



ANXIETY TYPES & THE BRAIN

Information taken from Dr. Daniel Amen, Amen Clinics

Type 1: Pure Anxiety

- Nervousness
 - Panic attacks
 - Avoid things that make them upset
 - Muscle tension, pounding heart, nausea and dizziness
 - Predicting the worse
 - Persistent fears/phobias
 - Conflict avoidant
 - Excessive fear of being judged by others
 - Easily startled/freezing behavior
 - Shy, timid and easily embarrassed
 - Fingernail biting/skin picking
- ❖ People feel nervous or anxious, uncomfortable in their own skin, have panic and self-doubt, irrational fears and phobias, are easily startled and may freeze in emotionally-charged situations. They tend to predict the worst and have the physical symptoms of anxiety including muscle tension, heart palpitations, shortness of breath, headaches, stomachaches, nail biting and sore muscles.
- ❖ DSM diagnosis might be generalized anxiety disorder, somatoform disorders, phobias or panic disorder.

Treatment for Type 1 - Pure Anxiety:

- Cognitive therapy (ANT therapy)
- Meditation, hypnosis (strengthens PFC) and/or relaxation therapy-calms down BG & parietal lobes
- Biofeedback
- Medications-Propranolol, Bupropion, Antiepileptic
- Supplements-Magnesium, Relegra, Holy Basil, B6, Theanine, GABA, Valerian, Kava Kava

Type 2: Mixed Anxiety / Depression

Depression and anxiety occur together 75% of the time. Mixed Anxiety/Depression involves a combination of both Pure Depression and Pure Anxiety symptoms (listed above). This type shows excessive activity in the brain's basal ganglia and the deep limbic system. One type may predominate at any point in time, but symptoms of both are present on a regular basis.

Type 1: Pure Anxiety (see above)

Type 1 Depression

- Persistent sad or negative mood
 - Loss of interest in usually pleasurable activities
 - Restlessness, irritability, or excessive crying
 - Feelings of guilt, worthlessness, helplessness, hopelessness, or pessimism
 - Sleeping too much or too little, or early-morning awakening
 - Appetite changes and/or weight loss or weight gain
 - Decreased energy, increased fatigue, or feeling "slowed down"
 - Thoughts of death or suicide, or suicide attempts
 - Difficulty concentrating, remembering, or making decisions
 - Persistent physical symptoms (such as headaches, digestive problems, or chronic pain)
 - Chronic low self-esteem
 - Persistent feeling of being dissatisfied or bored
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- People feel nervous or anxious, uncomfortable in their own skin, have panic and self-doubt, irrational fears and phobias, are easily startled and may freeze in emotionally-charged situations. They tend to predict the worst and have the physical symptoms of anxiety including muscle tension, heart palpitations, shortness of breath, headaches, stomachaches, nail biting and sore muscles.

Treatment for Type 2: Mixed Anxiety / Depression

- Cognitive therapy (ANT therapy)
- Meditation, hypnosis (strengthens PFC) and/or relaxation therapy-calms down BG & parietal lobes
- Biofeedback
- Medications-Propranolol, Bupropion, Antiepileptic
- Supplements-Magnesium, Relegra, Holy Basil, B6, Theanine, GABA, Valerian, Kava Kava
- May respond well to dopamine or norepinephrine

Type 3: Over-focused Anxiety / Depression

Over-Focused Anxiety/Depression involves excessive activity in the brain's anterior cingulate gyrus, basal ganglia, and/or the deep limbic system. People with this type, which occurs more frequently in the children or grandchildren of alcoholics, have trouble shifting attention and often get locked into anxious and/or negative thoughts or behaviors.

This type has anxiety symptoms and/or depressive symptoms and has difficulty shifting attention so they get locked into thoughts and behaviors. When combined with anxiety, people have fearful thoughts and when it is combined with depression, people get stuck on depressive thoughts – or people can get stuck on both.

This can look like:

- Obsessive-Compulsive Disorder (stuck on negative thoughts or actions)
- Oppositional Defiant Disorder
- Phobias (stuck on a fear)
- Eating disorders (stuck on negative eating behavior)
- Posttraumatic stress disorder or PTSD (stuck on a past traumatic event)
- Tourette's disorder

Common symptoms of Over-focused Anxiety/Depression include 4 symptoms from Pure Anxiety and/or Pure Depression (listed above), plus at least 4 of the following:

- Excessive or senseless worrying
- Upset when things are out of place or things don't go the way you planned
- Tendency to be oppositional or argumentative
- Tendency to have repetitive negative or anxious thoughts
- Tendency toward compulsive or addictive behaviors
- Intense dislike for change
- Tendency to hold grudges
- Difficulty seeing options in situations
- Tendency to hold onto own opinion and not listen to others
- Needing to have things done a certain way or you become upset
- Others complain you worry too much
- Tendency to say "no" without first thinking about the question

Treatment for Type 3 - Overfocused Anxiety and Depression:

- Cognitive therapy (ANT therapy)
- Thought stopping
- Exercise
- Diet (more carbs) and fish oil
- Medication-Serotonin boosting
- Supplements to boost serotonin availability in the brain-St. John's Wort, 5HTP, Inositol (a B vitamin)

Type 4: Temporal Lobe Anxiety and Depression

Symptoms include temper outbursts, irritability, memory problems, visual or auditory illusions, dark, frightening or evil thoughts, misinterpreting comments as negative when there are not, difficulty reading social cues and aggressive behavior towards themselves or others. They also may have mild paranoia, episodes of panic/fear, déjà vu or a preoccupation with religious thoughts. This type is often triggered by a brain injury.

Temporal lobe symptoms:

- Short fuse
- Rage reactions
- Misinterprets information
- Periods of spaciness or panic/fear for no reason
- Visual or auditory changes/déjà vu
- Headaches or bellyaches
- Head trauma
- Family history of violence
- Dark thoughts, possibly suicidal or homicidal
- Forgetfulness/memory problems

Treatment for Type 4 - Temporal Lobe Anxiety and Depression:

- anti-seizure medication (if necessary)
 - the natural supplement GABA (for anxiety/irritability)
 - exercise
 - fish oil
 - cognitive therapy
 - higher protein/lower carb diet such as a ketogenic diet.
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- ❖ SPECT scans show decreased activity in one or both temporal lobes.
 - ❖ DSM categorization is the bipolar spectrum disorders. Temporal lobe problems, particularly from brain injuries, can look similar although temporal lobe symptoms are more fixed rather than cyclic.

Type 5: Cyclic Anxiety and Depression

The hallmark of this type is mood cycles. SPECT scans show over activity throughout the brain and in the emotional centers. It is similar to the bipolar spectrum disorders, ranging from mild to severe. This type can also be seen in PMS.

Symptoms include cycles of:

- Mood changes
- Decreased/increased need for sleep
- Grandiose notions
- Increased talking/pressured speech
- Racing thoughts
- Poor judgment
- Inappropriate social behavior
- Irritability or aggression
- Delusional or psychotic thinking

Treatment for Type 5 - Cyclic Anxiety and Depression

- DHA fish oil
 - in addition to anticonvulsant medication for bipolar disorder),
 - stress management,
 - exercise,
 - meditation
 - supplement GABA.
- ❖ If this type is related to PMS, balancing hormones can be helpful.
- ❖ SPECT scans reveal patchy increased activity in Type 5 - Cyclic Anxiety and Depression as well as in bipolar disorder. Anticonvulsants are typically the medication of choice for treatment.
- ❖ DSM categorization is the bipolar spectrum disorders. Temporal lobe problems, particularly from brain injuries, can look similar although temporal lobe symptoms are more fixed rather than cyclic.

Type 6: Unfocused (Lights are Low) Anxiety and Depression

In this type, there is too little activity across the brain, especially in the prefrontal cortex which can cause people to be inattentive, unfocused, distracted, bored and impulsive. This type is often seen in people with ADD or is the result of toxic exposure, hypoxia or an infection like Lyme disease and chronic fatigue syndrome.

This type is likely caused by an insult to the brain such as with chronic fatigue syndrome, carbon monoxide poisoning, toxic exposure (i.e., mold in the home) and chronic inflammatory diseases like Lyme. For example, images of chronic fatigue syndrome tend to have a very toxic pattern, as though the person has had a serious infection.

Type 6 Symptoms:

- Trouble with focus
 - Spaciness/fogginess
 - Overwhelmed by tasks of daily living
 - Feeling tired and sluggish
 - Procrastination and failure to finish things
 - Chronic boredom
 - Losing things
 - Distractibility
 - Forgetfulness
 - Poor planning skills
 - Difficulty expressing feelings and/or expressing empathy for others
- ❖ DSM diagnosis might be depression secondary to a medical condition or depression with cognitive impairment. ADD can be comorbid with this type.

Treatment for Type 6 - Unfocused (Lights are Low) Anxiety and Depression

- Transcranial magnetic stimulation (rTMS)
- Biofeedback in prefrontal regions
- Hyperbaric oxygen treatment
- Exercise
- Diet/fish oil
- Medications
- Supplements that stimulate the brain-SAMe, L-tyrosine, ginkgo