

# TAG - Dictionary of Terms

This document serves as a comprehensive dictionary of terms related to the Generalized Anxiety Disorder (GAD) ontology. Each term includes a standardized definition that follows the International Organization for Standardization (ISO) guidelines, ensuring compliance with international standards. Additionally, each term is accompanied by a definition based on the relevant literature, providing detailed and relevant clinical context.

## General:

Online Browsing Platform: <https://www.iso.org/obp/ui>

## Specific:

ISO/TS 5346:2022 Categorical structure for representation of traditional Chinese medicine clinical decision support system:

<https://www.iso.org/obp/ui/en/#iso:std:iso:ts:5346:ed-1:v1:en>

ISO/TR 4421:2023 Introduction to Ayurveda informatics:

<https://www.iso.org/obp/ui/en/#iso:std:iso:tr:4421:ed-1:v1:en>

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**ISO Definitions:** This is the color.

**Definitions from the author based on or literally taken from the reference literature.:** This is the color.

**ISSO Definitions (Synonyms):** [This is the color.](#)

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## Dictionary

### Anxiety

1. State of being uneasy, apprehensive, or worried about what might happen, misgiving.
2. Is a distressing, unpleasant emotional state of nervousness and uneasiness; its causes are less clear.

### Anxiolytic

1. Antianxiety medications relieve anxiety quickly, typically almost immediately. However, because long-term use of these medications can lead to dependence and addiction, they are usually prescribed for only a relatively short period.

### Antidepressant

1. Some antidepressants, particularly selective serotonin reuptake inhibitors and serotonin-norepinephrine reuptake inhibitors, are effective for generalized anxiety disorder. These antidepressants usually take a few weeks to relieve anxiety, so some people are first given an anti-anxiety medication along with the antidepressant.

### Addictive

1. It refers to the degree of dependence a patient may develop as a result of prolonged use of substances or medications.

### Comorbidity

1. Concurrent condition or co-infection described as part of the indication.
2. Most patients with generalized anxiety disorder (GAD) have one or more comorbid psychiatric disorders, including major depression, specific phobia, social anxiety disorder, or panic disorder. In other words, comorbidity can be understood as the presence of two or more disorders or medical conditions in the same individual.

### Psychiatric Disorder

1. (disorder) illness that disrupts normal physical or mental functions
2. Something that causes distress and functional impairment.

### GAD

1. is characterized by excessive anxiety and worry about a number of activities or events that are present more days than not for  $\geq 6$  months. The cause is unknown, although it commonly coexists in people who have alcohol use disorder, major depression, or panic disorder. Diagnosis is based on clinical criteria. Treatment includes behavioral interventions, psychotherapy, pharmacotherapy, or a combination.

### Major Depression

1. Patients may appear miserable, with tearful eyes, furrowed brows, downturned corners of the mouth, slumped posture, poor eye contact, lack of facial expression, little body movement, and speech changes. In some patients, depressed mood is so deep that tears dry up; they report that they are unable to experience usual emotions and feel that the world has become colorless and lifeless.

### Specific Phobia

1. (Phobia) any persistent and irrational fear of a specific object, activity, or situation that results in a compelling desire to avoid the feared stimulus.
2. **Consist of persistent, unreasonable, intense fears (phobias) of specific situations, circumstances, or objects.**

### Social Anxiety Disorder

1. Is characterized by fear of and anxiety about being exposed to certain social or performance situations.

### **PanicDisorder**

1. **Is the occurrence of repeated panic attacks typically accompanied by fears about future attacks or changes in behavior to avoid situations that might predispose to attacks.**

### **Course**

1. [\(Trajectory\) path \(5.5.4\) in time.](#)
2. The course is usually fluctuating and chronic.

### **Floating**

1. It refers to the intensity of symptoms experienced by the patient over time.

### **LongDuration**

1. It refers to the amount of time the patient experiences worry and anxiety, which must be present more days than not for  $\geq 6$  months.

### **ContinuousUse**

1. It refers to the duration for which the medication may be administered to the patient.

### **Diagnosis**

1. judgment of the nature of illness with someone, by examining them closely.
2. diagnostic conclusion of the pathological changes at a certain stage of a disease, including the location, cause, and nature of the disease as well as the trend of development, which suggest appropriate treatment.
3. A doctor's evaluation, based on standard psychiatric diagnostic criteria, is required to diagnose generalized anxiety disorder. For this diagnosis, a person must experience worry or anxiety about some activities or events that are present more days than not for at least six months.

### **Excessive**

1. It delineates the degree of anxiety and concern experienced by the patient.

### **HealthProfessional**

1. person who has a professional qualification for providing healthcare
2. It refers to the professionals who diagnose and monitor the patient.

### **ImmediateEffect**

1. [\(Instant\) Point on the time axis \(3.1.1.4\) Note 1 to entry: An instantaneous event occurs at a specific instant.](#)
2. It refers to the time it takes for a medication or substance to act in alleviating a patient's symptoms.

### **Intensity**

1. It refers to the Intensity of symptoms experienced by the patient over time.

### **LateEffect**

1. It refers to the time it takes for a medication or substance to act in alleviating a patient's symptoms.

### **Manifestation**

1. symptom or identifiable result of a specific ailment or situation.
2. It refers to the way symptoms are presented in patients, encompassing both neurological and physical manifestations, and in some cases, may also include somatic symptoms.

### **Medication**

1. substance that has an intended therapeutic effect on a patient and may influence the medication safety of a patient.
2. It refers to the approaches utilized in the treatment of patients with Generalized Anxiety Disorder (GAD).

### **NonAddictive**

1. It refers to the degree of dependence a patient may develop as a result of prolonged use of substances or medications.

### **Patient**

1. individual person that is a subject of care.
2. It refers to the individual presenting with Generalized Anxiety Disorder (GAD).

### **Prescription**

1. direction created by an authorized healthcare professional (3.9), to instruct a dispensing agent regarding the preparation and use of a medicinal product (3.13) or medicinal appliance to be taken or used by a subject of care (3.24)
2. It refers to the strategy employed to address the symptoms in the patient.

### **Psychological**

1. provision of advice and guidance relating to psychological well-being. Note 1 to entry: It usually includes an overview of common reactions to distressing events (3.1.96) in order to normalize them, reduce anxiety, provide simple self-help strategies to facilitate recovery in the first few days, and provide advice on where and when to seek further support.

2. It refers to the approaches utilized in the treatment of patients with Generalized Anxiety Disorder (GAD).

### **Psychotherapy**

1. Non-pharmacological Ayurvedic intervention primarily aimed at behaviour correction by virtue of counselling, Yoga and meditation
2. Often referred to as talk therapy, is a therapeutic approach that fosters an empathetic and accepting environment. In this setting, the therapist assists the individual in identifying the root causes of their issues and exploring alternative coping strategies. The emotional awareness and insights gained through psychotherapy frequently lead to changes in attitude and behavior, enabling individuals to lead fuller and more satisfying lives.

### **Personal**

1. It pertains to events or activities specific to the patient that induce anxiety.

### **Symptom**

1. assessment of the something out of the ordinary that is experienced by an individual or reported by a patient.
2. It refers to the neurological or somatic manifestations that contribute to the diagnosis. In individuals with Generalized Anxiety Disorder (GAD), the primary indicators are multiple concerns that fluctuate over time.

### **Neurological**

1. Represent a form of symptom manifestation observed in patients with Generalized Anxiety Disorder (GAD).

### **Difficulty Concentrating**

1. One of the six characteristic symptoms in patients with generalized anxiety disorder (with at least some of these symptoms present on most days over the past six months, requiring the presence of at least three symptoms).

### **Fatigability**

1. Another of the six characteristic symptoms in patients with generalized anxiety disorder.

### **Restlessness**

1. Another of the six characteristic symptoms in patients with generalized anxiety disorder.

### **Irritability**

1. Another of the six characteristic symptoms in patients with generalized anxiety disorder.

### **Disturbed sleep**

1. Another of the six characteristic symptoms in patients with generalized anxiety disorder.

### **Somatic**

1. (Or physical) symptoms represent a form of symptom manifestation that is commonly observed in most patients with Generalized Anxiety Disorder (GAD).

### **MuscleTension**

1. Another of the six characteristic symptoms in patients with generalized anxiety disorder.

### **Substance**

1. It refers to the type of substance used to manufacture the medication.

### **Treatment**

1. *Healthcare* (3.3) given to the *medical tourist* (3.9) for an illness, injury or disease in order to make them healthy or to improve their quality of life.
2. medical or surgical management of a patient.
3. It refers to the approach used to treat patients with Generalized Anxiety Disorder (GAD). One strategy involves starting treatment with both an anxiolytic and an antidepressant, along with anxiety-focused psychotherapy. Once GAD symptoms become manageable, the anxiolytic dose can be tapered down, continued at a lower dose, or discontinued.

### **Trigger**

1. event (3.13) that initiates or ends an action (3.15) Note 1 to entry: An event is not necessarily a trigger.
2. It can be understood as a worry. People with Generalized Anxiety Disorder (GAD) have multiple worries that often shift over time. Common worries include work and family responsibilities, money, health, safety, car repairs, and chores. In GAD, the focus is not on a single concern.

### **TemporaryUse**

1. (Temporary) lasting for only a limited period of time.
2. It refers to the duration for which the medication may be administered to the patient.

## ISO and Term Relationship Summaries

- **Anxiety** - ISO 16976-6:2023
- **Comorbidity** - ISO/TS 5499:2024
- **PsychiatricDisorder** - ISO/TS 6304:2022
- **SpecificPhobia** - ISO 16976-6:2023
- **Course** - ISO 8373:2021
- **Diagnosis** - ISO/TS 5346:2022; ISO/TS 5346:2022
- **ImmediateEffect** - ISO 8601-1:2019
- **Trigger** - ISO 34501:2022
- **Manifestation** - ISO/TS 23961-3:2024
- **Medication** - ISO/TR 20831:2017
- **Patient** - ISO/TR 19231:2014
- **Prescription** - ISO 21549-7:2024
- **HealthProfessional** - ISO/TR 25555:2024
- **Psychological** - ISO 22300:2021
- **Psychotherapy** - ISO/TR 4421:2023
- **Symptom** - ISO/TR 4421:2023
- **Treatment** - ISO 22525:2020; ISO/TR 21835:2020
- **TemporaryUse** - ISO/IEC 39075:2024

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