# Introduction

**What is anxiety Disorder :**

Anxiety disorder is a psychological circumstance characterized by constant and intense feelings of worry, fear or unease that intervene with daily functioning. Unlike normal stress, which is short-term and usually linked to a specific situation, anxiety disorders are long-lasting and can occur without a clear reason. They include various forms such as generalized anxiety disorder (GAD), panic disorder, and specific phobias, each affecting emotional, social and physical functioning (American Psychiatric Association, 2023). Symptoms may include restlessness, tiredness, difficulty focusing, muscle tension, and trouble sleeping.

**Why It Is Important?**

Recognizing anxiety disorders is crucial because they are among the most frequent mental health conditions worldwide and often develop early in life. Without proper care, they can result in more serious mental health challenges, such as depression or addiction. Early identification, along with access to effective treatment like – cognitive-behavioral therapy can greatly enhance a person’s quality of life and help reduce the broader impact of mental illness (Hofmann et al., 2012).

**References**

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing.

Hofmann, S. G., Asnaani, A., Vonk, I. J., Sawyer, A. T., & Fang, A. (2012). The Efficacy of Cognitive Behavioral Therapy: A Review of Meta-analyses. Cognitive Therapy and Research, 36(5), 427–440.