

Program Title	Help for Anxiety: Treatments that work
Product Number	DVD: DVDANX001 v01 Booklet: ANX001B v01 Worksheet: ANX001W v01
Release Date	June, 2012
Update Schedule	Every 6 months
Components	Video - 31 minutes, booklet - 52 pages, Health Crossroads®
Audience	<p>This program is for:</p> <ul style="list-style-type: none"> • People who have been told by a doctor that they have an anxiety disorder, or • People who have symptoms of anxiety that affect their daily life. <p>The information in this program applies to most people who have common anxiety problems, such as generalized anxiety disorder, panic disorder, or a phobia. There are other types of anxiety conditions (such as obsessive compulsive disorder (OCD) and posttraumatic stress disorder (PTSD) and additional treatments for those conditions that are not discussed in this program.</p> <p>The information in this program is not designed to meet the special health or medical needs of:</p> <ul style="list-style-type: none"> • People under age 18 • Pregnant or breastfeeding women • People receiving care for anxiety in a hospital or inpatient setting • People with an active substance or alcohol abuse problem, as this may complicate treatment.
Summary	<p>This program is intended to encourage people with anxiety problems to get medical help, explain that they have choices for treating and managing their anxiety symptoms, and explore how their preference for treatments can influence how well treatments work.</p> <p>Effective treatments for managing anxiety symptoms include self-help, cognitive-behavioral therapy (CBT), and prescription medications. Each has advantages and disadvantages.</p> <ul style="list-style-type: none"> • Self-help is making changes to your lifestyle to improve your physical and mental health. It is a good place to start if anxiety symptoms are mild or if you want to take time before deciding about other treatments. If self-help does not improve symptoms, you are encouraged to see a healthcare provider for a medical evaluation and to try other treatments before symptoms become severe and more difficult to treat. • Cognitive-behavioral therapy (CBT) focuses on changing thoughts and behaviors to reduce anxiety symptoms. You learn skills to help you deal with anxiety and stress over the long-term. CBT avoids the possible side effects of medication. CBT takes time and effort, and a willingness to make changes and learn new coping skills. <p><i>(continued)</i></p>

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	<ul style="list-style-type: none"> • Prescription medications can be effective for treating anxiety, especially severe anxiety, but side effects and interactions with other medications are sometimes a problem. <p>Some people find that a single treatment method can ease their symptoms, but others may benefit from combining treatments, for example, taking medication for a short time while learning CBT methods, or combining self-help with CBT. Because symptoms often recur in people with anxiety disorders, it is important to plan ahead for how to manage anxiety if it comes back.</p>
Booklet and Crossroads®	<p>The booklet and Crossroads Web site provide additional information, including:</p> <ul style="list-style-type: none"> • Description of anxiety symptoms and types of anxiety disorders • Possible causes of anxiety problems • How to manage anxiety and other health conditions that commonly co-exist with anxiety • How to work with healthcare providers to get effective treatment, including how to find a therapist who can provide CBT • Descriptions of effective treatments—self-help, CBT, and prescription medications—and the pros, cons, and effectiveness of each • Other issues, such as the chance of increased medication side effects in people over age 60 and how to deal with symptoms that come back. <p>The booklet and Web site include an <i>Anxiety Symptom Checklist</i> that people can fill out and bring to a doctor’s appointment. They also contain a glossary, a list of resources for more information, and selected references that support the program content.</p>
Clinical Advisors	<p><u>Medical Editor</u> John W. Williams, Jr., MD Duke University Medical Center Durham, NC</p> <p><u>Clinical Advisors</u> David H. Barlow, PhD, ABPP Center for Anxiety and Related Disorders at Boston University Boston, MA</p> <p>Harry DeMonaco, MS Massachusetts General Hospital Harvard Medical School Boston, MA</p> <p>(continued)</p>

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	<p>Todd Farchione, PhD Center for Anxiety and Related Disorders at Boston University Boston, MA</p> <p>Catherine Finn, MSW, LCSW Informed Medical Decisions Foundation Boston, MA</p> <p>Jason Ong, PhD, CBSM Rush University Medical Center Chicago, IL</p> <p>William Sieber, PhD University of California, San Diego San Diego, CA</p> <p>Jennifer Strauss, PhD Duke University Medical Center Durham, NC</p> <p>Claudia Zayfert, PhD Dartmouth Medical School Hanover, NH</p>
Physician Interviews	<p>Michael Bierer, MD, MPH Massachusetts General Hospital Harvard Medical School Boston, MA</p> <p>Todd Farchione, PhD</p> <p>Mira Kautzky, MD Massachusetts General Hospital Harvard Medical School Boston, MA</p> <p>Luana Marques, PhD Massachusetts General Hospital Harvard Medical School Boston, MA</p>
Patient Interviews	<p>The program features several people with anxiety disorders, including some who have chronic medical conditions in addition to anxiety. People explain how anxiety affected their lives, how they got help, and how well the treatments they chose have worked for managing their anxiety symptoms over the long term.</p>
<p>This Shared Decision-Making® Program was developed by the Informed Medical Decisions Foundation and licensed to and distributed by Health Dialog Services Corporation © 2012 (video and booklet).</p>	