

An interdisciplinary approach to caring for people living with Generalised Anxiety Disorder

MHPN
WEBINARS

SUPPORTING
RESOURCES

Please note the resources displayed in this document were accurate at the time of publication

MHPN Resources

MHPN Network: [Join or start a new network](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)

Clinician Resources

Clinical Guidelines

Andrews, G., Bell, C., Boyce, P., Gale, C., Lampe, L., Marwat, O., Rapee, R., and Wilkins, G. Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of panic disorder, social anxiety disorder and generalised anxiety disorder 2018, Vol 52(12) 1109-1172.

https://www.ranzcp.org/files/resources/college_statements/clinician/cpg/anxiety-cpg.aspx

General Practice Supervisors Australia. Guide to Anxiety available at

http://gpsupervisorsaustralia.org.au/wp-content/uploads/2017/04/Teaching-aid_anxiety-V2.pdf

Websites with resources and written tools

Centre for Clinical Interventions – Generalised Anxiety and Worry.

<https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Generalised-Anxiety-and-Worry>

Broad measures to assess comorbidities or other areas of focus Depression, Anxiety and Stress

DASS – 21 , 21 items

<https://novopsych.com.au/assessments/depression/depression-anxiety-stress-scales-short-form-dass-21/>

Alcohol

Alcohol Use Disorders Identification Test (AUDIT) 10 items

<https://novopsych.com.au/assessments/diagnosis/alcohol-use-disorders-identification-test-audit/>

Sleep

Pittsburgh Sleep Quality Index (PSQI) 10 items

<http://www.opapc.com/uploads/documents/PSQI.pdf>

Schemas

Young Schema Questionnaire (YSQ)

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<http://www.schematherapy.com/id55.htm>

Assessment tools

NovoPsych online administration and scoring of questionnaires.

- <https://novopsych.com.au/>

Structured Clinical Interview for DSM Disorders (SCID-5)

First MB, Williams JBW, Karg RS, Spitzer RL: Structured Clinical Interview for DSM-5 Disorders, Clinician Version (SCID-5-CV). Arlington, VA, American Psychiatric Association, 2016

- Modules A: mood episodes
- Module F: Anxiety Disorders

Questionnaires for GAD:

- Brief symptom measure to assess for GAD
 - Generalised Anxiety Disorder Assessment (GAD-7)
<https://novopsych.com.au/assessments/diagnosis/generalised-anxiety-disorder-assessment-gad-7/>
- Frequency of worries
 - PSWQ - Penn State Worry Questionnaire (PSWQ) 16 items.
<https://novopsych.com.au/assessments/diagnosis/penn-state-worry-questionnaire-pswq/>
- Content of worries
 - Anxious thoughts inventory – Adrian Wells
<https://scales.arabpsychology.com/s/anxious-thoughts-inventory-anti/>
 - The Metacognitions questionnaire (MCQ; Sam Cartwright-Hatton and Adrian Wells (1997) 65 items
 - The Metacognitions questionnaire 30 (MCQ-30; Wells & Cartwright-Hatton, 2004)
<https://scales.arabpsychology.com/s/metacognitions-questionnaire-30-mcq-30/>
 - 5 factors in Metacognitive questionnaires: POS = positive beliefs about worry; NEG = negative beliefs about uncontrollability and danger of worry; CC = cognitive confidence; NC = need for control; and CSC = cognitive self-consciousness.

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Q&A further reading

Polyvagal Theory R.I.P. Polyvagal Theory. Shin Shin Tang August, 15 2021
<https://medium.com/@drshinshin/r-i-p- polyvagal-theory-897f935de675>

Grossman, Paul. (2016). Re: After 20 years of “polyvagal” hypotheses, is there any direct evidence for the first 3 premises that form the foundation of the polyvagal conjectures?. Retrieved from:
<https://www.researchgate.net/post/After-20-years-of-polyvagal-hypotheses-is-there-any-direct-evidence-for-the-first-3-premises-that-form-the-foundation-of-the-polyvagal-conjectures>

Community Resources

Online programs

MoodGYM

<https://moodgym.com.au>

MindSpot Mood Mechanic Course

<https://mindspot.org.au/mood-mechanic-course>

This Way Up

<https://thiswayup.org.au/courses/the-worry-course/>

Websites with resources and written tools

Centre for Clinical Interventions – Worry and Rumination

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Worry-and-Rumination>

Digital tools and apps

ReachOut WorryTime

<https://au.reachout.com/tools-and-apps/reachout-worrytime> (both Apple and GooglePlay)

CBT-I Coach – Cognitive Behavioural Therapy for Insomnia

<https://apps.apple.com/au/app/cbt-i-coach/id655918660> (both Apple and GooglePlay)

Mood-Log

<https://apps.apple.com/us/app/mood-log/id730758811> (only Apple)