



**TOOL KIT**

**FOR THE MANAGEMENT**

**OF**

**ADULT ANXIETY**

## **TOOL KIT FOR THE MANAGEMENT OF ADULT ANXIETY**

The clinical tool kit is intended to assist the PCP in assessing the needs of the adults ages 18 and older, regarding anxiety and decisions regarding health care services provided by the PCP or subsequent referral to the Regional Behavioral Health Authority (RBHA) if clinically indicated. Tools include:

- The decision making algorithm (Used when there is a minimum score of 10 on the “Adult Anxiety Screening/Scoring Tool”)
- The Adult Anxiety Screening/Scoring Tool
- The list of medications universally available through AHCCCS Health Plans and the RBHA.

Clinical resources and adaptations of clinical sources are referenced within the individual documents.

### **NOTE:**

- A RBHA consultation is available at any time.

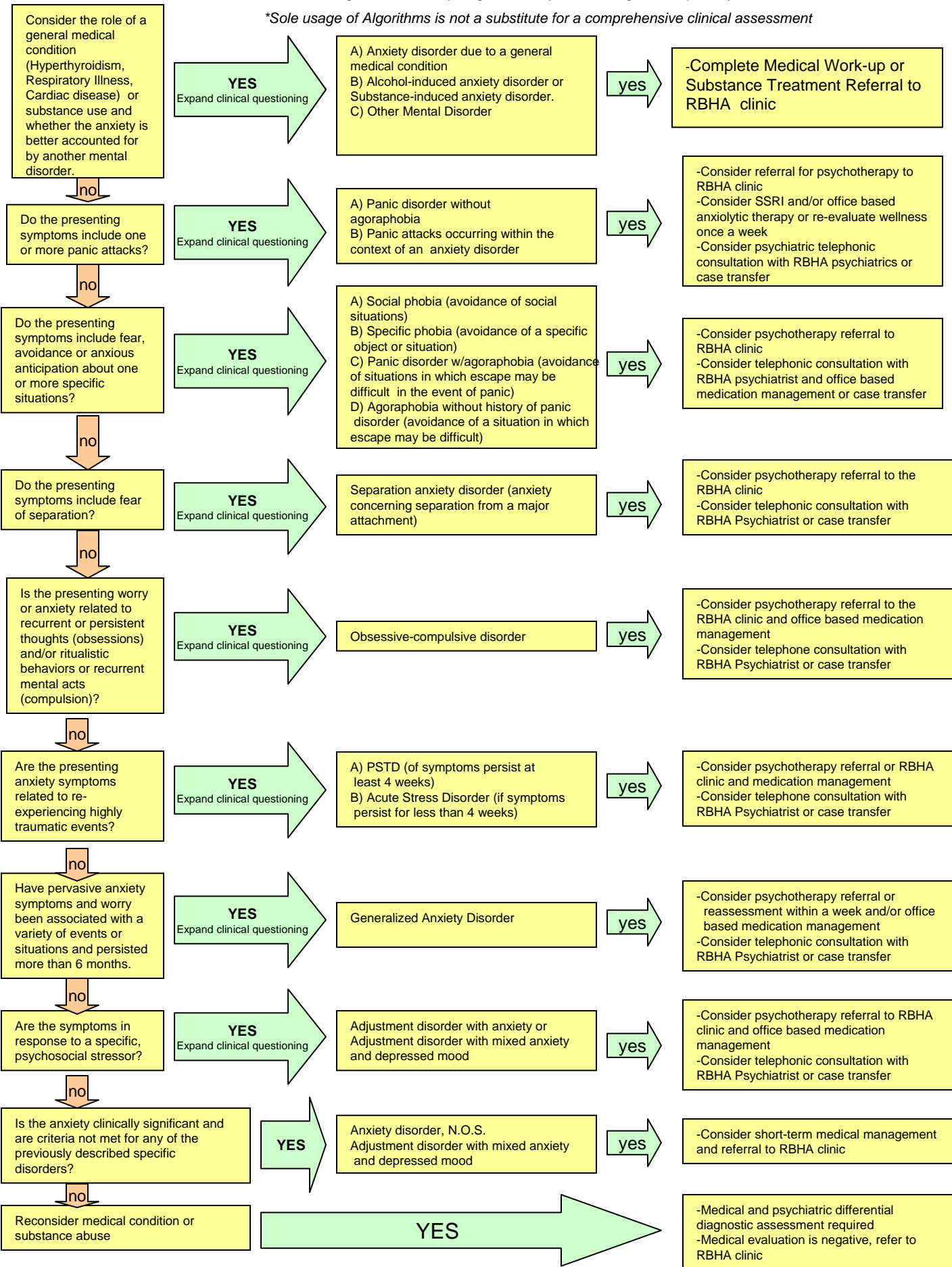
This tool kit was developed by the AHCCCS Tool Kit Workgroup in collaboration with Acute Health Plans and ADHS/DBHS (January, 2008 through January, 2009). This tool kit is only a resource and may not apply to all patients and all clinical situations. It is not intended to replace clinical judgment.

Initial Effective Date: 05/01/2009 Revision Date: 05/01/2011

# Anxiety

\*Based on algorithms developed guide to Psychiatric diagnosis in primary care

\*Sole usage of Algorithms is not a substitute for a comprehensive clinical assessment



# ADULT ANXIETY SCREENING

## FOR AGES 18 AND OLDER

Over the past two weeks, how often have you been bothered by the following problems?

QUESTIONS (rate by placing score (#) in box)	NOT AT ALL (0)	SEVERAL DAYS (1)	MORE THAN ½ DAYS (2)	NEARLY EVERYDAY (3)
Feeling nervous, anxious, or on edge				
Not being able to stop or control worrying				
Worrying too much about different things				
Having trouble relaxing				
Being so restless that it is hard to sit still				
Becoming easily annoyed or irritable				
Feeling afraid, as if something awful might happen				
<b>TOTAL SCORE</b> (add columns)				

**NOTE:**  
the scale is 0 to 21,  
0 = no degree of anxiety  
10 or more- proceed to  
algorithm for treatment  
15-21 = high degree of  
anxiety

# ANXIETY

UNIVERSALLY AVAILABLE MEDICATIONS THROUGH  
AHCCCS HEALTH PLANS AND RBHA PROVIDER\*

## SELECTIVE SEROTONIN REUPTAKE INHIBITOR

**Fluoxetine (Prozac)**

**Paroxetine (Paxil)**

**Sertraline (Zoloft)**

## TRICYCLIC ANTIDEPRESSANT

**Imipramine (Tofranil)**

## BENZODIAZEPINE

**Lorazepam (Ativan)**

**Clonazepam (Klonopin)**

## SEROTONIN PARTIAL AGONIST

**Bupirone (Buspar)**

\*Refer to health plan for prior authorization requirements and medication availability.