

Define treatment refractory anxiety.

Treatment refractory anxiety is defined as anxiety that is unresponsive to standard anxiety treatment (Bandelow et al., 2017) or anxiety that is unresponsive to at least one first-line treatment/psychotherapeutic treatment (Bookma et al., 2019) or fails to respond to at least one trial of antidepressant treatment at adequate dose and duration (Ansara, 2020).

Describe two common comorbidities of treatment refractory anxiety.

Personality disorder is an enduring pattern of inner experience and behavior that does not match the expectations of the person's culture (American Psychiatric Association, 2013). The pattern of behavior is stable across time and consistent across situations (Burton, 2022). The onset of personality disorder is during adolescence or early adulthood (American Psychiatric Association, 2013). This experience directly impacts the patient's well-being (Burton, 2022).

Attention-Deficit/Hyperactive Disorder - this is a persistent pattern of inattention (difficulty sustaining focus/hyperactivity (excessive motor activity such as fidgeting)/impulsivity that impairs functioning or development (American Psychiatric Association, 2013). ADHD begins in childhood, and the manifestation of symptoms is present in more than one setting (American Psychiatric Association, 2013).

Discuss two approaches to treatment for treatment refractory anxiety.

One of the approaches to the treatment of refractory anxiety is to ensure the diagnosis of anxiety is the correct and complete diagnosis to start with. Misdiagnosing the disorder would lead to ineffective therapy (Roy-Bryne, 2015).

The clinician needs to consider if there are other exogenous factors such as excessive intake of caffeine, use of over-the-counter cold medications that contain phenylpropanolamine and pseudoephedrine, sleep deprivation, poor