

Project - Synopsis of Articles on Generalized Anxiety Disorder and Post-Traumatic Stress

Disorder

Name of Student

Institutional Affiliation

2-2 Project - Synopsis of Articles on Generalized Anxiety Disorder and Post-Traumatic  
Stress Disorder

**Article on Generalized Anxiety Disorder (GAD)**

**Summary**

The article "Perceived helpfulness of treatment for a generalized anxiety disorder: a World Mental Health Surveys report," published in BMC Psychiatry in 2023, explores the effectiveness of various treatments for Generalized Anxiety Disorder (GAD) from the patient's perspective. Utilizing data from the WHO Composite International Diagnostic Interview (CIDI) and the Structured Clinical Interview for DSM-IV (SCID), the study assesses the perceived helpfulness of different treatment modalities (Stein et al., 2021). The study included a diverse sample of individuals diagnosed with GAD and examined factors influencing their treatment experiences and outcomes.

The findings indicate that a significant portion of GAD patients do not find their initial treatments helpful. Key predictors of obtaining helpful treatment include socio-demographic factors, comorbid conditions, and the type of treatment providers. The study emphasizes the need for comprehensive and patient-centered treatment approaches, suggesting that more targeted and individualized care could improve treatment satisfaction and outcomes for GAD patients.

**Relation to Course Material**

The article aligns with our course readings on the importance of patient-centered approaches in mental health care. It highlights the discrepancies between clinical efficacy and patient-perceived effectiveness, reinforcing the need for scientifically validated treatments tailored to individual patient needs. The course materials emphasize the role of personalized care in improving mental health outcomes, a theme echoed in this study's findings on GAD treatment.

## **Personal Reflections and Learning**

The study underscores the critical gap between clinical outcomes and patient satisfaction, prompting a reevaluating of how treatment success is measured in mental health care. It also highlights the significance of considering patient perspectives in treatment planning and the potential benefits of integrating more personalized approaches. The insight is valuable for developing more holistic and effective mental health care strategies.

### **Article on Post-Traumatic Stress Disorder (PTSD)**

#### **Summary**

The article " Psychological interventions for posttraumatic stress disorder involving primary care physicians: systematic review and Meta-analysis of randomized controlled trials," published in *The Lancet Psychiatry* in 2020, systematically reviews and analyzes the effectiveness of various psychological interventions for PTSD. The study evaluates the efficacy of Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and exposure therapy. It synthesizes data from numerous randomized controlled trials to determine the relative effectiveness of these treatments.

The findings reveal that while CBT and EMDR are highly effective in reducing PTSD symptoms, the success rates can vary based on the severity of the disorder and the presence of comorbid conditions (Gehring et al., 2020). The review also highlights the importance of personalized treatment plans and the need for further research to optimize therapy protocols for different patient subgroups.

#### **Relation to Course Material**

This article complements our course discussions on evidence-based treatments for PTSD, emphasizing the critical role of tailored therapeutic interventions. The course materials discuss the importance of understanding the specific needs of PTSD patients and adapting treatments to maximize efficacy, which is supported by the findings of this

systematic review. The focus on comparing different psychological interventions aligns with the course's emphasis on evaluating and applying the most effective treatment modalities in clinical practice.

### **Personal Reflections and Learning**

The systematic review provides a comprehensive understanding of the effectiveness of various psychological treatments for PTSD, reinforcing the importance of evidence-based practice in mental health care. The emphasis on personalized treatment plans highlights the need to consider individual patient factors in therapy, which is crucial for improving outcomes. This article's insights into optimizing treatment protocols are valuable for future clinical practice, ensuring that PTSD patients receive the most effective and appropriate care.

### **Conclusion**

Both articles provide valuable insights into the treatment and understanding of Generalized Anxiety Disorder, each from a unique perspective—patient-centered treatment effectiveness and neuropsychological evaluation. These studies underscore the importance of personalized and evidence-based approaches in mental health care, aligning with the themes discussed in our course. They collectively highlight the need for integrated treatment strategies that consider both the cognitive and emotional dimensions of anxiety disorders, paving the way for more effective and holistic mental health interventions.

## References

- Gehring, R., Freytag, A., Krause, M., Schlattmann, P., Schmidt, K., & Schulz, S. (2020). *Psychological interventions for posttraumatic stress disorder involving primary care physicians: Systematic review and Meta-analysis of randomized controlled trials*. <https://bmcprimcare.biomedcentral.com/articles/10.1186/s12875-020-01244-4>
- Stein, D. J., Kazdin, A. E., Ruscio, A. M., Chiu, W. T., Sampson, N. A., Ziobrowski, H. N., Aguilar-Gaxiola, S., Al-Hamzawi, A., Alonso, J., Altwajri, Y., Bruffaerts, R., Bunting, B., de Girolamo, G., de Jonge, P., Degenhardt, L., Gureje, O., Haro, J. M., Harris, M. G., Karam, A., ... WHO World Mental Health Survey collaborators. (2021). Perceived helpfulness of treatment for generalized anxiety disorder: A World Mental Health Surveys report. *BMC Psychiatry*, *21*(1), 392. <https://doi.org/10.1186/s12888-021-03363-3>