What are mood and anxiety disorders?

Mood disorders are psychological conditions characterized by an ongoing disturbance in mood, including elevation, depression or mood swings. Anxiety disorders are a group of clinically significant diagnoses characterized by overwhelming worry, fear or concern, ultimately interfering with one’s quality of life and ability to function effectively at work, school or home.

Forms of mood and anxiety disorders include:

- Depressive Disorders including Major Depressive Disorder
- Anxiety Disorders (Generalized, OCD, Panic)
- Bipolar Disorder
- Post-Traumatic Stress Disorder
- Trauma (including childhood and adult sexual, physical and emotional abuse)
- Attachment Disorders
- Personality Disorders
- Self-Injury
- Co-Occurring Substance Use and Mood and Anxiety Disorders
- Co-Occurring Eating Disorders and Mood and Anxiety Disorders
- Adjustment Disorder (due to recent changes, transitions or losses)
- Grief and Complicated Grief

Mood and anxiety disorders are especially common in individuals struggling with eating disorders. In fact, approximately 80 percent of individuals with eating disorders are diagnosed with another psychiatric disorder at some time in their life, most commonly depressive, anxiety and personality disorders. Untreated alongside the eating disorder, co-occurring mood and anxiety issues can challenge recovery in even the most committed and well-intentioned patients.

Symptoms & Signs

Symptoms of mood and anxiety disorders — alone or co-occurring alongside an eating disorder — can be diverse, varying from person to person. Mood issues and anxiety tend to go hand-in-hand. It is common to find anxious features in an individual suffering with a depression just as it is common to find some depressive features in an person struggling with debilitating anxiety, fear and worry.

In general, these symptoms extend beyond “normal” sadness or concern associated with the events of daily life, and are instead prolonged, intense and debilitating.

Symptoms of mood disorders include:

- Sustained sadness or unexplained crying spells
- Irritability, anger, worry, agitation, anxiety
- Pessimism, indifference, apathy
- Feelings of guilt, worthlessness
- Changes in appetite and sleep patterns
- Loss of energy, lethargy
- Inability to concentrate, indecisiveness

Symptoms of anxiety disorders include:

- Physical symptoms of anxiety include fast/pounding heartbeat, sweating, shortness of breath, shaking/tremors/twitches, muscle tension, headaches, upset stomach, dizziness, frequent need to urinate, diarrhea, fatigue.
- Inability to take pleasure in former interests or hobbies
- Social withdrawal
- Unexplained aches and pains
- Mood swings
- Recurring thoughts of death or suicide.

Health Risks

- Weakened immune system/vulnerability to viral infections
- COPD
- Depressed appetite/nutritional deficiencies
- Depression
- Excretory and digestive issues, including IBS
- Increased risk of diabetes, high blood pressure and heart disease
- Increased risk of coronary events (especially among individuals with heart disease).

Mood and anxiety disorders carry a heightened risk of suicide. In fact, upwards of 90 percent of those who commit suicide have a diagnosable and treatable mental illness.
Call for a free, confidential consultation
While a self-assessment quiz is a good barometer for the symptoms you are experiencing, it’s important that you receive a more thorough assessment from a mental health professional. Our ERC Masters-level clinicians are specially trained in mood and anxiety orders as well as eating disorders. Please call us today at 877-825-8584 to schedule your free, confidential assessment.

<table>
<thead>
<tr>
<th>INPATIENT*</th>
<th>RESIDENTIAL*</th>
<th>PARTIAL HOSPITALIZATION*</th>
<th>INTENSIVE OUTPATIENT*</th>
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</thead>
<tbody>
<tr>
<td><strong>Description:</strong></td>
<td>- 24/7 Supervision and medical support to provide medical, psychiatric and nutritional stability</td>
<td>- 24/7 supervision and medical support to prevent harmful behaviors in a total containment environment</td>
<td>- Up to 11 hours of daily treatment, including weekends, after which patients return home or to supported apartment</td>
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<tr>
<td><strong>Patient Status:</strong></td>
<td>- Medical issues, psychiatric instability, detox, malnutrition</td>
<td>- Inability to contain self, inability to refrain from behaviors</td>
<td>- Possess ability to practice recovery skills independently</td>
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<td><strong>Program Goals:</strong></td>
<td>- Medical, psychiatric and nutritional stabilization</td>
<td>- To interrupt behaviors, improve co-morbidities, stabilize weight and begin learning recovery skills</td>
<td>- To improve medical co-morbidities, stabilize weight plus learn and apply life skills in a home environment</td>
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<td><strong>Treatment Team:</strong></td>
<td>- Psychiatrist, therapist, RD, internal medicine doctor, nurse and often family therapist</td>
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<td><strong>Medical Care:</strong></td>
<td>- 24/7 nursing, daily MD visit, complete physical by internal medicine, Labs/EKG as needed, daily vitals and weights</td>
<td>- 24/7 nursing care</td>
<td>- Complete weight physical by internal medicine physician</td>
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<td><strong>Psychiatric Care:</strong></td>
<td>- Daily psychiatric appointment, medication management, team rounds</td>
<td>- Individual psychiatry</td>
<td>- Full treatment team rounds with patient present</td>
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<td><strong>Behavioral Care:</strong></td>
<td>- Trauma-informed care and intensive therapy, including: - Acceptance &amp; Commitment Therapy (ACT) - Dialectical Behavior Therapy (DBT) - Exposure &amp; Response Prevention Therapy (ERP) - Weekly individual psychotherapy - Daily group therapy and skills-based education groups - Weekly family therapy</td>
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<td><strong>Nutritional Care:</strong></td>
<td>- Individualized meal planning based on patient’s status</td>
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<td></td>
<td>- Daily supervised and supported meals and snacks</td>
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<td>- Individual nutrition counseling</td>
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<td>- Daily group activities to learn various nutrition skills</td>
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*Mood & Anxiety Disorder Self-Assessment Quiz
Mood and anxiety disorders are complex but treatable conditions. If any or all of the following feelings or behaviors in this self-assessment quiz apply to you or a loved one, ERC can help.

- Do you feel sad, unhappy or cry for no apparent reason?
- Do you feel numb or apathetic?
- Do you have trouble concentrating or focusing?
- Do former hobbies and interest no longer give you pleasure?
- Do you feel you must repeat certain tasks or rituals? (ie. counting or checking/re-checking things)
- Have your sleeping and eating patterns changed? (ie. sleep too much or too little, eat less or more than usual)
- Do you feel tense, anxious or like you can’t sit still?
- Do you feel worried or anxious?
- Do you feel you must repeat certain tasks or rituals? (ie. counting or checking/re-checking things)

For a free assessment by a Masters-level clinician, call 1-877-825-8584 or visit www.EatingRecovery.com