TOOL KIT
FOR THE MANAGEMENT
OF
ADULT ANXIETY
The clinical tool kit is intended to assist the PCP in assessing the needs of the adults ages 18 and older, regarding anxiety and decisions regarding health care services provided by the PCP or subsequent referral to the Regional Behavioral Health Authority (RBHA) if clinically indicated. Tools include:

- The decision making algorithm (Used when there is a minimum score of 10 on the “Adult Anxiety Screening/Scoring Tool”)
- The Adult Anxiety Screening/Scoring Tool
- The list of medications universally available through AHCCCS Health Plans and the RBHA.

Clinical resources and adaptations of clinical sources are referenced within the individual documents.

NOTE:

- A RBHA consultation is available at any time.
Consider the role of a general medical condition (Hyperthyroidism, Respiratory illness, Cardiac disease) or substance use and whether the anxiety is better accounted for by another mental disorder.

A) Anxiety disorder due to a general medical condition
B) Alcohol-induced anxiety disorder or Substance-induced anxiety disorder.
C) Other Mental Disorder

-Complete Medical Work-up or Substance Treatment Referral to RBHA clinic

Do the presenting symptoms include one or more panic attacks?

A) Panic disorder without agoraphobia
B) Panic attacks occurring within the context of an anxiety disorder

-Consider referral for psychotherapy to RBHA clinic
-Consider SSRI and/or office based anxiolytic therapy or re-evaluate wellness once a week
-Consider psychiatric telephonic consultation with RBHA psychiatrics or case transfer

Do the presenting symptoms include fear, avoidance or anxious anticipation about one or more specific situations?

A) Social phobia (avoidance of social situations)
B) Specific phobia (avoidance of a specific object or situation)
C) Panic disorder w/agoraphobia (avoidance of situations in which escape may be difficult in the event of panic)
D) Agoraphobia without history of panic disorder (avoidance of a situation in which escape may be difficult)

-Consider psychotherapy referral to RBHA clinic
-Consider telephonic consultation with RBHA psychiatrist and office based medication management or case transfer

Do the presenting symptoms include fear of separation?

Separation anxiety disorder (anxiety concerning separation from a major attachment)

-Consider psychotherapy referral to the RBHA clinic
-Consider telephonic consultation with RBHA Psychiatrist or case transfer

Is the presenting worry or anxiety related to recurrent or persistent thoughts (obsessions) and/or ritualistic behaviors or recurrent mental acts (compulsion)?

Obsessive-compulsive disorder

-Consider psychotherapy referral to the RBHA clinic and office based medication management
-Consider telephonic consultation with RBHA Psychiatrist or case transfer

Are the presenting anxiety symptoms related to re-experiencing highly traumatic events?

A) PSTD (of symptoms persist at least 4 weeks)
B) Acute Stress Disorder (if symptoms persist for less than 4 weeks)

-Consider psychotherapy referral or RBHA clinic and medication management
-Consider telephonic consultation with RBHA Psychiatrist or case transfer

Have pervasive anxiety symptoms and worry been associated with a variety of events or situations and persisted more than 6 months.

Generalized Anxiety Disorder

-Consider psychotherapy referral or RBHA clinic and medication management
-Consider telephonic consultation with RBHA Psychiatrist or case transfer

Are the symptoms in response to a specific, psychosocial stressor?

Adjustment disorder with anxiety or Adjustment disorder with mixed anxiety and depressed mood

-Consider psychotherapy referral to RBHA clinic and office based medication management
-Consider telephonic consultation with RBHA Psychiatrist or case transfer

Is the anxiety clinically significant and are criteria not met for any of the previously described specific disorders?

Anxiety disorder, N.O.S. Adjustment disorder with mixed anxiety and depressed mood

-Consider short-term medical management and referral to RBHA clinic

-Medical and psychiatric differential diagnostic assessment required
-Medical evaluation is negative, refer to RBHA clinic

*Based on algorithms developed guide to Psychiatric diagnosis in primary care
*Sole usage of Algorithms is not a substitute for a comprehensive clinical assessment

Pingitore, D and Sansone, R., American Family Physicians, Vol. 58/no.6 (1998)
Diagnoses are defined in DMS-IV-TR
**ADULT ANXIETY SCREENING**

**FOR AGES 18 AND OLDER**

Over the past two weeks, how often have you been bothered by the following problems?

<table>
<thead>
<tr>
<th>QUESTIONS (rate by placing score (#) in box)</th>
<th>NOT AT ALL (0)</th>
<th>SEVERAL DAYS (1)</th>
<th>MORE THAN ½ DAYS (2)</th>
<th>NEARLY EVERYDAY (3)</th>
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<tbody>
<tr>
<td>Feeling nervous, anxious, or on edge</td>
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<td>Not being able to stop or control worrying</td>
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<tr>
<td>Worrying too much about different things</td>
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<td>Having trouble relaxing</td>
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<td>Being so restless that it is hard to sit still</td>
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<tr>
<td>Becoming easily annoyed or irritable</td>
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<td>Feeling afraid, as if something awful might happen</td>
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**NOTE:**
the scale is 0 to 21,
0 = no degree of anxiety
10 or more- proceed to algorithm for treatment
15-21 = high degree of anxiety


Effective Date: 05/01/2009
# Anxiety

**Universally Available Medications Through AHCCCS Health Plans and RBHA Provider**

<table>
<thead>
<tr>
<th><strong>Selective Serotonin Reuptake Inhibitor</strong></th>
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<tbody>
<tr>
<td>Fluoxetine (Prozac)</td>
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<tr>
<td>Paroxetine (Paxil)</td>
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<tr>
<td>Sertraline (Zoloft)</td>
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<table>
<thead>
<tr>
<th><strong>Tricyclic Antidepressant</strong></th>
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<tbody>
<tr>
<td>Imipramine (Tofranil)</td>
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<table>
<thead>
<tr>
<th><strong>Benzodiazepine</strong></th>
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<tbody>
<tr>
<td>Lorazepam (Ativan)</td>
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<tr>
<td>Clonazepam (Klonopin)</td>
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<tr>
<th><strong>Serotonin Partial Agonist</strong></th>
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<tbody>
<tr>
<td>Buspirone (Buspar)</td>
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*Refer to health plan for prior authorization requirements and medication availability.

Initial Effective Date: 05/01/2009  Revision Date: 05/01/2011