institute for Psychotherapy

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## 2021-2022 News & Notes



### October 2022 News and Notes

#### Shining the Spotlight on Anxiety

By Robin Joy Berenson, PhD, LMFT

Depression and anxiety, the most prevalent mental health conditions affecting Americans, are experienced by as many as 40 million individuals each year<sup>1</sup>. It is not surprising, then, that the U.S. Preventive Service Task Force has recommended routine screening for anxiety for all adults under 65. Statistics cited in the recommendations reveal that anxiety disorders often go unrecognized for many years: the median time between onset and treatment is 23 years.

According to the Mayo Clinic, “Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations.” Several specific anxiety disorders have been identified, and include “generalized anxiety disorder, social anxiety disorder (social phobia), specific phobias, and separation anxiety disorder.”<sup>2</sup>

The recent article in the *Washington Post* about the recommendations notes, “Treatment for anxiety can include psychotherapy, notably cognitive behavioral therapy; antidepressant or anti-anxiety medications; as well as various relaxation, mindfulness and desensitization therapies.”<sup>3</sup>

As noted by a number of sources, including the Anxiety and Depression Association of America, there are a number of lifestyle choices individuals can make that can address anxiety symptoms. These include a healthy diet; limiting or avoiding caffeine, alcohol, and other drugs; exercising; and getting adequate sleep.

For more information see “Tips and Strategies to Manage Anxiety and Stress” available from The Anxiety and Depression Association of America.

<sup>1</sup> <https://adaa.org/tips>

<sup>2</sup> <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>

<sup>3</sup> <https://www.washingtonpost.com/wellness/2022/09/20/mental-health-anxiety-screening/>