

Project PEACE Part 2: Anxiety Disorders

ACTIVITY DESCRIPTION

This course provides a comprehensive exploration of anxiety disorders as outlined in the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5TR). In the first module, you will examine a range of anxiety disorders, including generalized anxiety disorder, separation anxiety disorder, selective mutism, and specific phobia. The second module will build upon this foundation, offering an in-depth review of additional anxiety-related disorders, such as social anxiety disorder, panic disorder, agoraphobia, and others. By the end of this course, you will gain a thorough understanding of numerous anxiety disorders, their characteristics, and diagnostic criteria.

TARGET AUDIENCE

This accredited continuing education activity is intended for primary care providers (physicians, NPs, PAs), and Nurses (RNs).

EDUCATIONAL OBJECTIVES

At the conclusion of this accredited continuing education activity, the participant should be better able to:

- Identify the indications of anxiety that primary care providers should recognize.
- Define various anxiety disorders, their manifestations, and their impact.
- Apply strategies to improve the lives of patients suffering from anxiety disorders.
- Differentiate the features that characterize generalized anxiety disorder, separation anxiety disorder, selective mutism, and specific phobia.
- Recognize why primary care providers should familiarize themselves with symptoms of anxiety disorders.
- Identify the features characterizing social anxiety disorder, panic disorder, agoraphobia, and other anxiety disorders outlined in DSM-5TR.

ACCREDITED CONTINUING EDUCATION



In support of improving patient care, University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians/Physician Assistants

The University of Nebraska Medical Center designates this enduring material for a maximum of 0.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses/Nurse Practitioners

The University of Nebraska Medical Center designates this activity for 0.5 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.

METHOD OF PARTICIPATION

Release Date: January 20, 2026

Expiration Date: January 19, 2027

The estimated time to complete this enduring material is 30 minutes.

1. Complete all modules associated with this course.
2. Sign in to <https://cmetracker.net/UNMCCE/Publisher?page=pubOpen#/myPortal>
If you need to create an account, enter your email address, click New User? Create Account, then follow the prompts.
3. On your dashboard, Click **Evaluate an Activity**
4. Enter Activity Code **70369**
5. Complete the online evaluation.

Your certificate will be saved in your UNMC CCE Account portal under **Certificates & Transcripts**.

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As a jointly accredited provider, the University of Nebraska Medical Center (UNMC) ensures accuracy, balance, objectivity, independence, and scientific rigor in its educational activities and is committed to protecting learners from promotion, marketing, and commercial bias. Faculty (authors, presenters, speakers) are encouraged to provide a balanced view of therapeutic options by utilizing either generic names or other options available when utilizing trade names to ensure impartiality.

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This activity may include presentations in which faculty may discuss off-label and/or investigational use of pharmaceuticals or instruments not yet FDA-approved. Participants should note that the use of products outside currently FDA-approved labeling should be considered experimental and are advised to consult current prescribing information for FDA-approved indications.

All materials are included with the permission of the faculty. The opinions expressed are those of the faculty and are not to be construed as those of UNMC.

DISCLOSURES

The accredited provider has mitigated and is disclosing identified relevant financial relationships for the following faculty, planners, and others in control of content prior to assuming their roles.

Faculty

The faculty below have nothing to disclose:

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QUESTIONS?

Please contact Missy Edwards via email at missy.edwards@unmc.edu if you have any questions.