### ****Causes and Risk Factors**** (Replace the previous version with this one)

The causes of anxiety disorders are not tied to a single factor but are shaped by a combination of genetics, brain chemistry, life experiences, and psychological patterns. People with a family history of anxiety are more likely to experience it themselves, suggesting a strong genetic component (Hettema et al., 2001). Brain imaging and neurochemical studies also point to imbalances in serotonin and GABA, which are key neurotransmitters involved in regulating mood and fear responses (Shin & Liberzon, 2010). On the environmental side, childhood trauma, abuse, or ongoing stress can increase vulnerability, especially when support systems are weak (NIMH, 2022). Additionally, the way a person thinks—particularly a tendency to expect the worst or misinterpret threats—can worsen anxiety symptoms over time (Beck et al., 1985). It’s often the interaction between these biological and environmental factors that determines how anxiety manifests and how severe it becomes.

**References:**

 Hettema, J. M., Neale, M. C., & Kendler, K. S. (2001). A review and meta-analysis of the genetic epidemiology of anxiety disorders. *American Journal of Psychiatry*, 158(10), 1568–1578.

 Shin, L. M., & Liberzon, I. (2010). The neurocircuitry of fear, stress, and anxiety disorders. *Neuropsychopharmacology*, 35(1), 169–191.

 National Institute of Mental Health. (2022). *Anxiety Disorders*. <https://www.nimh.nih.gov/health/topics/anxiety-disorders>

 Beck, A. T., Emery, G., & Greenberg, R. L. (1985). *Anxiety disorders and phobias: A cognitive perspective*. Basic Books.

### ****Slide Title: Causes and Risk Factors of Anxiety Disorder****

#### **1. Genetic Predisposition**

* Family history increases risk of developing anxiety
* Twin studies suggest 30–40% heritability
* Reference: Hettema et al., 2001

#### **2. Neurobiological Factors**

* Imbalance in neurotransmitters (e.g., serotonin, GABA)
* Affects mood regulation and fear response
* Brain circuits involved in fear and stress (amygdala, hippocampus)
* Reference: Shin & Liberzon, 2010

#### **3. Environmental Triggers**

* Childhood trauma, abuse, or neglect
* Chronic life stress (e.g., poverty, divorce, illness)
* Lack of social support during difficult times
* Reference: NIMH, 2022

#### **4. Psychological Factors**

* Cognitive distortions (e.g., catastrophizing, overgeneralization)
* Learned behaviors and negative thinking patterns
* Heightened sensitivity to perceived threats
* Reference: Beck et al., 1985

#### **5. Interaction of Factors**

* Biological, psychological, and environmental factors interact
* Combined influence determines severity and onset
* Personalized risk varies by individua