

**Cynthia Scott-Deroux
GCN504 Psychopathology
Case Report #4**

1.Full Name of the Disorder:

Illness Anxiety Disorder F45.21

11.Outcome Research:

(a) Does research support the use of the presented strategies?

Yes

(b)What are the evidence-based strategies/interventions for treatment of this disorder?

CBT Therapy and SSRI

©What are the results of any meta-analysis studies?

In a study conducted in 2017, it was found women experience greater anxiety disorder than men due to hormonal fluctuation, puberty, postpartum, pregnancy, menopausal, and premenstrual periods. The meta-analysis in the research suggested a finding of, “there may be an association between anxiety disorder and preterm birth or low birth weight: however, anxiety assessments were heterogeneous” (Hantsoo, 2017). The conclusion of the study found that there is a need for further studies to be conducted regarding the fact many medical personals do not take into consideration the difference between men and women hormonal status when making assessment and treatment referrals.

(d)Are these treatments found to be effective with specific populations (if so, which ones)?

Treatment is found to be effective across the board between men and women who are from developed countries.

(e)Any populations for which any treatment is not recommended?

Treatment is rarely used for children who is less likely to be diagnosed with this disorder. Older people are also not treated for this disorder as readily since they are usually being treated for other medical issues associated with age. Treatment may be recommended but not utilized if the person stops seeking help from healthcare settings due to their mistrust in doctors for not getting the results they desired.

Reference:

American Psychiatric Association. (2022). *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.). <https://doi.org/10.1176/appi.books.9780890425787>.

Barlow, D.H., Durand, M.V., & Hofmann, S. G. *Abnormal Psychology. An Integrative Approach* (Eighth Edition). (2018).

Hantsoo, L., Ph.D., & Epperson, N. C., M.D. (2017). *Anxiety Disorders Among Women: A Female Lifespan Approach*. *The Journal of Lifelong Learning in Psychiatry. Focus* (Am Psychiatric Publ). Retrieved 2017 April 6, from <https://www.ncbi.nlm.nih.gov>