

Guided CBT Program

Managing Anxiety and Worry



WHAT IS ANXIETY?

Anxiety is a healthy and normal human emotion. It's characterized by worry, which are thoughts about what could go wrong in the future, as well as certain physical changes like muscle tension, increased heart rate and elevated blood pressure.

Some individuals experience very high levels of anxiety and fear, frequently worry about many different topics, have trouble controlling their worry, and avoid certain situations. If these symptoms cause a lot of distress and interfere with how a person would like to live their life, they may have what is called Generalized Anxiety Disorder.

PREVALENCE OF ANXIETY IN CANADA

Generalized Anxiety Disorder affects 3% of the population in any given year and has a lifetime prevalence of approximately 5%¹. As such, it's estimated that one out of every twelve individuals will have Generalized Anxiety Disorder at some point in their life². Women are more likely to have an anxiety related disorder compared to men³.

ABOUT THE PROGRAM

MindBeacon's generalized anxiety program is an internet delivered treatment based on principles of Cognitive Behavioural Therapy (CBT), which is widely regarded as an effective treatment for anxiety and worry⁴.

The generalized anxiety program provides access over 12 weeks to our platform and includes information and reading materials as well as skills-based exercises. The entire program is completed under the guidance of a therapist who helps to tailor the material to each individual client's needs, empowering them with a toolkit of skills to carry into the future. Clients continue to have unlimited access to the platform following completion of the program, allowing them to consistently review the readings and exercises on their own.

¹ <https://www150.statcan.gc.ca/n1/pub/82-619-m/2012004/sections/sectionb-eng.htm>

² <https://cpa.ca/psychology-works-fact-sheet-generalized-anxiety-disorder/>

³ Pearson, Janz and Ali (2013). *Health at a glance: Mental and substance use disorders in Canada*. Statistics Canada Catalogue no. 82-624-X.

⁴ Behar, E., DiMarco, I. D., Hekler, E. B., Mohlman, J., & Staples, A. M. (2009). Current theoretical models of generalized anxiety disorder (GAD): Conceptual review and treatment implications. *Journal of Anxiety Disorders*, 23(8), 1011-1023. <https://doi.org/10.1016/j.janxdis.2009.07.006>



WHO SHOULD ENROLL?

Individuals over the age of 16 who experience anxiety or worry that is difficult to control are eligible to enroll in this program.

RESEARCH BEHIND THE DEVELOPMENT OF THE PROGRAM

MindBeacon is committed to evidence-based care. Our programs are developed by clinical psychologists with expertise in CBT, anxiety, and empirical research.

MANAGING ANXIETY AND WORRY PROGRAM TOOLKIT & MODULES

Topics covered in the managing anxiety and worry program include:

- ✔ Understanding fear, anxiety and worry
- ✔ Relaxation strategies
- ✔ Strategies for managing worry
- ✔ Challenging anxious and worried thinking
- ✔ Building tolerance of uncertainty
- ✔ Approaching feared situations and thoughts through exposure

YOUR MOST COMMON QUESTIONS ANSWERED

What is a Guided CBT Program?

Cognitive behavioral therapy (CBT) is one of the most effective treatments for generalized anxiety⁴. Recent studies also support the effectiveness of internet-delivered CBT for this issue⁵.

With MindBeacon, individuals receive internet-CBT at their own pace and on their own schedule, with their dedicated therapist guiding them throughout. Our program content includes readings and exercises that have all been developed by clinical experts to help individuals develop the skills they need to thrive. Individuals can access the program when and where it suits them and send messages to their therapist when something is on their mind.

What types of anxiety are suitable for this program?

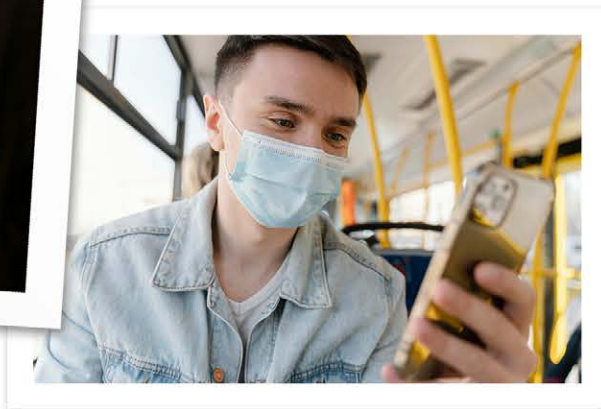
Those who suffer from symptoms of generalized anxiety are suitable to enroll in this program. These symptoms include difficulties controlling worry, frequent anxiety, and chronic tension.

Although MindBeacon does not provide diagnostic assessments, the same strategies are used for treating symptoms of generalized anxiety regardless of whether or not diagnostic criteria are met.

MindBeacon also has specific protocols for other anxiety-based problems including social anxiety, panic, illness anxiety and post-traumatic stress.

Can high levels of worry be 'cured'?

Anxiety and worry are healthy and normal experiences. So, it is unrealistic and unhelpful to eliminate these experiences completely. But, through this program, individuals can learn to better manage anxiety and worry so that these experiences don't interfere with their quality of life.



⁵ Eilert, N., Enrique, A., Wogan, R., Mooney, O., Timulak, L., & Richards, D. (2021). The effectiveness of Internet-delivered treatment for generalized anxiety disorder: An updated systematic review and meta-analysis. *Depression and anxiety*, 38(2), 196–219. <https://doi.org/10.1002/da.23115>