

Profiling Atypical Anxiety in Parkinson's Disease

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Abstract

Anxiety is a major non-motor complication of Parkinson's disease (PD). However, a high proportion of PD patients experience Anxiety not otherwise specified (NOS), being clinically significant anxiety that does not meet Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) criteria for a diagnosable anxiety disorder. As such, anxiety in PD is under-recognised and its diagnosis is under-developed. Thus, we aimed to identify the demographic, psychiatric, clinical and cognitive characteristics associated with Anxiety NOS in PD. A cross-sectional design was employed using a convenience sample of 184 nondemented PD patients recruited from neurology outpatient clinics. A semi-structured interview was used to categorise participants into three groups: PD patients with DSM-IV anxiety disorders, Anxiety NOS or no anxiety. Logistic regression models were constructed to identify characteristics associated with Anxiety NOS. Associations were found between Anxiety NOS and female gender, poorer quality of life, depression, global neuropsychiatric impairment, complications of PD therapy, the presence of dyskinesias, greater time spent with dyskinesias, greater time in the "off" state and persistent, episodic and social anxiety. Anxiety NOS demonstrated more severe therapy complications, greater global cognitive impairment and higher levodopa doses than DSM-IV anxiety. These findings present evidence that Anxiety NOS in PD is a distinct, fluctuations-based, PD-specific anxiety subtype. These identified characteristics of Anxiety NOS in PD could facilitate increased recognition and treatment of anxiety in PD.



Biography:

Elana Forbes is a Graduate in Psychology (Hons I) and Business Management (Distinction) with experience in psychology research, the medical device industry and volunteer/ pro bono experience in domestic and international medical, psychology and social justice contexts. Experienced in research, project coordination and digital marketing. Educated at The University of Queensland and Copenhagen Business School.



Speaker Publications:

1. Unanticipated Change in Organisational Leadership: An Employees' Perspective in Australian SMEs August 2019 Academy of Management Annual Meeting Proceedings 2019(1)
2. Identification and clinical characteristics of mild cognitive impairment in Parkinson's disease. In: Australian Dementia Forum. *Australian Dementia Forum*, Adelaide, SA, Australia, (81-81). 31 May – 2 June 2020.
3. Anxiety is associated with verbal memory impairment in Parkinson's disease. In: Australian Dementia Forum. *Australian Dementia Forum*, Adelaide, SA Australia, (67-67). 31 May – 2 June 2020.
4. Profiling atypical anxiety in Parkinson's disease. *UQ Science Student Research Conference*, Brisbane, Australia, 12 October 2019.

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