

Recognizing PTSD symptoms that resemble anxiety disorders

Healthcare providers from different fields often come across patients with anxiety disorders. In fact, almost one in three U.S. adults will experience an anxiety disorder at some point in their life, and one in five will experience it in any given year.¹ Although PTSD is no longer classified as an anxiety disorder, some of its symptoms still resemble those of anxiety. Being aware of the potential for traumatic stress underlying a patient's symptoms can help provide them with the best possible treatment options.

Sleep problems

Nearly all individuals with PTSD experience sleep disturbances including insomnia, which is common in both PTSD and anxiety disorders. Lack of quality sleep can exacerbate other symptoms, creating a vicious cycle.

Cognition and mood

Many of the cognition and mood symptoms of PTSD can also look like those of more prevalent anxiety disorders.² For example, negative thoughts and emotions, feeling socially isolated and losing interest in enjoyable activities can be shared across both conditions.

Panic and anxiety attacks

Panic attacks can also be a frequent overlapping feature of both PTSD and anxiety disorders. Frequent panic attacks, diagnosed as panic disorder, can lead to avoidance behaviors similar to those in PTSD as well.

Security Health Plan offers Freespira treatments to relieve PTSD and anxiety symptoms

Of course, mental health is not black and white, and comorbidities are common. However, recognizing all the symptoms and diagnoses can open the doors to additional treatment options that may improve outcomes. Freespira is an adjunctive treatment that can relieve symptoms of panic attacks and PTSD symptoms in a short 28-day course, allowing for more comprehensive condition management.

Available free of cost to eligible Security Health Plan members, Freespira offers:

- **Medication-free symptom relief.** Freespira is ideal for patients who are on medications and those who prefer to avoid medication altogether.
- **Flexible at-home treatment.** Treatment involves two 17-minute sessions a day on the patient's preferred schedule. This makes it easier to fit around busy lifestyles.
- **Individual support.** Patients meet with a coach weekly via secure video to set goals, track progress and troubleshoot challenges.
- **Full health plan coverage.** Freespira is available to eligible Security Health Plan members without copays or cost-sharing.

If you have patients who can benefit from Freespira, please visit freespira.com/provider to learn more about the treatment and the referral process.

¹ <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder>

² https://www.ptsd.va.gov/professional/treat/essentials/history_ptsd.asp#