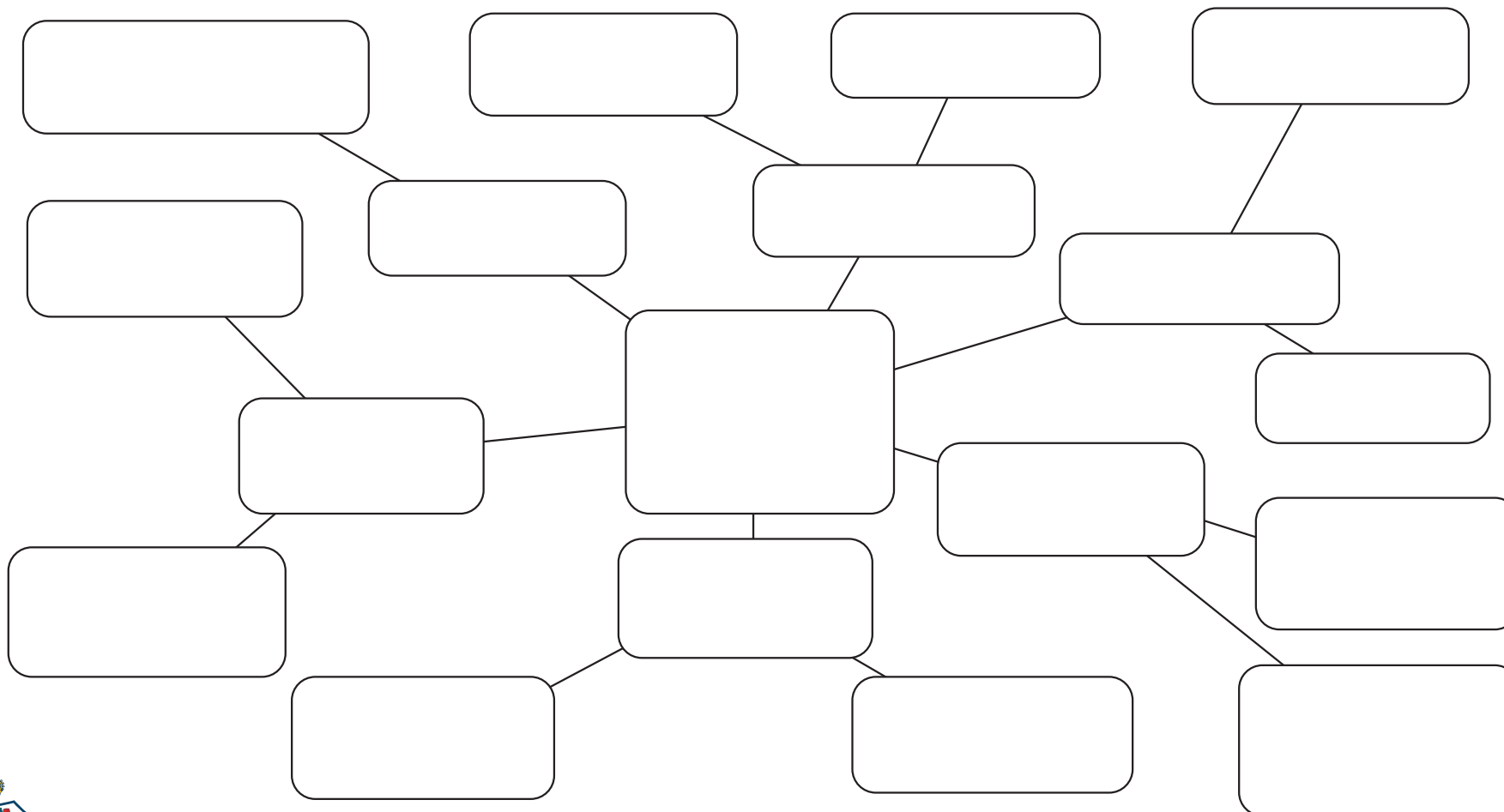


STUDENT ACTIVITY

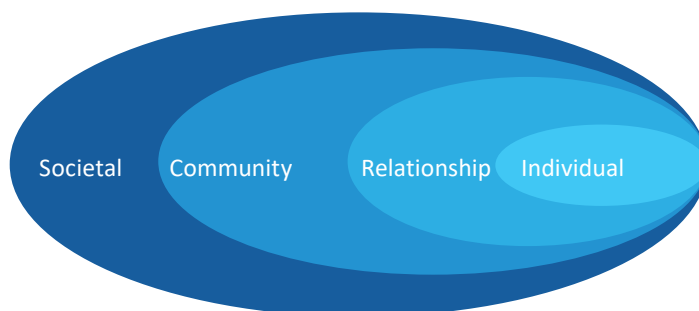
ANXIETY AND POST TRAUMATIC STRESS

ORIENTATION

Use the Mind Map to identify the different types of anxiety disorders. Discuss your answers in a group.



Consider how anxiety may affect a person at an individual, relationship, community and societal level.



Give examples of how anxiety may affect individuals at each level, using the table below.

Levels of influence	Examples
Individual	
Relationship	
Community	
Societal	

ENGAGEMENT

Summarise the risk and protective factors for each level of influence that impacts anxiety. Discuss your answers in a group.

Levels of influence	Risk factors	Protective factors
Individual		
Relationship		
Community		
Societal		



Using the Diffusion of Innovations model below, determine an action strategy to address either generalised anxiety disorder or post-traumatic stress (PTS) across multiple levels of influence.

Levels of influence	Examples
Individual	
Relationship	
Community	
Societal	



CONCLUSION

You might like to use the RE-AIM table to measure the effectiveness of your action strategy

RE-AIM component	Likely impact/Likelihood of uptake
Reach	
Effectiveness	
Adoption	
Implementation	
Maintenance	



Once you have completed the above activity, use the RE-AIM summary table to list any recommendations for improving your strategy, ways to implement it, and determine whether your strategy is sustainable.

Impact level of strategy	RE-AIM component	Evidence (primary data)	Why? (Anecdotal evidence)	Recommendations for improvement (primary and secondary data)
Low-High	Reach: For which individual(s) is the strategy developed?			How representative is your sample audience?
Low-High	Effectiveness: Predict how effective the strategy might be			How could the effectiveness of the strategy be enhanced?
Low-High	Adoption: Is the strategy likely to be adopted?			What elements of the strategy might need to be changed? Why?
Low-High	Implementation: How could the strategy be implemented as intended?			How could the methodology be changed to enhance the strategy's impact? Why?
Low-High	Maintenance: Will the strategy be sustainable?			What changes might be need to improve the sustainability of the strategy? Why?

