

# Behavioral Interventions for Anxiety & Depression in Primary Care

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# Outline

- I. Overview of Evidence-Based Treatment
- II. Trans-diagnostic Components of Cognitive Behavior Therapy (CBT)
- III. The Pros & Cons of CBT
- IV. Applying CBT in Primary Care

# *I. Overview of Evidence-Based Treatments*

# Evidence-Based Psychological Treatments for Depression

- \* Cognitive Therapy
- \* Behavioral Activation
- \* Interpersonal Psychotherapy

# Evidence-Based Psychological Treatments for Anxiety Disorders

- \* Cognitive Therapy
- \* Cognitive Behavior Therapies
- \* Acceptance & Commitment Therapy

# Evidence-Based Psychological Treatments for PTSD

- \* Prolonged Exposure
- \* Cognitive Processing Therapy
- \* Eye Movement Desensitization & Reprocessing

# Sorting Out the Various Treatments

- \* In-depth knowledge of multiple treatment protocols a daunting task
- \* Fortunately, there are common components to the various treatments
- \* Models have been developed to guide selection of specific components for individual patients

## *II. Trans-diagnostic Components of Cognitive Behavior Therapy*



# What are the primary components of the Cognitive and Behavioral Therapies

1. Psychoeducation
2. Antecedent cognitive reappraisal
3. Prevention of emotional avoidance
4. Modifying emotion-driven behavior

Adapted from The Unified Protocol: Allen, McHugh, & Barlow (2008). In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders (4<sup>th</sup> Ed.)*, New York: The Guilford Press.

# LEAP

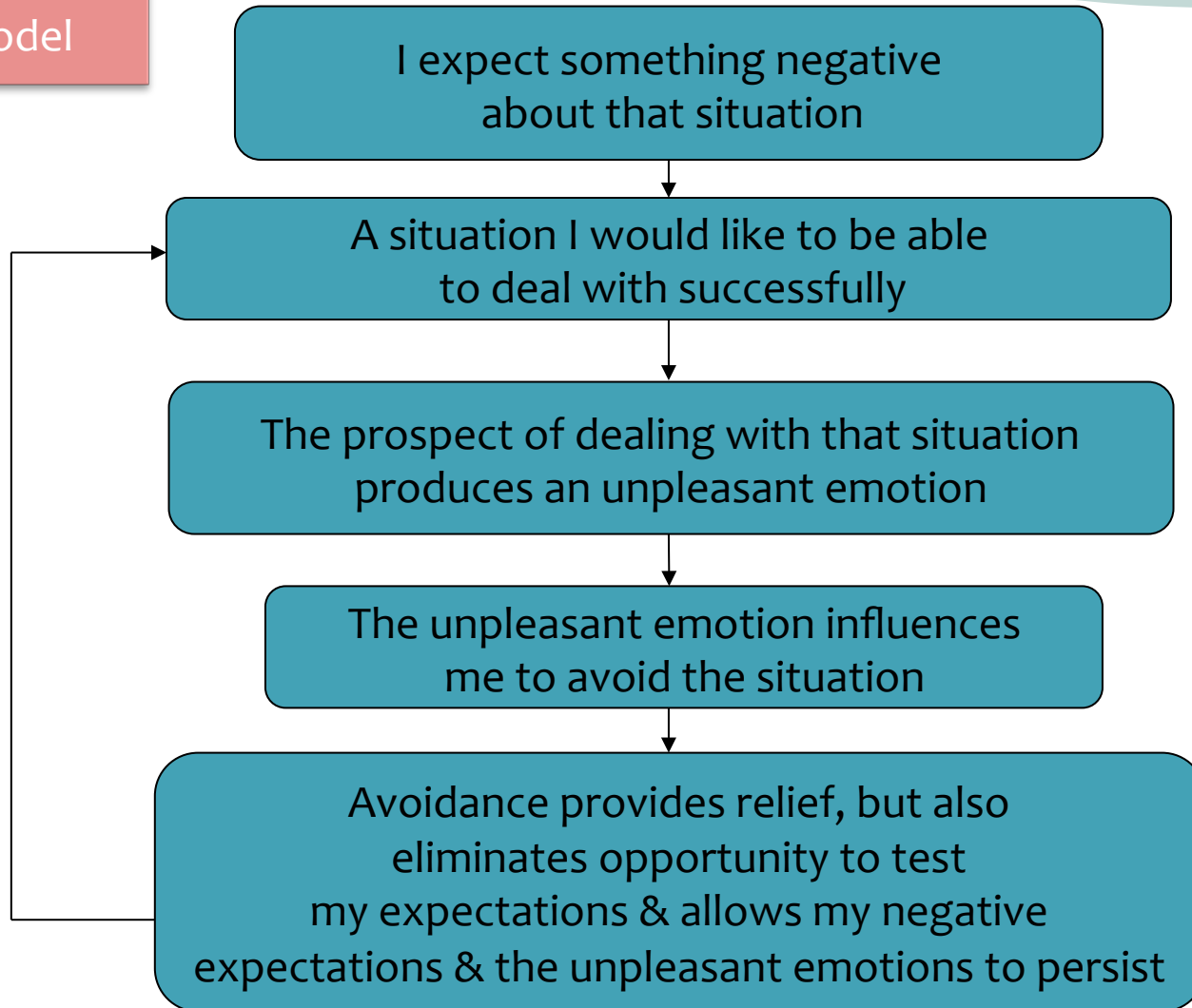
**L**earn about your problem

**E**xamine & modify your thinking

**A**ccept and manage your feelings

**P**erform new behavior at your own pace

The  
**LEAP**  
Model



# 1. Learn About Your Problem

Teaching patients about the nature of their disorder and the treatment model.

In English:

“Learning about your problem and the treatment we use to fix it.”

## 2. Examine & Modify Your Thinking

Cognitive interventions to modify misappraisals about the consequences of emotions.

In English:

“Change what you believe about the things you don’t feel like doing.”

# 3. Accept & Manage Your Feelings

Teaching adaptive, non-avoidant coping

In English

“Learning strategies to deal more effectively with difficult feelings.”

## 4. Perform New Behavior at Your Own Pace

Facilitating gradual exposure to previously avoided situations (antecedents). Acting in ways that are incompatible with the emotion.

In English:

“Starting to do things you don’t currently feel like doing at a pace you can handle.”

### *III. The Pros & Cons of CBT*



# Cons

- \* Effort & time
- \* Discomfort
- \* Not always accessible

# Pros

- \* Few side effects (except discomfort)
- \* Reduces relapse
- \* Best chance for long-term maintenance of gains (especially for Panic Disorder)

## *IV. Applying CBT in Primary Care*

# Who will do it?

- \* Primary Care Provider?
- \* Nurse Care Manager?
- \* Behavioral Health Consultant?
- \* Other?
- \* Referral to Tertiary Care?

# Decision depends on...

- \* Demands of the clinic
- \* Clinician's comfort with behavioral healthcare
- \* Internal resources available
- \* External resources available
- \* Complexities of an individual case

# In general, outpatient primary care-based CBT involves:

- Greater use of self-help resources
  - Local (e.g., support groups)
  - National (e.g., books, websites, organizations such as ADAA, IOCDF, DMDA)
- Extenders, a team approach (other staff, family)
- Shorter, fewer visits
- Adjuncts to individual office visits (e.g., telephone, group, email)
- Other resources (e.g., the CALM Project; Craske et al., *Depression Anxiety*, 26, pgs 235-242)
- A menu approach

# Examples:

Single/Limited-Session Interventions That  
Can Be Applied in Primary Care

# 1. Learn About Your Problem

- \* Providing reading material
- \* Recommending websites, e.g.:
  - Anxiety & Depression Association of America ([www.adaa.org](http://www.adaa.org))
  - International OCD Foundation ([www.iocdf.org](http://www.iocdf.org))
  - National Center for PTSD ([www.ptsd.va.gov/](http://www.ptsd.va.gov/))
- \* Suggesting books, e.g.:
  - *Overcoming Depression One Step at a Time*, by Addis & Martell
  - *Feeling Good*, by Burns
  - *The Anxiety & Phobia Workbook*, by Bourne
  - *OCD Workbook*, by Hyman & Pedrick
  - *The PTSD Workbook*, by Williams & Poijula



## 2. Examine & Modify Your Thinking

- \* Providing information that might help patients re-examine their faulty beliefs, e.g.:
  - *Panic Disorder*: corrective information on the acute danger of anxiety
  - *Depression*: correcting the activity-follows-feelings myth

# 3. Accept & Manage Your Feelings

- \* Providing or referring to instructional videos/ websites to learn coping techniques, e.g.:
  - Video: *How Can Mindfulness Change your Life* (Jon Kabat Zin)
  - Website: Relaxation Techniques, Mayo Clinic  
<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368>
  - Relaxation & Breathing on YouTube  
<https://www.youtube.com/watch?v=pDfw-KirgzQ>

## 4. Perform New Behavior at Your Own Pace

- \* Providing basic principles to guide behavioral recovery:

- Plan/schedule activities that are incompatible with how you feel
- Take small steps, don't be too ambitious
- If feelings still too strong, compromise – do something, however small
- Build on your success, gradually

- \* Recommend resources (e.g., support groups, books, etc.)

- \* Schedule follow-up to assess progress

- \* Encourage seeking additional help if needed

# Conclusions

- \* **CBT is an important resource for for long-term recovery from anxiety & depression**
- \* **In most cases, CBT is compatible with pharmacologic treatments**
- \* **Though some patients require tertiary care, mild to moderate cases can be treated in primary care**
- \* **Typically, treatment involves a modified version of CBT using a menu approach & cost-effective use of adjunctive resources**
- \* **Which component is selected, how it is implemented, and by whom it is administered depends on the patient, the clinician, & the clinic & community resources available**