

# Foundational Competencies in Older Adult Mental Health

## Anxiety

### References

#### Slide 4 - Prevalence of Anxiety Disorders in Older Adults

- Gum, A. M., King-Kallimanis, B., & Kohn, R. (2009). Prevalence of mood, anxiety, and substance-abuse disorders for older Americans in the national comorbidity survey-replication. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 17(9), 769–781.  
<https://doi.org/10.1097/JGP.0b013e3181ad4f5a>
- Wolitzky-Taylor, K. B., Castriotta, N., Lenze, E. J., Stanley, M. A., & Craske, M. G. (2010). Anxiety disorders in older adults: a comprehensive review. *Depression and anxiety*, 27(2), 190–211. <https://doi.org/10.1002/da.20653>
- Grenier, S., Préville, M., Boyer, R., O'Connor, K., Béland, S. G., Potvin, O., Hudon, C., Brassard, J., & Scientific Committee of the ESA Study (2011). The impact of DSM-IV symptom and clinical significance criteria on the prevalence estimates of subthreshold and threshold anxiety in the older adult population. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 19(4), 316–326.  
<https://doi.org/10.1097/JGP.0b013e3181ff416c>
- Fredriksen-Goldsen, K. I., Kim, H.-J., Emlet, C. A., Muraco, A., Erosheva, E. A., Hoy-Ellis, C. P., Goldsen, J., Petry, H. (2011). The Aging and Health Report: Disparities and Resilience among Lesbian, Gay, Bisexual, and Transgender Older Adults. Seattle: Institute for Multigenerational Health. © Institute for Multigenerational Health.
- Tinney, J., Dow, B., Maude, P., Purchase, R., Whyte, C., & Barrett, C. (2015). Mental health issues and discrimination among older LGBTI people. *International psychogeriatrics*, 27(9), 1411–1416. <https://doi.org/10.1017/S1041610214002671>
- Bryant, C., Jackson, H., & Ames, D. (2009). Depression and anxiety in medically unwell older adults: prevalence and short-term course. *International psychogeriatrics*, 21(4), 754–763. <https://doi.org/10.1017/S1041610209009399>
- Norton, J., Ancelin, M. L., Stewart, R., Berr, C., Ritchie, K., & Carrière, I. (2012). Anxiety symptoms and disorder predict activity limitations in the elderly. *Journal of affective disorders*, 141(2-3), 276–285. <https://doi.org/10.1016/j.jad.2012.04.002>
- Smalbrugge, M., Pot, A. M., Jongenelis, K., Beekman, A. T., & Eefsting, J. A. (2005). Prevalence and correlates of anxiety among nursing home patients. *Journal of affective disorders*, 88(2), 145–153. <https://doi.org/10.1016/j.jad.2005.06.006>
- Seignourel, P. J., Kunik, M. E., Snow, L., Wilson, N., & Stanley, M. (2008). Anxiety in dementia: a critical review. *Clinical psychology review*, 28(7), 1071–1082.  
<https://doi.org/10.1016/j.cpr.2008.02.008>
- Heun, R., Papassotiropoulos, A., & Ptak, U. (2000). Subthreshold depressive and anxiety disorders in the elderly. *European psychiatry : the journal of the Association of European Psychiatrists*, 15(3), 173–182. [https://doi.org/10.1016/s0924-9338\(00\)00228-5](https://doi.org/10.1016/s0924-9338(00)00228-5)
- Lenze, E. J., Rogers, J. C., Martire, L. M., Mulsant, B. H., Rollman, B. L., Dew, M. A., Schulz, R., & Reynolds, C. F., 3rd (2001). The association of late-life depression and anxiety with physical disability: a review of the literature and prospectus for future research. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 9(2), 113–135.
- Diefenbach, G. J., & Goethe, J. (2006). Clinical interventions for late-life anxious depression. *Clinical interventions in aging*, 1(1), 41–50.  
<https://doi.org/10.2147/ciia.2006.1.1.41>
- Witlox, M., Garnefski, N., Kraaij, V., Simou, M., Dusseldorp, E., Bohlmeijer, E., & Spinhoven, P. (2020). Prevalence of anxiety disorders and subthreshold anxiety throughout later life:

# Foundational Competencies in Older Adult Mental Health

## Anxiety

### References

Systematic review and meta-analysis. *Psychology and Aging*, 36(2):268-287. doi: 10.1037/pag0000529.

#### Slide 5 - Anxiety Disorders in Older Adults

- Bower, E. S., Wetherell, J. L., Mon, T., & Lenze, E. J. (2015). Treating Anxiety Disorders in Older Adults: Current Treatments and Future Directions. *Harvard review of psychiatry*, 23(5), 329–342. <https://doi.org/10.1097/HRP.0000000000000064>
- Wolitzky-Taylor, K.B., Castriotta, N., Lenze, E.J., Stanley, M.A., & Craske, M.G. (2010), Anxiety disorders in older adults: a comprehensive review. *Depress. Anxiety*, 27: 190-211. <https://doi.org/10.1002/da.20653>
- Bryant, C., Jackson, H., & Ames, D. (2009). Depression and anxiety in medically unwell older adults: prevalence and short-term course. *International psychogeriatrics*, 21(4), 754–763. <https://doi.org/10.1017/S1041610209009399>
- Diefenbach, G. J., & Goethe, J. (2006). Clinical interventions for late-life anxious depression. *Clinical interventions in aging*, 1(1), 41–50. <https://doi.org/10.2147/ciia.2006.1.1.41>
- Schuurmans, J., & van Balkom, A. (2011). Late-life anxiety disorders: a review. *Current psychiatry reports*, 13(4), 267–273. <https://doi.org/10.1007/s11920-011-0204-4>

#### Slide 6 - Specific Anxiety Disorders

- Regier, D. A., Boyd, J. H., Burke, J. D., Jr, Rae, D. S., Myers, J. K., Kramer, M., Robins, L. N., George, L. K., Karno, M., & Locke, B. Z. (1988). One-month prevalence of mental disorders in the United States. Based on five Epidemiologic Catchment Area sites. *Archives of general psychiatry*, 45(11), 977–986. <https://doi.org/10.1001/archpsyc.1988.01800350011002>
- Lenze, E. J., Mulsant, B. H., Shear, M. K., Schulberg, H. C., Dew, M. A., Begley, A. E., Pollock, B. G., & Reynolds, C. F., 3rd (2000). Comorbid anxiety disorders in depressed elderly patients. *The American journal of psychiatry*, 157(5), 722–728. <https://doi.org/10.1176/appi.ajp.157.5.722>
- Diefenbach, G. J., & Goethe, J. (2006). Clinical interventions for late-life anxious depression. *Clinical interventions in aging*, 1(1), 41–50. <https://doi.org/10.2147/ciia.2006.1.1.41>
- Beekman, A. T., Bremmer, M. A., Deeg, D. J., van Balkom, A. J., Smit, J. H., de Beurs, E., van Dyck, R., & van Tilburg, W. (1998). Anxiety disorders in later life: a report from the Longitudinal Aging Study Amsterdam. *International journal of geriatric psychiatry*, 13(10), 717–726. [https://doi.org/10.1002/\(sici\)1099-1166\(1998100\)13:10<717::aid-gps857>3.0.co;2-m](https://doi.org/10.1002/(sici)1099-1166(1998100)13:10<717::aid-gps857>3.0.co;2-m)
- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

#### Slide 7 - Generalized Anxiety Disorder

- Gum, A. M., King-Kallimani, B., & Kohn, R. (2009). Prevalence of mood, anxiety, and substance-abuse disorders for older Americans in the national comorbidity survey-replication. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 17(9), 769–781. <https://doi.org/10.1097/JGP.0b013e3181ad4f5a>
- Bower, E. S., Wetherell, J. L., Mon, T., & Lenze, E. J. (2015). Treating Anxiety Disorders in Older Adults: Current Treatments and Future Directions. *Harvard review of psychiatry*, 23(5), 329–342. <https://doi.org/10.1097/HRP.0000000000000064>

# Foundational Competencies in Older Adult Mental Health

## Anxiety

## References

- Beekman, A. T., Bremmer, M. A., Deeg, D. J., van Balkom, A. J., Smit, J. H., de Beurs, E., van Dyck, R., & van Tilburg, W. (1998). Anxiety disorders in later life: a report from the Longitudinal Aging Study Amsterdam. *International journal of geriatric psychiatry*, 13(10), 717–726. [https://doi.org/10.1002/\(sici\)1099-1166\(1998100\)13:10<717::aid-gps857>3.0.co;2-m](https://doi.org/10.1002/(sici)1099-1166(1998100)13:10<717::aid-gps857>3.0.co;2-m)
- Heun, R., Papassotiropoulos, A., & Ptak, U. (2000). Subthreshold depressive and anxiety disorders in the elderly. *European psychiatry : the journal of the Association of European Psychiatrists*, 15(3), 173–182. [https://doi.org/10.1016/s0924-9338\(00\)00228-5](https://doi.org/10.1016/s0924-9338(00)00228-5)
- Lenze, E. J., Mulsant, B. H., Dew, M. A., Shear, M. K., Houck, P., Pollock, B. G., & Reynolds, C. F., 3rd (2003). Good treatment outcomes in late-life depression with comorbid anxiety. *Journal of affective disorders*, 77(3), 247–254. [https://doi.org/10.1016/s0165-0327\(02\)00177-5](https://doi.org/10.1016/s0165-0327(02)00177-5)
- Flint, A. J. (1994). Epidemiology and comorbidity of anxiety disorders in the elderly. *The American Journal of Psychiatry*, 151(5), 640-649.
- Diefenbach, G. J., & Goethe, J. (2006). Clinical interventions for late-life anxious depression. *Clinical interventions in aging*, 1(1), 41–50. <https://doi.org/10.2147/ciia.2006.1.1.41>
- Kessler, R. C., Chiu, W. T., Demler, O., & Walters, E. E. (2005). Prevalence, Severity, and Comorbidity of Twelve-month DSM-IV Disorders in the National Comorbidity Survey Replication (NCS-R). *Archives of General Psychiatry*, 62(6), 617–627. <http://doi.org/10.1001/archpsyc.62.6.617>

### Slide 8 - Specific Phobias

- Beekman, A. T., Bremmer, M. A., Deeg, D. J., van Balkom, A. J., Smit, J. H., de Beurs, E., van Dyck, R., & van Tilburg, W. (1998). Anxiety disorders in later life: a report from the Longitudinal Aging Study Amsterdam. *International journal of geriatric psychiatry*, 13(10), 717–726. [https://doi.org/10.1002/\(sici\)1099-1166\(1998100\)13:10<717::aid-gps857>3.0.co;2-m](https://doi.org/10.1002/(sici)1099-1166(1998100)13:10<717::aid-gps857>3.0.co;2-m)
- Heun, R., Papassotiropoulos, A., & Ptak, U. (2000). Subthreshold depressive and anxiety disorders in the elderly. *European psychiatry : the journal of the Association of European Psychiatrists*, 15(3), 173–182. [https://doi.org/10.1016/s0924-9338\(00\)00228-5](https://doi.org/10.1016/s0924-9338(00)00228-5)
- Lenze, E. J., Mulsant, B. H., Dew, M. A., Shear, M. K., Houck, P., Pollock, B. G., & Reynolds, C. F., 3rd (2003). Good treatment outcomes in late-life depression with comorbid anxiety. *Journal of affective disorders*, 77(3), 247–254. [https://doi.org/10.1016/s0165-0327\(02\)00177-5](https://doi.org/10.1016/s0165-0327(02)00177-5)
- Flint, A. J. (1994). Epidemiology and comorbidity of anxiety disorders in the elderly. *The American Journal of Psychiatry*, 151(5), 640-649.
- Diefenbach, G. J., & Goethe, J. (2006). Clinical interventions for late-life anxious depression. *Clinical interventions in aging*, 1(1), 41–50. <https://doi.org/10.2147/ciia.2006.1.1.41>
- Kessler, R. C., Chiu, W. T., Demler, O., & Walters, E. E. (2005). Prevalence, Severity, and Comorbidity of Twelve-month DSM-IV Disorders in the National Comorbidity Survey Replication (NCS-R). *Archives of General Psychiatry*, 62(6), 617–627. <http://doi.org/10.1001/archpsyc.62.6.617>

### Slide 9 - Adjustment Disorder with Anxious Mood

# Foundational Competencies in Older Adult Mental Health

## Anxiety

## References

- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

### Slide 10 - Other Anxiety Disorders

- Regier, D. A., Boyd, J. H., Burke, J. D., Jr, Rae, D. S., Myers, J. K., Kramer, M., Robins, L. N., George, L. K., Karko, M., & Locke, B. Z. (1988). One-month prevalence of mental disorders in the United States. Based on five Epidemiologic Catchment Area sites. *Archives of general psychiatry*, 45(11), 977–986. <https://doi.org/10.1001/archpsyc.1988.01800350011002>
- Lenze, E. J., Mulsant, B. H., Shear, M. K., Schulberg, H. C., Dew, M. A., Begley, A. E., Pollock, B. G., & Reynolds, C. F., 3rd (2000). Comorbid anxiety disorders in depressed elderly patients. *The American journal of psychiatry*, 157(5), 722–728. <https://doi.org/10.1176/appi.ajp.157.5.722>
- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

### Slide 15 - Risk Factors

- Vink, D., Aartsen, M. J., & Schoevers, R. A. (2008). Risk factors for anxiety and depression in the elderly: a review. *Journal of affective disorders*, 106(1-2), 29–44. <https://doi.org/10.1016/j.jad.2007.06.005>
- Rostosky, S. S., Richardson, M. T., McCurry, S. K., & Riggle, E. D. (2021). LGBTQ individuals' lived experiences of hypervigilance. *Psychology of Sexual Orientation and Gender Diversity*.
- Gum, A. M., King-Kallimanis, B., & Kohn, R. (2009). Prevalence of mood, anxiety, and substance-abuse disorders for older Americans in the national comorbidity survey-replication. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 17(9), 769–781. <https://doi.org/10.1097/JGP.0b013e3181ad4f5a>
- Schaub, R. T., & Linden, M. (2000). Anxiety and anxiety disorders in the old and very old--results from the Berlin Aging Study (BASE). *Comprehensive psychiatry*, 41(2 Suppl 1), 48–54. [https://doi.org/10.1016/s0010-440x\(00\)80008-5](https://doi.org/10.1016/s0010-440x(00)80008-5)
- Beekman, A. T., Bremmer, M. A., Deeg, D. J., van Balkom, A. J., Smit, J. H., de Beurs, E., van Dyck, R., & van Tilburg, W. (1998). Anxiety disorders in later life: a report from the Longitudinal Aging Study Amsterdam. *International journal of geriatric psychiatry*, 13(10), 717–726. [https://doi.org/10.1002/\(sici\)1099-1166\(1998100\)13:10<717::aid-gps857>3.0.co;2-m](https://doi.org/10.1002/(sici)1099-1166(1998100)13:10<717::aid-gps857>3.0.co;2-m)
- Corra, L. M., Cairney, J., Herrmann, N., Veldhuizen, S., McCabe, L., & Streiner, D. (2007). Panic disorder in later life: results from a national survey of Canadians. *International psychogeriatrics*, 19(6), 1084–1096. <https://doi.org/10.1017/S1041610207004978>
- Chou K. L. (2009). Specific phobia in older adults: evidence from the national epidemiologic survey on alcohol and related conditions. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 17(5), 376–386. <https://doi.org/10.1097/JGP.0b013e3181943214>
- Vink, D., Aartsen, M. J., Comijs, H. C., Heymans, M. W., Penninx, B. W., Stek, M. L., Deeg, D. J., & Beekman, A. T. (2009). Onset of anxiety and depression in the aging population: comparison of risk factors in a 9-year prospective study. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 17(8), 642–652. <https://doi.org/10.1097/jgp.0b013e3181a65228>

# Foundational Competencies in Older Adult Mental Health

## Anxiety

## References

### Slide 16 - Anxiety and Medical Conditions

- Gonçalves, D. C., Pachana, N. A., & Byrne, G. J. (2011). Prevalence and correlates of generalized anxiety disorder among older adults in the Australian National Survey of Mental Health and Well-Being. *Journal of affective disorders*, 132(1-2), 223–230.  
<https://doi.org/10.1016/j.jad.2011.02.023>
- Diefenbach, G. J., & Goethe, J. (2006). Clinical interventions for late-life anxious depression. *Clinical interventions in aging*, 1(1), 41–50.  
<https://doi.org/10.2147/cia.2006.1.1.41>

### Slide 17 - Impact of Anxiety in Older Adults

- Schuurmans J, van Balkom A. Late-life anxiety disorders: a review. *Curr Psychiatry Rep.* 2011 Aug;13(4):267-73. doi: 10.1007/s11920-011-0204-4. PMID: 21538031.
- Porensky, E. K., Dew, M. A., Karp, J. F., Skidmore, E., Rollman, B. L., Shear, M. K., & Lenze, E. J. (2009). The burden of late-life generalized anxiety disorder: effects on disability, health-related quality of life, and healthcare utilization. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 17(6), 473–482.  
<https://doi.org/10.1097/jgp.0b013e31819b87b2>
- Tully, P. J., Harrison, N. J., Cheung, P., & Cosh, S. (2016). Anxiety and Cardiovascular Disease Risk: a Review. *Current cardiology reports*, 18(12), 120.  
<https://doi.org/10.1007/s11886-016-0800-3>
- John, A., Patel, U., Rusted, J., Richards, M., & Gaysina, D. (2019). Affective problems and decline in cognitive state in older adults: a systematic review and meta-analysis. *Psychological medicine*, 49(3), 353–365.  
<https://doi.org/10.1017/S0033291718001137>
- Kaniuka, A., Pugh, K. C., Jordan, M., Brooks, B., Dodd, J., Mann, A. K., ... & Hirsch, J. K. (2019). Stigma and suicide risk among the LGBTQ population: Are anxiety and depression to blame and can connectedness to the LGBTQ community help?. *Journal of Gay & Lesbian Mental Health*, 23(2), 205-220.
- Gulpers, B., Ramakers, I., Hamel, R., Köhler, S., Voshaar, R. O., & Verhey, F. (2016). Anxiety as a predictor for cognitive decline and dementia: a systematic review and meta-analysis. *The American Journal of Geriatric Psychiatry*, 24(10), 823-842.
- Goncalves, D.C., Pachana, N.A., & Byrne, G.J. (2011). Prevalence and correlate of generalized anxiety disorder among older adults in the Australian National Survey of Mental Health and Well-being. *Journal of Affective Disorders*, 132, 223-230.

### Slide 20 - Assessment of Anxiety in Older Adults

- Vink, D., Aartsen, M. J., & Schoevers, R. A. (2008). Risk factors for anxiety and depression in the elderly: a review. *Journal of affective disorders*, 106(1-2), 29-44.

### Slide 22 - Geriatric Anxiety Inventory (GAI)

- Balsamo, M., Cataldi, F., Carlucci, L., & Fairfield, B. (2018). Assessment of anxiety in older adults: a review of self-report measures. *Clinical interventions in aging*, 13, 573–593.  
<https://doi.org/10.2147/CIA.S114100>
- Pachana, N. A., Byrne, G. J., Siddle, H., Koloski, N., Harley, E., & Arnold, E. (2007). Development and validation of the Geriatric Anxiety Inventory. *International psychogeriatrics*, 19(1), 103–114. <https://doi.org/10.1017/S1041610206003504>

# Foundational Competencies in Older Adult Mental Health

## Anxiety

### References

- Rozzini, L., Chilovi, B. V., Peli, M., Conti, M., Rozzini, R., Trabucchi, M., & Padovani, A. (2009). Anxiety symptoms in mild cognitive impairment. *International journal of geriatric psychiatry*, 24(3), 300–305. <https://doi.org/10.1002/gps.2106>

#### Slide 23 - Geriatric Anxiety Scale (GAS)

- Segal, D. L., June, A., Payne, M., Coolidge, F. L., & Yochim, B. (2010). Development and initial validation of a self-report assessment tool for anxiety among older adults: *the Geriatric Anxiety Scale*. *Journal of Anxiety Disorders*, 24, 709–714. doi:10.1016/j.janxdis.2010.05.002
- Balsamo, M., Cataldi, F., Carlucci, L., & Fairfield, B. (2018). Assessment of anxiety in older adults: a review of self-report measures. *Clinical interventions in aging*, 13, 573-593. doi:10.2147/CIA.S114100
- Gould, C. E., Segal, D. L., Yochim, B. P., Pachana, N. A., Byrne, G. J., & Beaudreau, S. A. (2014). Measuring anxiety in late life: a psychometric examination of the geriatric anxiety inventory and geriatric anxiety scale. *Journal of anxiety disorders*, 28(8), 804–811. <https://doi.org/10.1016/j.janxdis.2014.08.001>
- Yochim, B. P., Mueller, A. E., June, A. & Segal, D. L. (2011). Psychometric properties of the Geriatric Anxiety Scale: comparison to the Beck Anxiety Inventory and Geriatric Anxiety Inventory. *Clinical Gerontologist*, 34, 21–33. doi:10.1080/07317115.2011.524600
- Yochim, B. P., Mueller, A. E., & Segal, D. L. (2013). Late life anxiety is associated with decreased memory and executive functioning in community dwelling older adults. *Journal of Anxiety Disorders*, 27, 567–575.
- Mueller, A. E., Segal, D. L., Gavett, B., Marty, M. A., Yochim, B., June, A., & Coolidge, F. L. (2015). Geriatric Anxiety Scale: item response theory analysis, differential item functioning, and creation of a ten-item short form (GAS-10). *International psychogeriatrics*, 27(7), 1099–1111. <https://doi.org/10.1017/S1041610214000210>

#### Slide 24 - The Generalized Anxiety Disorder 7-Item (GAD-7) Scale

- Löwe, B., Decker, O., Müller, S., Brähler, E., Schellberg, D., Herzog, W., & Herzberg, P. Y. (2008). Validation and standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the general population. *Medical Care*, 46, 266-274.
- Spitzer, R. L., Kroenke, K., Williams, J. B. W., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: The GAD-7. *Archives of Internal Medicine*, 166(10), 1092-1097.
- Swinson R. P. (2006). The GAD-7 scale was accurate for diagnosing generalised anxiety disorder. *Evidence-based medicine*, 11(6), 184. <https://doi.org/10.1136/ebm.11.6.184>
- Balsamo, M., Cataldi, F., Carlucci, L., & Fairfield, B. (2018). Assessment of anxiety in older adults: a review of self-report measures. *Clinical interventions in aging*, 13, 573–593. <https://doi.org/10.2147/CIA.S114100>
- Wild, B., Eckl, A., Herzog, W., Niehoff, D., Lechner, S., Maatouk, I., Schellberg, D., Brenner, H., Müller, H., & Löwe, B. (2014). Assessing generalized anxiety disorder in elderly people using the GAD-7 and GAD-2 scales: results of a validation study. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 22(10), 1029–1038. <https://doi.org/10.1016/j.jagp.2013.01.076>

#### Slide 25 - Penn State Worry Questionnaire

# Foundational Competencies in Older Adult Mental Health

## Anxiety

## References

- Meyer, T. J., Miller, M. L., Metzger, R. L., & Borkovec, T. D. (1990). Development and validation of the Penn State Worry Questionnaire. *Behaviour research and therapy*, 28(6), 487–495. [https://doi.org/10.1016/0005-7967\(90\)90135-6](https://doi.org/10.1016/0005-7967(90)90135-6)
- Wuthrich, V. M., Johnco, C., & Knight, A. (2014). Comparison of the Penn State Worry Questionnaire (PSWQ) and abbreviated version (PSWQ-A) in a clinical and non-clinical population of older adults. *Journal of anxiety disorders*, 28(7), 657–663. <https://doi.org/10.1016/j.janxdis.2014.07.005>

### Slide 26 - Beck Anxiety Inventory

- Beck, A. T., Epstein, N., Brown, G., & Steer, R. A. (1988). An inventory for measuring clinical anxiety: Psychometric properties. *Journal of Consulting and Clinical Psychology*, 56(6), 893–897. <https://doi.org/10.1037/0022-006X.56.6.893>
- Morin, C. M., Landreville, P., Colecchi, C., McDonald, K., Stone, J., & Ling, W. (1999). The Beck Anxiety Inventory: psychometric properties with older adults. *Journal of Clinical Geropsychology*, 5(1), 19–29.

### Slide 27 - Differential Diagnosis: Anxiety vs. Medical Condition or Neurocognitive Disorder

- Cosci, F., Fava, G. A., & Sonino, N. (2015). Mood and anxiety disorders as early manifestations of medical illness: a systematic review. *Psychotherapy and psychosomatics*, 84(1), 22-29.

### Slide 29 – Differential Diagnosis: Anxiety, Depression, or Both

- McKenna, P. (1990). Anxiety and Depression: Distinctive and Overlapping Features. Edited by Philip Kendall and David Watson. London: Academic Press. 1989. 519 pp. \$49.95. *British Journal of Psychiatry*, 157(5), 794-795. doi:10.1192/S000712500004719X

### Slide 33 - Communicating with Older Adults about Anxiety

- Bower, E. S., Wetherell, J. L., Mon, T., & Lenze, E. J. (2015). Treating anxiety disorders in older adults: current treatments and future directions. *Harvard review of psychiatry*, 23(5), 329-342.
- Mackenzie, C. S., Reynolds, K., Cairney, J., Streiner, D. L., & Sareen, J. (2012). Disorder-specific mental health service use for mood and anxiety disorders: Associations with age, sex, and psychiatric comorbidity. *Depression and anxiety*, 29(3), 234-242.

### Slide 35 - Treatment of Anxiety in Older Adults

- Hunot, V., Churchill, R., Teixeira, V., & de Lima, M. S. (2007). Psychological therapies for generalised anxiety disorder. *Cochrane Database of Systematic Reviews*, (1).
- Hendriks, G. J., Oude Voshaar, R. C., Keijsers, G. P. J., Hoogduin, C. A. L., & Van Balkom, A. J. L. M. (2008). Cognitive-behavioural therapy for late-life anxiety disorders: A systematic review and meta-analysis. *Acta Psychiatrica Scandinavica*, 117(6), 403-411.
- Crocco, E. A., Jaramillo, S., Cruz-Ortiz, C., & Camfield, K. (2017). Pharmacological Management of Anxiety Disorders in the Elderly. *Current treatment options in psychiatry*, 4(1), 33–46. <https://doi.org/10.1007/s40501-017-0102-4>
- Gonçalves, D. C., & Byrne, G. J. (2012). Interventions for generalized anxiety disorder in older adults: systematic review and meta-analysis. *Journal of anxiety disorders*, 26(1), 1-11.

### Slide 36 - Cognitive Behavioral Therapy

# Foundational Competencies in Older Adult Mental Health

## Anxiety

### References

- Beck, A. T. (1970). Cognitive Therapy: Nature and relation to behavior therapy. *Behavior Therapy*, 1(2): 184–200.
- Ellis, A. (1962). *Reason and emotion in psychotherapy*. Lyle Stuart.
- Stanley, M. A., Wilson, N. L., Novy, D. M., Rhoades, H. M., Wagener, P. D., Greisinger, A. J., ... & Kunik, M. E. (2009). Cognitive behavior therapy for generalized anxiety disorder among older adults in primary care: a randomized clinical trial. *Jama*, 301(14), 1460-1467.
- Pinquart, M., & Duberstein, P. R. (2007). Treatment of anxiety disorders in older adults: a meta-analytic comparison of behavioral and pharmacological interventions. *The American Journal of Geriatric Psychiatry*, 15(8), 639-651.
- Cox, D., & D'Oyley, H. (2011). Cognitive-behavioral therapy with older adults. *British Columbia Medical Journal*, 53(7), 348-352.

#### Slide 38 - Cognitive Behavioral Therapy: Exposure therapy

- Jayasinghe, N., Finkelstein-Fox, L., Sar-Graycar, L., Ojie, M. J., Bruce, M. L., & Difede, J. (2017). Systematic review of the clinical application of exposure techniques to community-dwelling older adults with anxiety. *Clinical gerontologist*, 40(3), 141-158.

#### Slide 39 - Cognitive Behavioral Therapy: Relaxation Training

- Ayers, C. R., Sorrell, J. T., Thorp, S. R., & Wetherell, J. L. (2007). Evidence-based psychological treatments for late-life anxiety. *Psychology and aging*, 22(1), 8.

#### Slide 40 - Cognitive Behavioral Therapy: Cognitive Restructuring

- Paukert, A. L., Phillips, L., Cully, J. A., Loboprabhu, S. M., Lomax, J. W., & Stanley, M. A. (2009). Integration of religion into cognitive-behavioral therapy for geriatric anxiety and depression. *Journal of Psychiatric Practice®*, 15(2), 103-112.

#### Slide 41 - CBT Treatment Outcomes with Older Adults

- Hall, J., Kellett, S., Berrios, R., Bains, M. K., & Scott, S. (2016). Efficacy of cognitive behavioral therapy for generalized anxiety disorder in older adults: systematic review, meta-analysis, and meta-regression. *The American Journal of Geriatric Psychiatry*, 24(11), 1063-1073.
- Kishita, N., & Laidlaw, K. (2017). Cognitive behaviour therapy for generalized anxiety disorder: Is CBT equally efficacious in adults of working age and older adults?. *Clinical psychology review*, 52, 124-136.
- Bartels, S. J., Dums, A. R., Oxman, T. E., Schneider, L. S., Areán, P. A., Alexopoulos, G. S., & Jeste, D. V. (2003). Evidence-based practices in geriatric mental health care: an overview of systematic reviews and meta-analyses. *Psychiatric Clinics*, 26(4), 971-990.
- Hunot, V., Churchill, R., Teixeira, V., & de Lima, M. S. (2007). Psychological therapies for generalised anxiety disorder. *Cochrane Database of Systematic Reviews*, (1).

#### Slide 42 - CBT for Anxiety with Cognitively Impaired Older Adults

- Paukert, A. L., Kraus-Schuman, C., Wilson, N., Snow, A. L., Calleo, J., Kunik, M. E., & Stanley, M. A. (2013). The Peaceful Mind manual: a protocol for treating anxiety in persons with dementia. *Behavior modification*, 37(5), 631-64.

#### Slide 44 - ACT for Anxiety in Older Adults

- Luoma, J. B., Hayes, S. C., & Walser, R. D. (2007). *Learning ACT: An acceptance and commitment therapy skills-training manual for therapists*. New Harbinger Publications.

# Foundational Competencies in Older Adult Mental Health

## Anxiety

## References

### Slide 45 - ACT Outcomes for Older Adults

- Wetherell, J. L., Liu, L., Patterson, T. L., Afari, N., Ayers, C. R., Thorp, S. R., ... & Petkus, A. J. (2011). Acceptance and commitment therapy for generalized anxiety disorder in older adults: A preliminary report. *Behavior therapy*, 42(1), 127-134.
- Wetherell, J. L., Petkus, A. J., Alonso-Fernandez, M., Bower, E. S., Steiner, A. R., & Afari, N. (2016). Age moderates response to acceptance and commitment therapy vs. cognitive behavioral therapy for chronic pain. *International Journal of Geriatric Psychiatry*, 31(3), 302-308.

### Slide 46 - Medications for Anxiety

- Crocco, E. A., Jaramillo, S., Cruz-Ortiz, C., & Camfield, K. (2017). Pharmacological Management of Anxiety Disorders in the Elderly. *Current treatment options in psychiatry*, 4(1), 33–46. <https://doi.org/10.1007/s40501-017-0102-4>
- Gonçalves, D. C., & Byrne, G. J. (2012). Interventions for generalized anxiety disorder in older adults: systematic review and meta-analysis. *Journal of anxiety disorders*, 26(1), 1-11.
- Maust, D. T., Blow, F. C., Wiechers, I. R., Kales, H. C., & Marcus, S. C. (2017). National trends in antidepressant, benzodiazepine, and other sedative-hypnotic treatment of older adults in psychiatric and primary care. *The Journal of clinical psychiatry*, 78(4), 21725.
- Seppala, L. J., Wermelink, A., de Vries, M., Ploegmakers, K. J., van de Glind, E., Daams, J. G., van der Velde, N., & EUGMS task and Finish group on fall-risk-increasing drugs (2018). Fall-Risk-Increasing Drugs: A Systematic Review and Meta-Analysis: II. Psychotropics. *Journal of the American Medical Directors Association*, 19(4), 371.e11–371.e17. <https://doi.org/10.1016/j.jamda.2017.12.098>
- Paterniti, S., Dufouil, C., & Alpérovitch, A. (2002). Long-term benzodiazepine use and cognitive decline in the elderly: the Epidemiology of Vascular Aging Study. *Journal of clinical psychopharmacology*, 22(3), 285–293. <https://doi.org/10.1097/00004714-200206000-00009>.
- Landi, F., Onder, G., Cesari, M., Barillaro, C., Russo, A., Bernabei, R., & Silver Network Home Care Study Group (2005). Psychotropic medications and risk for falls among community-dwelling frail older people: an observational study. *The journals of gerontology. Series A, Biological sciences and medical sciences*, 60(5), 622–626. <https://doi.org/10.1093/gerona/60.5.622>

### Slide 49 - Anxiety Prevention

- van't Veer-Tazelaar, N., van Marwijk, H., van Oppen, P., Nijpels, G., van Hout, H., Cuijpers, P., ... & Beekman, A. (2006). Prevention of anxiety and depression in the age group of 75 years and over: a randomised controlled trial testing the feasibility and effectiveness of a generic stepped care programme among elderly community residents at high risk of developing anxiety and depression versus usual care [ISRCTN26474556]. *BMC Public Health*, 6(1), 1-8.
- Kaniuka, A., Pugh, K. C., Jordan, M., Brooks, B., Dodd, J., Mann, A. K., ... & Hirsch, J. K. (2019). Stigma and suicide risk among the LGBTQ population: Are anxiety and depression to blame and can connectedness to the LGBTQ community help?. *Journal of Gay & Lesbian Mental Health*, 23(2), 205-220.

### Slide 50 - Anxiety Community Resources

# Foundational Competencies in Older Adult Mental Health

## Anxiety

## References

- Schulz, R., O'Brien, A. T., Bookwala, J., & Fleissner, K. (1995). Psychiatric and physical morbidity effects of dementia caregiving: prevalence, correlates, and causes. *The gerontologist*, 35(6), 771-791.