The Faces Interactive Module contains interviews with individuals diagnosed with Panic Disorder with Agoraphobia and Obsessive Compulsive Disorder.

PANIC DISORDER WITH AGORAPHOBIA

Agoraphobia is an anxiety disorder in which people develop a chronic fear that they will experience an anxiety attack in a public setting. Specifically, they are concerned that they will be unable to escape or receive assistance and that they could be subjected to embarrassment or humiliation. The disorder has a lifetime prevalence of approximately 3% of the adult population; it can occur at any point in a person’s life, and it is diagnosed twice as frequently in women.

Case of Annie

In the interview, Annie discusses the development of her agoraphobia, which she attributes to beginning when she was going through the hormonal changes of puberty. She defines her own experience of the disorder, stating how it has interfered with her ability to carry out a range of desired activities such as attending social functions, traveling, and going to college. She even fears spending time in a public place talking to acquaintances, because she worries that she will have a panic attack.

Suggested Classroom Activities

Post one of the following parts of the case report: Background Information, Observations, Diagnosis, or Therapeutic Interventions.

Then after viewing Annie’s interview, develop answers to some clinical questions as if they were in Annie’s situation. 1) What sort of personal techniques have you developed for coping with stressful situations; 2) Have you ever used catastrophic thinking? If so, what are some examples; 3) What are the benefits to taking drugs for treatment of panic disorder?

OBSESSIVE COMPULSIVE DISORDER

Obsessive-compulsive disorder is an anxiety disorder that affects about 1% of the population. The symptoms of this disorder include recurrent, persistent thoughts, repetitive ritualistic behaviors, and the presence of marked anxiety surrounding these thoughts and actions. Although most people experience some obsessions and compulsions, these behaviors are considered abnormal only when they cannot be controlled and when they significantly reduce the quality of the person’s life.

Cases of Laura and Marna
This interview takes place with two individuals, Laura and Marna. They are women in their early 30s who are long-time friends. Both have suffered from obsessive-compulsive disorder since adolescence. Although both women lead relatively normal lives, their disorder interferes with their everyday activities in significant ways. For example, performing simple actions, such as filing an important paper, can set off a spiral of compulsive behaviors. These behaviors can become highly ritualized and can occupy an entire day.

After watching the treatment strategy video on the Faces Interactive Guide, develop a treatment plan for the two women interviewed on the guide. Make sure the treatment plan includes all three preferred treatment components.