



核心課程編號： B16

焦慮性疾患



PGY	UGY
<p data-bbox="392 387 499 435"><u>知識</u></p> <ol data-bbox="392 464 1243 1034" style="list-style-type: none">1. 焦慮症的發生率、嚴重度、與其他身體疾病的關聯以及對身心靈各方面的影響2. 焦慮症的臨床表徵3. 焦慮症的診斷標準 (DSM-V)4. 焦慮症與其他精神疾病 (如憂鬱症、恐慌症、強迫症、身體化症等的鑑別)5. 心理諮商及情緒支持療6. 藥物治療的選擇、療效、及併發症 <p data-bbox="392 1062 499 1110"><u>技能</u></p> <ol data-bbox="392 1139 929 1264" style="list-style-type: none">1. 焦慮相關的病史詢問2. 焦慮相關的身體檢查	



In-Training Exam-焦慮

- ❖ 林小姐、35歲，無內外科病史。最近半年每週1至2次胸悶、呼吸急促、全身疼痛、四肢發麻等。症狀突然出現，數分鐘內發展至最嚴重程度。發作時疼痛感會從胸部跑到肚子、鼠蹊，好像關在不透氣房間。各醫院門診檢查沒有結果。林小姐非常焦慮，覺得自己一定生甚麼怪病。
- ❖ 焦慮症的發生率、嚴重度、與其他身體疾病的關聯以及對身心靈各方面的影響？ [20分]
- ❖ 焦慮症的診斷標準（DSM-V）？ [10分]
- ❖ 簡述與焦慮症相關的臨床表徵（至少五項）？ [10分]
- ❖ 簡述焦慮症與其他精神疾病鑑別的診斷（如憂鬱症、恐慌症、強迫症、身體化症）？ [20分]
- ❖ 簡述焦慮症藥物治療的選擇、療效及併發症？ [20分]
- ❖ 簡述焦慮症非藥物治療原則（包含心理諮商及情緒支持療）？ [20分]



前言

- ❖ 焦慮症的病因是多元性的，他受先天遺傳，後天教養與環境等複雜因素的影響，也就是說遺傳體質，生長環境與生活壓力等，都可能是焦慮症的病因。在一般成年人口中約有百分之五的人患有此症，其好發年齡為二十歲至三十歲，且女性罹患者比男性患者多一倍。
- ❖ 由於廣泛性焦慮症是一種慢性的疾病，倘若不就醫治療，病態的焦慮很有可能一直持續下去，直到焦慮把一切都搞砸。
- ❖ 臨床上發現，廣泛性焦慮症相當容易與其他疾病並存，最常見的就是與重度憂鬱症一同出現。
- ❖ 其次是其他焦慮症，例如：恐慌症、畏懼症、強迫症等等。某個研究顯示：廣泛性焦慮症患者高達九成合併有其他疾病



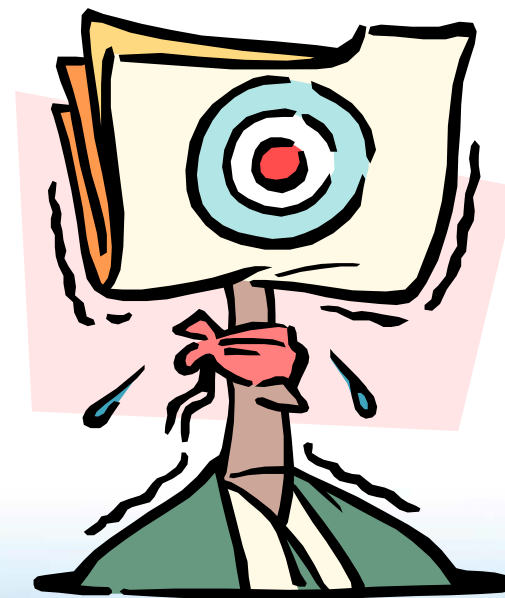
害怕 v.s. 焦慮

❖ 害怕 (Fear)

- 對於知其來由的威脅之適度反應

❖ 焦慮 (Anxiety)

- 對於威脅的反應
 - 未知的
 - 模糊的
 - 衝突的





焦慮症的嚴重度、與身心靈各方面的影響

❖ *Affective symptoms*

- Mild edginess, terror, panic

❖ *Behaviors*

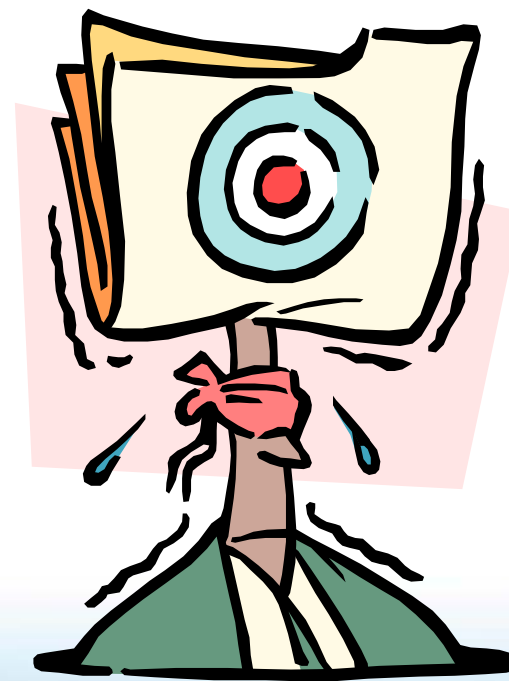
- Avoidance, compulsions

❖ *Cognitions*

- Worries, apprehension, obsession, thoughts about emotional or bodily damage

❖ *Physical symptoms*

- Autonomic arousal: tachycardia, tachypnea, diaphoresis and lightheadness





焦慮症的發生率

❖ USA

- Most common chief complaints in people seeking help from primary care physicians—11% (Schurman et al., 1985)
- Benzodiazepine use—up to 20% of patients in primary care setting during a 6-month period (Wells et al., 1990)
- ❖ The majority of “heavy users” of primary care or emergency resources—mood and anxiety difficulties
- ❖ Chronic ill patients with higher visit rate have higher anxiety and depression



焦慮症的臨床表徵

- 失控
- 死亡
- 依賴與親密
- 分離與陌生
- 罪惡與懲罰
- 潛意識危機的信號
- 自尊的失落
- 學習來的焦慮
- 情境焦慮
- 表現焦慮(怯場)



焦慮症的診斷標準 (DSM-V)

- ❖ DSM-V為此做了個明確規定，明白指出：若要診斷為廣泛性焦慮症，必須符合下列幾點——
- ❖ 1.在六個月裡頭，大多數得日子裡，都有過度焦慮與過度憂慮某事的現象。
- ❖ 2.患者自覺已經無法控制自己的焦慮
- ❖ 3.焦慮跟憂慮會伴隨著下列症狀中的至少三項：
 - ❖ A.坐立難安
 - ❖ B.容易疲倦
 - ❖ C.無法集中注意力、腦袋一片空白
 - ❖ D.暴躁易怒
 - ❖ E.肌肉緊繃
 - ❖ F.睡眠障礙（無法入睡、或者無法熟睡）
- ❖ 4.患者的症狀不能單用其他精神疾病就可以解釋
- ❖ 5.焦慮、憂慮、以其伴隨的身體症狀已經嚴重到影響患者的日常生活、人際關係、職業功能
- ❖ 6.這類症狀不是因為藥物（如使用安非他命等）或身體疾病（如甲狀腺功能亢進）所造成的



Pathological anxiety

❖ *Autonomy*

- Distress with a minimal relation to an external cause

❖ *Intensity*

- A high level of discomfort and severity of symptoms

❖ *Duration*

- Persistence of symptoms over time

❖ *Behavior*

- Avoidance, compulsions, disabling behavioral strategies



焦慮症的病因

❖ 生物學病因

- 神經傳導物質：
 - Serotonin(5-HT), Norepinephrine, Dopamine, GABA
- 腦影像學及神經內分泌學
 - 如: OCD病人在額葉,尾核的結構及功能變化
- 基因,體質,遺傳因素



焦慮症的病因

❖ 心理學病因

- 心理防衛機轉
 - Phobia: displacement, symbolization
 - OCD: undoing, isolation, reaction formation
 - PTSD: regression, repression, denial, undoing
- 學習反應
 - Classical and operational conditioning
 - Social learning theory



焦慮症的病因

❖ 社會文化因素

- 文化相關症候群:
 - 畏寒
 - 縮陽
 - 神經衰弱
 - 自律神經失調.....



焦慮症與其他精神疾病

- ❖ *Panic disorder*
- ❖ *Generalized anxiety disorder*
- ❖ Phobic disorders
 - Agoraphobia
 - Social phobia
 - Specific phobia
- ❖ Obsessive –compulsive disorder
- ❖ Acute stress disorder and posttraumatic stress disorder



Anxiety disorders

- ❖ *Anxiety disorder due to a general medical condition*
- ❖ *Substance-related anxiety disorder*
- ❖ *Other Anxiety Disorders*
 - *Adjustment disorder with anxiety*
 - Anxiety secondary to other psychiatric disorders
 - Major depression, schizophrenia, mania, delirium, dementia
 - Mixed anxiety-depressive disorder



Panic attack 恐慌發作

- ❖ Intense fear or discomfort, reaching peak within minutes, associated with.....
 - 符合下列四項以上:
 - Palpitation, Sweating, Tremor
 - Shortness of breath, Choking, Chest pain, Nausea/vomiting
 - Dizziness, Derealization/depersonalization, Losing control/crazy, Dying, Paresthesia, Chills/hot flushes



Panic disorder 恐慌症

❖ Recurrent unexpected panic attacks with

- Anticipatory anxiety 預期性焦慮
- Worries about the consequences 對於結果的擔憂
- Significant behavior change 行為上大幅改變

❖ Panic disorder

- With agoraphobia
- Without agoraphobia

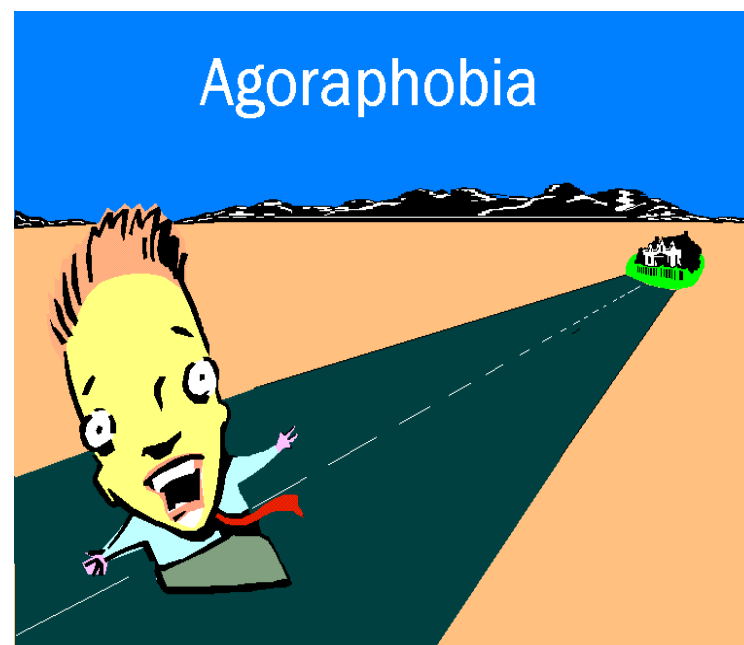


Agoraphobia 懼曠症

- ❖ Fear of

 - Being in open places
 - Outside the home alone
 - In a crowd

- ❖ Housebound
- ❖ Need a companion





Specific phobia/simple phobia

單純性畏懼症

- ❖ Irrational fear of an object
 - High places, blood-injection, animals.....etc.
- ❖ Massive anxiety while exposure to the feared object
- ❖ Avoiding it at all costs



Social phobia 社交恐懼症

- ❖ Irrational fear of public situations
 - Speaking in public, eating in public, using public bathrooms
- ❖ Anxiety about the negative evaluation from other people

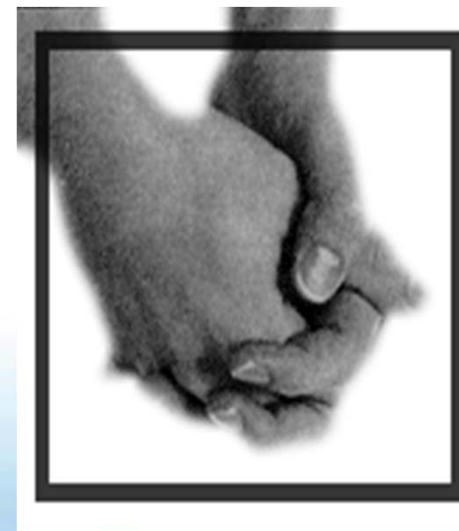




Obsessive–compulsive disorder (OCD)

強迫症

- ❖ Recurrent intrusive thoughts, images, impulses (obsessions 強迫思考)
- ❖ Repetitive patterns of behaviors or actions, rituals, mental actions (compulsions 強迫行為)
- ❖ Ego-alien, ego-dystonic
- ❖ Anxiety while resisted





Posttraumatic stress disorder(PTSD)

創傷後壓力疾患

- ❖ Extreme stress
 - 極重大壓力事件
 - 如921集集大地震, 風災, 人禍, 戰鬥
- ❖ Re-experiencing
 - 重複經驗此事件 [在夢中或類似情境]
- ❖ Phobic avoidance
 - 極力想避免類似情境、如驚弓之鳥
- ❖ Hyperarousal
 - 焦慮不安、憂鬱、驚恐害怕
- ❖ >1 month → PTSD
- ❖ <1 month → acute stress disorder (ASD)





Generalized Anxiety Disorder(GAD)

廣泛性焦慮症

- ❖ 愁來無方(free-floating anxiety),坐立不安,易疲勞,心神不寧,全身痠痛,無法成眠.....
- ❖ Excessive anxiety and worries, associated with 3 of the following in 6 months
 - Restlessness
 - Easily fatigued
 - Difficulty in concentration
 - Irritability
 - Muscle tension
 - Sleep disturbance





Organic anxiety disorders

器質性焦慮疾患

❖ Medications

- Beta-agonists, theophyllines, steroids, thyroid hormones and sympathomimetics

❖ Medical illness

- Thyroid dysfunctions, hypoglycemic episodes, hyperparathyroidisms, arrhythmias, COPD and seizure disorders

❖ Substance use or withdrawal

- Caffeine, amphetamines, cocaine
- Alcohol, sedative-hypnotics



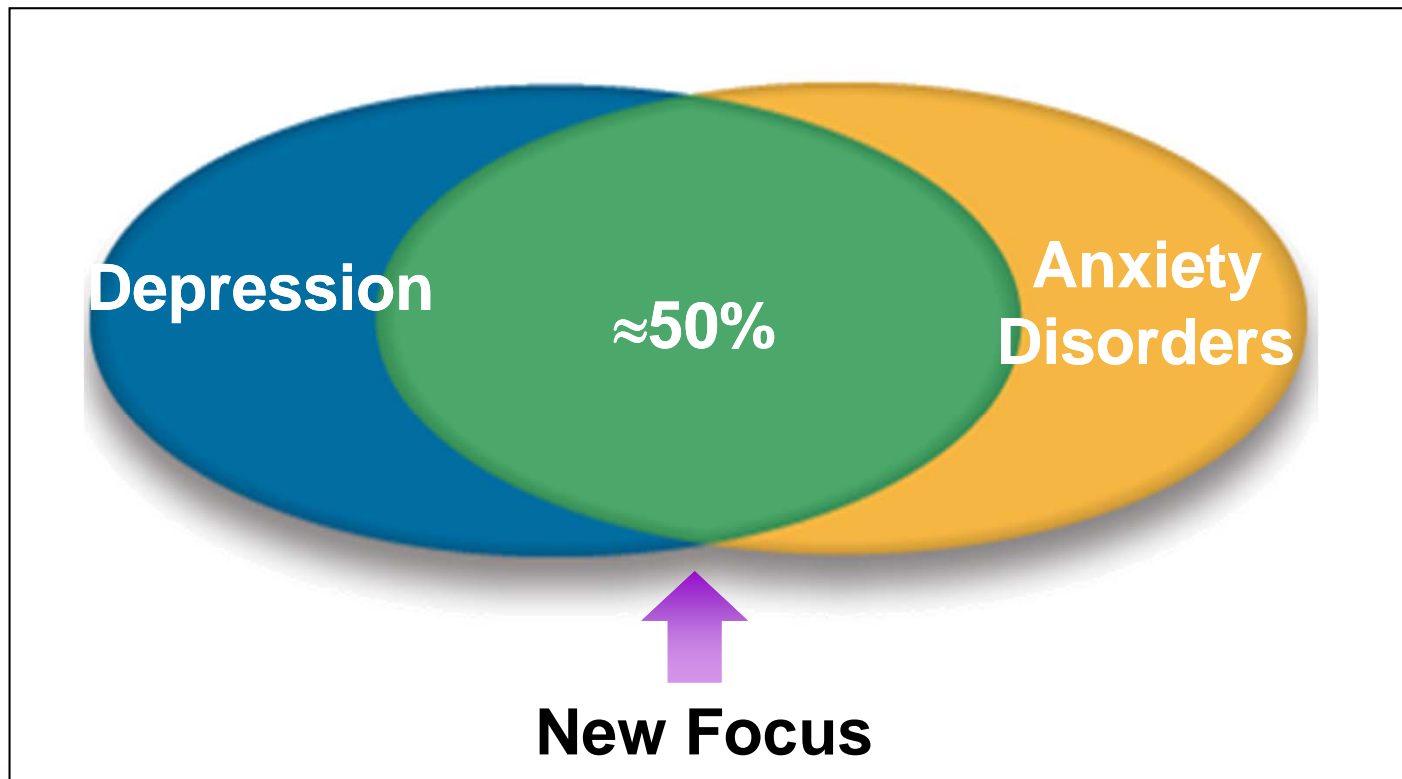
Clinical course of anxiety disorders

- ❖ Improvement rather than cure
- ❖ High rates of relapse after discontinuation of pharmacotherapy
- ❖ 常合併憂鬱症、酒癮或藥癮
- ❖ 同一人可同時罹患二種以上焦慮性疾患



Significant Comorbidity in Patients with Mood and Anxiety Disorders

Current 12 Months*

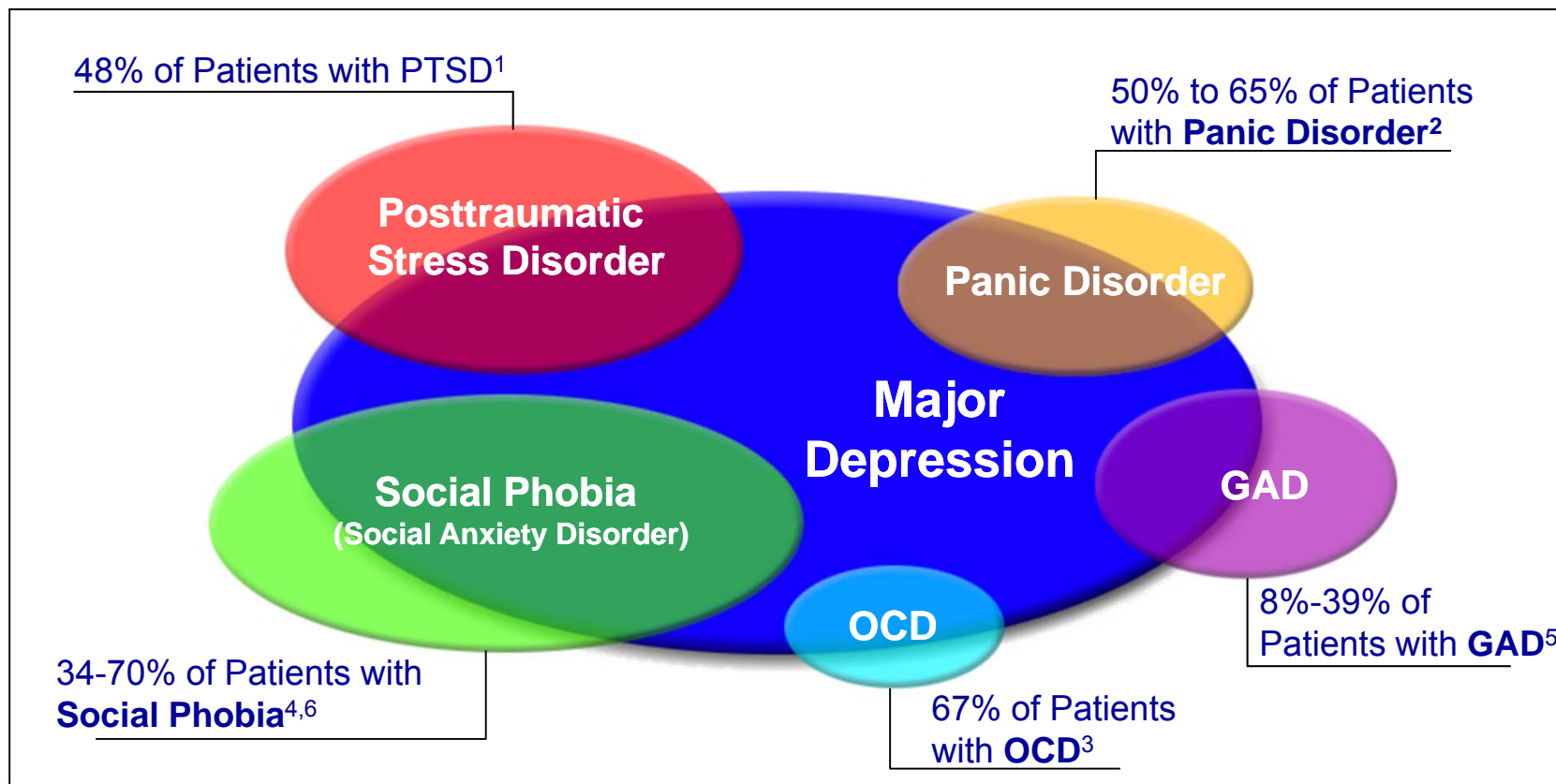


**National Comorbidity Survey*



Comorbid Mood and Anxiety Disorders

Lifetime Comorbidity



1. Kessler et al. *Arch Gen Psychiatry*, 1995 2. DSM-IV 3. Rasmussen. *Psychopharmacol Bull*, 1988 4. Van Ameringen et al. *J Affect Disord*, 1991 5. Brawman-Mintzer, Lydiard RB. *J Clin Psychiatry*, 1996 6. Stein et al, *Am J Psychiatry*, 2000



Pharmacological treatment of anxiety disorders

- ❖ **Panic disorders**
 - SSRIs, TCAs, MAOIs, benzodiazepines (eg., Xanax-CT, Rivotril)
- ❖ **Generalized anxiety disorders**
 - Buspirone, benzodiazepines (e.g., Xanax-XR, Rivotril), **venlafaxine**, SSRIs
- ❖ **Obsessive-compulsive disorders**
 - Clomipramine, SSRIs
- ❖ **Social phobia**
 - SSRIs, MAOIs, buspirone
- ❖ **Posttraumatic stress disorder**
 - SSRI……etc.
- ❖ **Performance anxiety**
 - Beta-blocker, benzodiazepines



心理諮商及情緒支持療法

針對壓力反應,自我控制

腹式呼吸

放鬆技巧訓練

生理迴饋

認知重塑

運動

針對造成壓力的情境,減少或修正壓力源產生

有效時間管理

自我肯定訓練



腹式呼吸

簡單易學

方便好用

深呼吸--用“丹田”呼吸

慢慢深吸一口氣 (1---2---3---4---5)

再慢慢吐出來 (6---7---8---9---10)



藥物治療的選擇、療效、及併發症

- ❖ 三環抗鬱劑
(tri-cyclic antidepressant, TCA)
 - imipramine, clomipramine, amitriptyline, maprotiline
- ❖ 單胺氧化酵素抑制劑
(monoamine oxidase inhibitor, MAOI)
 - phenelzine, tranylcypromine
- ❖ 選擇性血清素回收抑制劑
(selective serotonin reuptake inhibitor, SSRI)
 - fluoxetine, setraline, paroxetine, fluvoxamine, citalopram
- ❖ 血清素及去甲基腎上腺素回收抑制劑
(serotonin-norepinephrine reuptake inhibitor, SNRI)
 - venlafaxine



Benzodiazepines

❖ 四大作用：

- 抗焦慮、安眠、肌肉鬆弛、抗癲癇

❖ 一服見效

❖ 以半衰期分短效、中效、長效

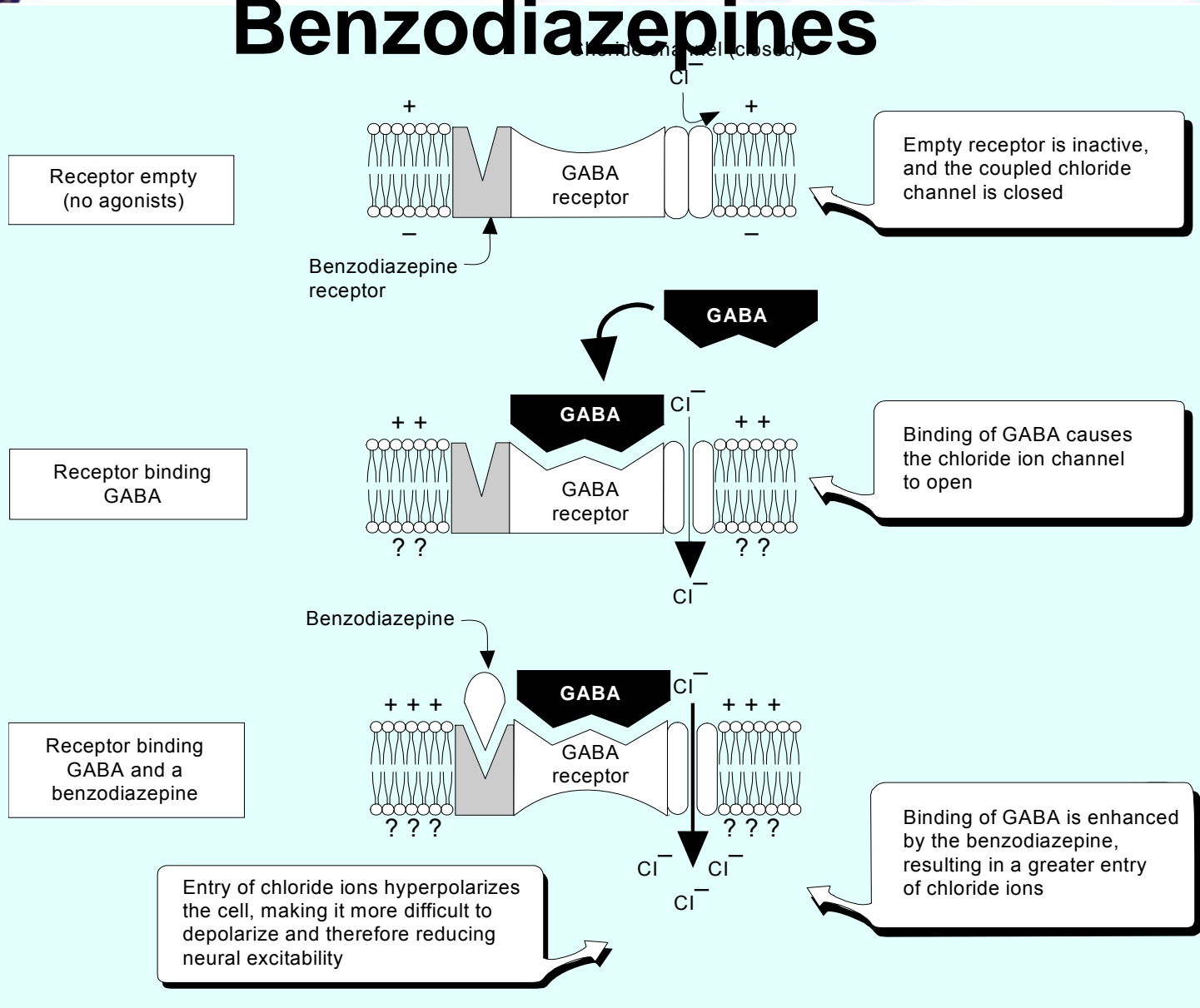
❖ 適應症：焦慮症狀、失眠、酒精戒斷等

❖ 安全性高，過量亦不易致死（除非與酒精或其他鎮定藥物共用）

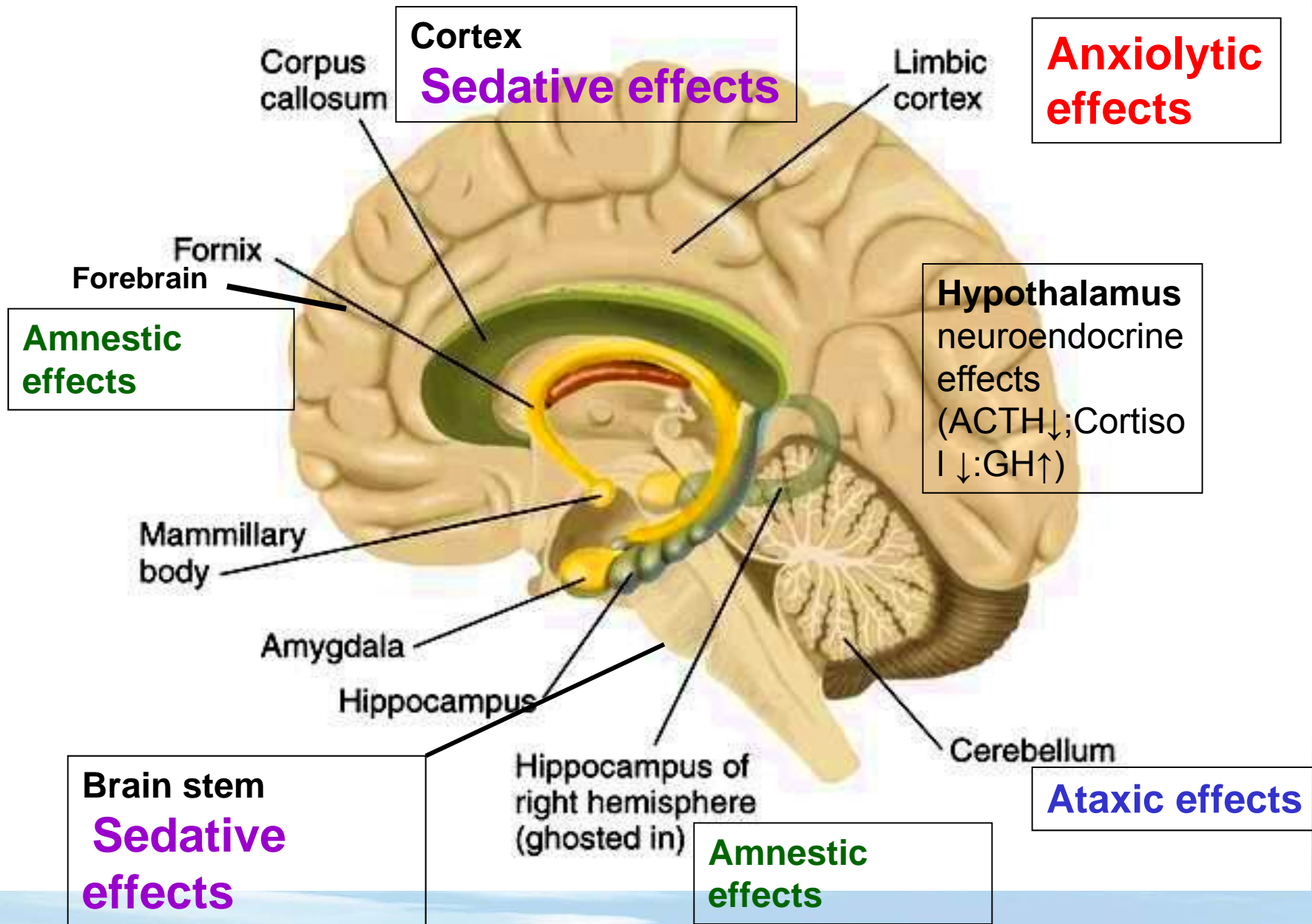
❖ 戒斷症狀明顯，易造成依賴



Mechanism of Benzodiazepines



► Major Components of the Limbic System





Beta-adrenergic blocker

- ❖ For **performance anxiety** (怯場)
- ❖ Not effective in panic attacks but sometimes helpful in hyperventilation syndrome
- ❖ Alleviation of palpitation, hand tremor and sometimes chest tightness
- ❖ Propranolol (Inderal)
 - 10—40 mg at one time
 - 30—320 mg/day