

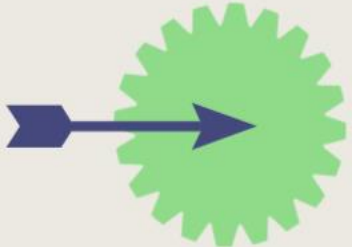
Anxiety Disorder



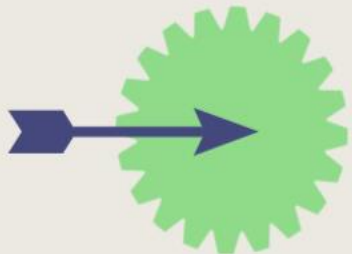


What are anxiety disorders?

- In everyday life almost **everybody gets anxious** or feels nervous before test, or an important business meeting or during significant change.
- The term 'anxiety disorders' is a term that covers **pathological fear and worry**
- Vulnerability is the '**lack of perceived control**' over stressful life circumstances.
- Not only the actual presence of environmental stressors that create anxiety; but rather, it is a person's **perceived ability to control the event** that create anxiety.



- People's perceptions of control are heavily influenced by **childhood experiences**.
- Examples:
 - family dynamics such as parenting style (i.e., overprotective parenting style, and protective, low-care style)
 - significant life stressors such as loss of, or separation from, primary caregivers
 - traumatic experiences such as childhood abuse (physical, emotional, and/or sexual).
- Due to children's repeated experience of unpredictable events in their lives, they may come to view the world as unpredictable and dangerous.
- This view may lead to feelings of helplessness, more expectation to negative outcomes



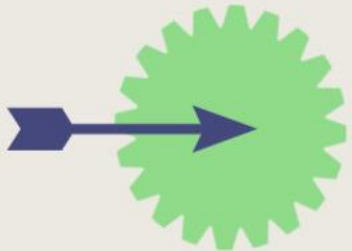
• These early experiences → psychological vulnerability → People are more prone to experience anxiety than others.

• People with anxiety disorders often report they have no control over their symptoms and this lack of control is highly distressing to them.

• People who feel anxious are not aware of the reasons for their fear.

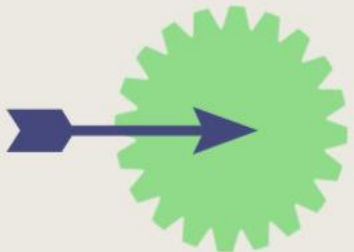
• Fear and stress reactions are essential for human survival.

• In a healthy individual, the stress response (fight, fright, or flight) is provoked by a genuine threat or challenge and is used as a spur for appropriate action.





- An anxiety disorder involves an excessive state of arousal characterized by **feelings of apprehension, uncertainty, or fear**
- An anxiety disorder persists, while an **appropriate response to a threat resolves** **once the threat is removed.**
- The individual shows combinations of the symptoms like **rapid heart rate**, shortness of breath, diarrhea, fainting, dizziness, sweating, sleeplessness, frequent urination and tremors
- However, when anxiety occurs at inappropriate times, occurs frequently, or is so intense and long-lasting that it interferes with a person's normal activities, it is considered a disorder.



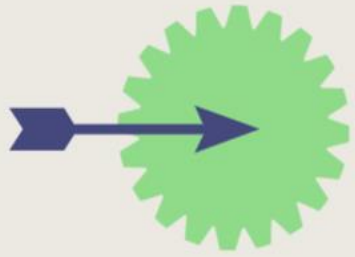


Types of Anxiety Disorders

- Generalized Anxiety Disorder
- Specific Phobia
- Obsessive Compulsive Disorder
- Panic Attack
- Post Traumatic Stress Disorder



what is
**generalized
anxiety
disorder?**

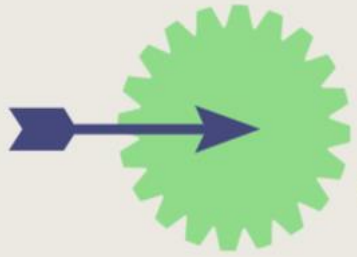


Characteristics

- Consists of prolonged unexplained, but intense fear that do not seem to be attached to any particular object or event
- Its an anxiety disorder that is characterized by excessive uncontrollable and irrational worry about everyday things
- Its a common chronic disorder characterized by long lasting anxiety that is not focused on any one situation



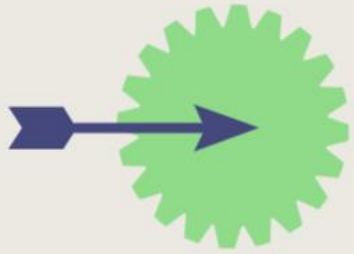
- The age of onset is variable from childhood to adulthood
- Women are 2 to 3 times more likely to suffer from GAD than men



Characteristics - Emotional symptoms

- Constant worry running through your head
- Feeling like your anxiety is uncontrollable and there is nothing you can do to stop it
- Intrusive thoughts about things that make you anxious; you try to avoid thinking but you cant
- Inability to tolerate uncertainty; you need to know what is going to happen in future
- A pervasive feeling of apprehension About a number of different events or activities





Characteristics - Behavioral symptoms

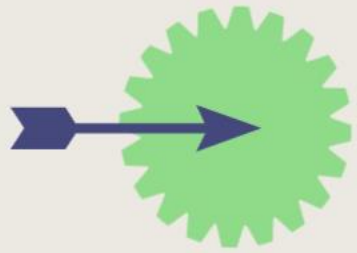
- Inability to relax or enjoy quite time
- Difficulty concentrating or focusing on things
- Putting things off because you felt overwhelmed
- Avoiding situations that make you anxious



Characteristics - Physical symptoms

- Feeling tense
- Having muscle tension
- Having trouble falling asleep because your mind won't quit
- Feeling restless
- Stomach problems, nausea, diarrhea

Excessive anxiety and worry for more days than not for at least 6 months



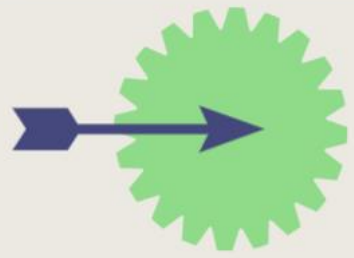
Diagnostic Guidelines



Difficulty to control the worry.



Anxiety or worry that causes significant distress or interferes with your daily life



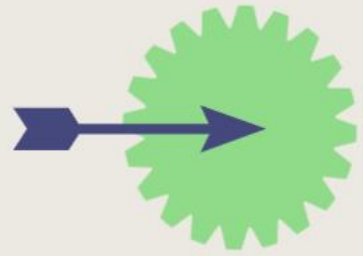
Diagnostic Guidelines



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The anxiety and worry are associated with three of the following symptoms:

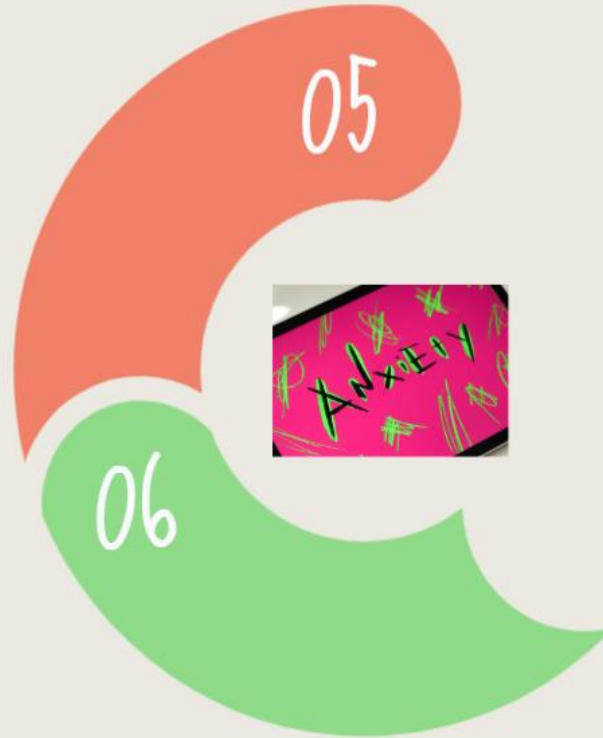
1. Restlessness
2. Easily fatigued.
3. Difficulty concentrating
4. Irritability.
5. Muscle tension.
6. Sleep problems



Diagnostic Guidelines



Not due to the physiological effects of a substance or another medical condition



Not due to another mental disorder





CAUSES

Temperament

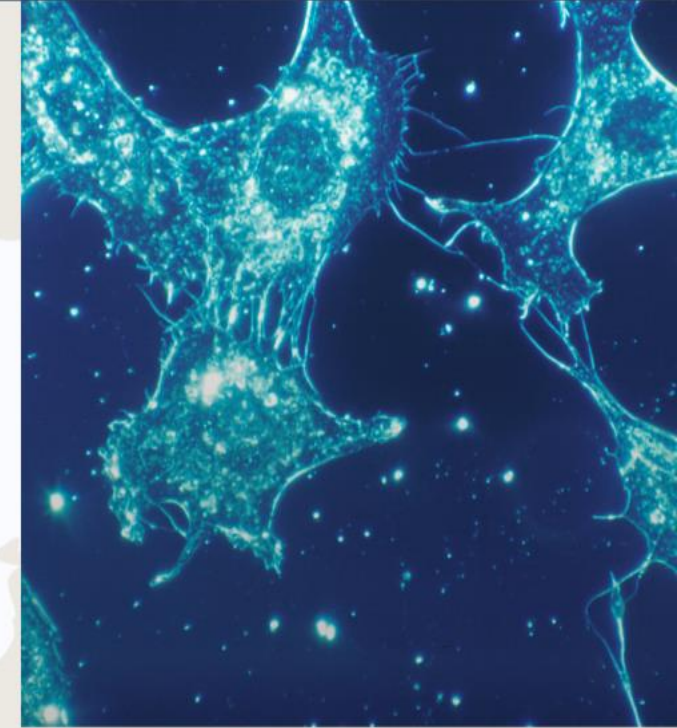
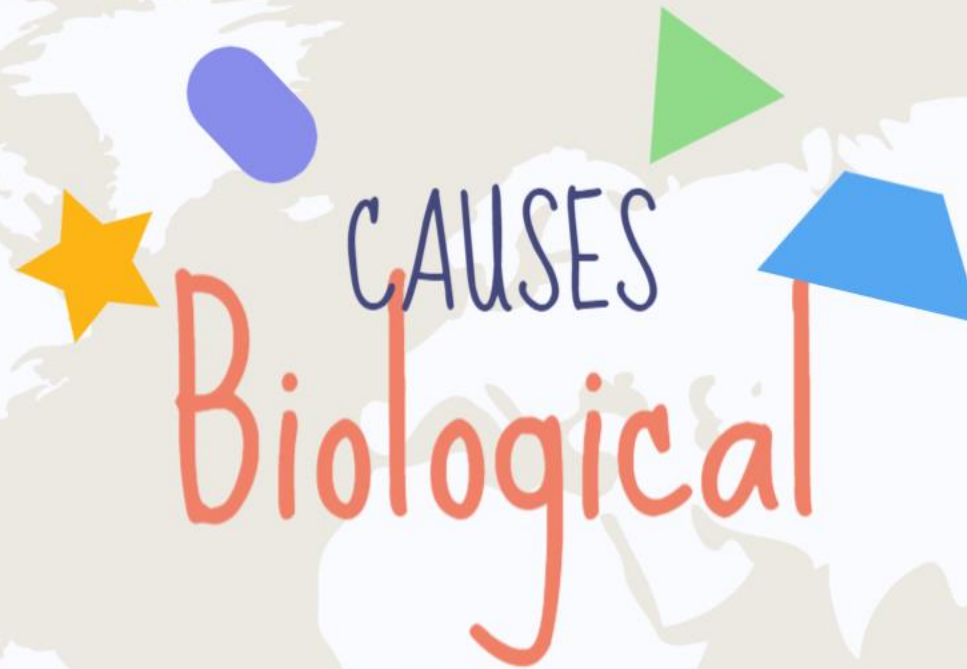


- Behavioral inhibition
- Negative affectivity (neuroticism)
- Harm avoidance

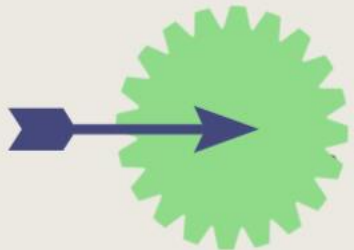
CAUSES Environmental

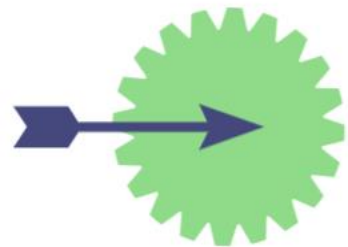
- Childhood adversities
- Parenting practices (overprotection, over control, reinforcement of avoidance)
- Experienced trauma - Experience of physical and mental abuse, neglect, death of loved one, isolation
- Social learning experiences (observing parents)
- Caffeine can heighten feelings of worry, contributing to development of anxiety





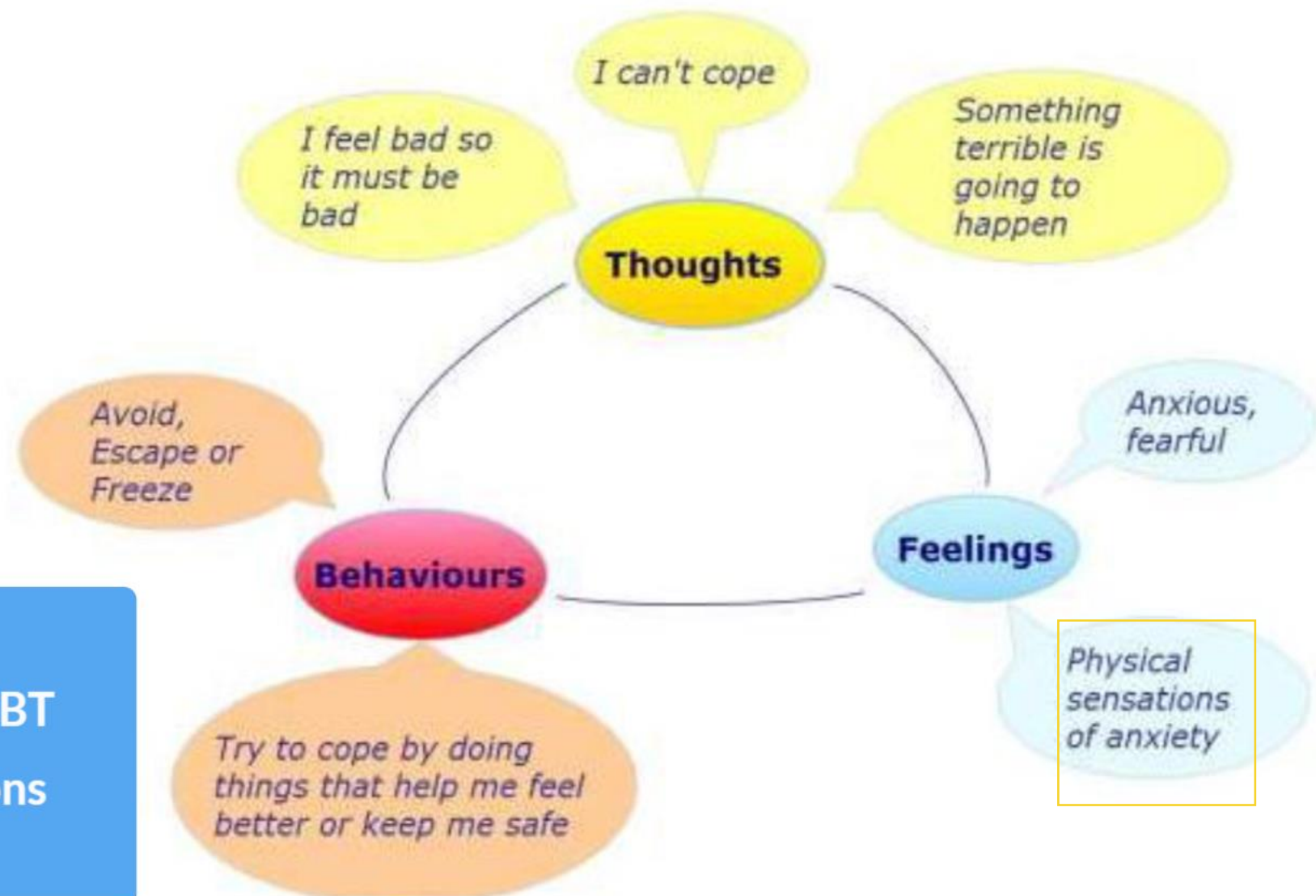
- Risk for GAD does seem to run in families and had heritability estimate of approximately 30% (Gottschalk and Domschke, 2017)
 - Functional deficiency of GABA, which ordinarily plays an important role in the way our brain inhibits anxiety in stressful situations
- Goodman (2004) and Nutt and colleagues (2006) reported that serotonin is involved in GAD
- ACTH hormone disturbance (Davis, 2006)





TREATMENT

**Trigger - real or
imagined danger**



- Clinical psychologist - CBT
- Psychiatrist - Medications