

**Premiere Date:**

**Wednesday, September 7, 2005**

**LIVE Broadcast: 12:00 p.m.–1:00 p.m. ET**

11:00 a.m.–12:00 p.m. CT

10:00 a.m.–11:00 a.m. MT

9:00 a.m.–10:00 a.m. PT

**Taped Re-Air: 3:00 p.m.–4:00 p.m. ET**

2:00 p.m.–3:00 p.m. CT

1:00 p.m.–2:00 p.m. MT

12:00 p.m.–1:00 p.m. PT

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- Case Managers (CCMC)
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**Viewing location (if site-facilitated):**



For more information or to register for this FREE one-hour activity, please visit [www.psychcme.net](http://www.psychcme.net) or call 877.CME.PROS.

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# A Surgeon General's Perspective on the Unmet Needs of Patients with Anxiety Disorders

**Statement of Need**

Anxiety disorders are among the most common psychiatric disorders in the United States, accounting for substantial costs in both healthcare expenditures and lost wages. Anxiety disorders affect approximately 30 million Americans with an estimated 1-year prevalence that exceeds 16%. According to the 2005 National Comorbidity Survey-Replicate (NSC-R), anxiety disorders are the most prevalent 12-month disease class and the most prevalent lifetime psychiatric disorder, and may first occur between the ages of 6 and 21. However, these prevalence estimates are likely to be low because of underreporting related to the fear and stigma of reporting embarrassing behaviors. In general, anxiety disorders respond well to both psychotherapy and pharmacotherapy. Psychotherapeutic options include behavioral therapy, cognitive behavioral therapy, and psychodynamic therapy. Pharmacological options include benzodiazepines, antidepressants, and buspirone. Selective serotonin reuptake inhibitors (SSRIs) and selective norepinephrine reuptake inhibitors (SNRIs) are widely used due to their greater tolerability and better safety profiles. Benzodiazepines offer rapid symptom relief with both anti-anxiety and sedative-hypnotic effects but are associated with abuse potential and should be avoided in the presence of major depression. Buspirone offers anxiolytic properties but requires a more frequent dosing schedule. This evidence-based psychCME TV activity will help clinicians effectively diagnose all subtypes of anxiety disorders, assess various treatment options, and help clinicians overcome barriers to care and the perceived stigma associated with anxiety disorders.

Kessler RC, et al. Lifetime prevalence and age-of-onset distributions of DSM-IV Disorders in the national comorbidity survey replication. *Arch Gen Psychiatry* 2005;62:593-602.

Kessler RC, et al. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the national comorbidity survey replication. *Arch Gen Psychiatry* 2005;62:616-27.

**Activity Goal**

To provide evidence-based educational information regarding the epidemiology of anxiety disorders and to provide treatment strategies that will reduce anxiety and include patients in the therapeutic process.

**Learning Objectives**

At the end of this CE activity, participants should be able to:

- Recognize the clinical subtypes of anxiety disorders.
- Differentiate the pharmacological options for treating anxiety.
- Discuss strategies to help patients overcome perceived barriers to diagnosis and treatment.

**Target Audience**

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals with an interest in mental health.

**Commercial Support**

CME Outfitters, LLC, gratefully acknowledges an educational grant from Wyeth Pharmaceuticals in support of this CE activity.

**Credit Information**

**CME Credit (Physicians):** CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, designates this educational activity for a maximum of 1.0 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

*Note to Physician Assistants: AAPA accepts Category I credit from AOACCME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by ACCME.*

**CNE Credit (Nurses):** This Educational Activity is presented by CME Outfitters, LLC, which has been approved as a provider of continuing education by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. It has been assigned code 5UYSJZ-PRV-0465. 1.2 contact hours (Pharmacology)

**CEP Credit (Psychologists):** CME Outfitters, LLC, is approved by the American Psychological Association to offer continuing education for psychologists. CME Outfitters, LLC, maintains responsibility for the program. 1.0 CE credits

**NASW Credit (Social Workers):** This program was approved by the National Association of Social Workers (provider #886407722) for 1 continuing education contact hour.

**CCMC Credit (Certified Case Managers):** This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

**CPE Credit (Pharmacists):** CME Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. 1.0 contact hours (0.1 CEUs)



Universal Program Number:  
376-999-05-020-L01 (live presentation)  
376-999-05-020-H01 (recorded programs)

To receive credit, participants must review all activity materials in their entirety, score 70% or above on a post-test, and fully complete and return both the credit request form and activity evaluation. A certificate or statement of credit will be mailed within 4–6 weeks to all who successfully complete these requirements.

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YES! Register me for this LIVE evidence-based psychCME TV activity on September 7, 2005.

Site/Individual Name: \_\_\_\_\_ # Participants: \_\_\_\_\_

Degree: \_\_\_\_\_ Practice Setting:  Community Mental Health  State Mental Health  Private Practice  Primary Care  Other: \_\_\_\_\_

Address: \_\_\_\_\_

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