

Oponent's Report on Master Thesis

Theme: Generalized Anxiety and Panic Disorder
Author: Pernille Eide

Volume: 77 text sides, 2 appendixes, 125 literature quotations.

Character of the thesis: Critical review.

Personal experience of the author motivated the theme of this thesis. In the first chapter she defines general anxiety disorder GAD and panic disorder PD. In the second chapter she deals with the physiotherapeutic intervention affecting the connection between motor and mental function. The goal of this intervention in treatment of GAD and PD is to strengthen the mentally ill patient and to use bodily resources to handle the malaise, causing or/and increasing the mental problems, which may penetrate into the mind also from the suppressed experiences stored in the unconsciousness. Body activities involve directly the brain using proprioceptive sensory inputs and this contributes greatly to the treatment effect of the physiotherapy relieving the anxiety.

The author refers from many literature sources about the difficulties in diagnostics and broad variety of treatment techniques. She evaluates the influence of physiotherapy involving posture, respiration and influence of skin-contact on emotions, tension and anxiety. She refers an amount of different techniques used in treatment of GAD and PD: psycho-education, relaxation, mental training, autogenic training, progressive relaxation, applied relaxation, grounding, Feldenkreis, Yoga, Mensendieck, Alexander, touching techniques, Norwegian psychomotric physiotherapy and TENS etc.

The extensive and critical discussion shows the depth of the problems of the GAD and PD, being worldwide on the second place of the psychiatric disorders. The quality of treatment being often poor and collaborative stepped care is recommended. The treatment is oriented mostly on the symptoms of mental disorders but not on the real cause of the disorder, which lies in the personal constitution of the individual personality. The author recommends the principles of cognitive therapy in addition with the physical exercise which can reduce the anxiety. The author comes to the embarrassed conclusion that a well conducted research focussed on specific anxiety disorders is necessary to improve the diagnostics as well as specific treatment of these disorders.

The author presents the critical review concerning the problems of GAD and PD and resumes: anxiety is an inborn problem as a reaction to danger alarming the organism to start defensive activity to fight or flight. The exaggerated reaction of fear is the question of the personality. I appreciate

the detection of the fact, diagnostics and treatment being poor, basing probably on personal experience of the author herself.

summary

The author as physiotherapist presents the critical review concerning the problems of GAD and PD and resumes: anxiety is an inborn problem as a reaction to danger alarming the organism to start defensive activity to fight or flight, saving sometimes the life. The exaggerated reaction of fear is the question of the personality and of excitability and reactivity of the CNS. I appreciate the fearless conclusion: the diagnostics and treatment of GAD and PD. are often poor especially in GP. Probably is this fact acquired also from own experience.

The thesis brings the picture of real situation in the praxis. It conforms to the desideratum requested for the master thesis and I recommend it to the defence I evaluate the thesis as excellent.

Prague, April the 24th 2010

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