Anxiety Disorders Center: Outpatient Treatment Results

At the Anxiety Disorders Center (ADC), progress is closely monitored to ensure clients are provided with the highest quality treatment. Clinicians assess illness severity at pre-treatment and at post-treatment on all clients at the ADC. In order to make these ratings, clinicians take into account information gathered through clinical interview, treatment, and scores on various psychological measures. The following data shows the progress of a sample of 140 clients that completed treatment at the ADC and were assessed for severity and improvement at pre-treatment and post-treatment.

**Symptom Severity**

The graph below shows the percentage of clients rated at various levels of severity before and after treatment. As you can see in the graph, most of our clients are rated as having Marked to Extreme problems before treatment. Our clients show clear improvement over the course of treatment; for example, the percentage of patients rated as having Marked to Extreme problems drops from 52% to 17% at post-treatment.

**Global Symptom Severity in Adult Outpatient Clients Before and After Treatment.**
Measure: Clinician's Global Impression Scale-Severity

Before | After
---|---
52% | 0%
48% | 17%
33% | 33%
Global Improvement

At the end of treatment, all clients are rated in terms of how much their condition improved. As you can see in the graph below, most of our clients demonstrate significant improvement, with 63% rated "Much Improved" or "Very Much Improved." The graph also shows that clinical worsening is rare in our program.