**Introduction:**

Mixed Anxiety-Depressive Disorder (MADD) is a diagnostic phase that describes patients with both anxiety and depressive symptoms of moderate to severe stiffness that are associated with at least certain independent factors. Autoimmune symptoms are involuntary physical symptoms usually caused by an overactive nervous system, such as panic attacks or intestinal depression. The World Health Organization's ICD-10 defines mixed anxiety and depression, where symptoms of anxiety and depression are both present, but not unique, and no type of symptoms exist at a level that allows for diagnosis when considered. If both symptoms of anxiety and depression are present and severe enough excuse the individual diagnosis, both diagnoses should be recorded and this category should not be used.

**Depression:**

Depression (major depressive disorder) is a common and debilitating disorder that affects the way you feel, the way you think and act such as sleeping, eating, or working out. Fortunately, it is also treatable. Depression causes feelings of sadness and loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can reduce your ability to work at home and at function. To diagnose depression, symptoms should be present for at least two weeks.

**Types of Depression:**

Following are the most common types of depression.

1. **Persistent depressive disorder** (also called dysthymia) is a depressive disorder that lasts for at least two years. A person diagnosed with persistent depression may have episodes of major depression and episodes of milder symptoms, but symptoms should last for two years to be considered an ongoing depressive disorder.
2. **Postpartum depression** is worse than “baby blues” (symptoms of gradual depression and anxiety that usually appear two weeks after birth) that most women experience after childbirth. Women with postpartum depression experience severe fullness during pregnancy or after childbirth (postpartum depression). Feelings of deep sadness, anxiety, and fatigue associated with postpartum depression may make it difficult for these new mothers to complete the day-to-day care tasks for themselves and / or their children.
3. **Psychotic Depression** occurs when a person has severe depression and some form of mental disorders, such as a persistent belief that is disturbing (lost) or hearing or seeing annoying things that others may not be able to feel or see (negative thoughts). Psychotic symptoms often have a stressful “team”, such as guilt fraud, poverty, or illness.
4. **Seasonal affective** disorder is characterized by the onset of depression during the winter months, when there is less natural sunlight. This stress usually rises in the spring and summer. Winter depression, often accompanied by social withdrawal, extra sleep, and obesity, is predicted to return annually due to seasonal disruption.
5. **Bipolar disorder** is different from depression, but it is included in this list because someone with bipolar disorder experiences episodes of very low moods that meet the conditions of major depression (called “bipolar disorder”). But a person with bipolar disorder also has very high emotions - happy or angry - called "mania" or a more serious form of "hypomania."

**Stress:**

Stress is the way your body responds to stress from a particular situation or event. It can be physical, mental, or emotional reactions. We all experience stress at some point in our lives. Maybe your job, family illness, or financial problems. These are common causes. According to a recent study, nearly half of all Americans say that they suffer from moderate to severe depression. Not all stress is bad. It can make you aware of the things around you and make you more focused. In some cases stress may be enough to give you strength and help you to do more.

**Types of Stress:**

1. **Acute Stress:**

Sometimes you may feel stressed for a short time. You usually have nothing to worry about. Like when you need to present a project, or you have to speak in front of a group of people. You may feel a “butterfly” in your stomach and the palms of your hands sweating.

These types of positive stress are short-lived, and your body's way of helping you get through what may be a difficult situation.

1. **Chronic stress:**

If you allow your emotions to persist for a long time, they can have devastating effects on your physical, mental, and emotional health, especially if they are chronic. You need to be aware of the warning signs of chronic stress so that you can take care of yourself.

**Anxiety:**

Anxiety is a mental and physical condition of negative expectations. Mentally it is characterized by increased emotional distress and anxiety that cause stress, and physically by unpleasant activation of many bodily systems — all in order to facilitate a response to an unknown danger, whether real or imagined.

Sensitive emotions of panic in anticipation of a negative outcome, as well as physical sensations such as having courage and a running heart are designed to be uncomfortable. Anxiety is intended to capture attention and encourage you to make the necessary changes to protect what you care about. Occasional anxiety is natural and may be productive. Anxiety can be viewed as the price we pay for having the ability to think about the future.

In the case of anxiety, however, it is especially difficult to distinguish between normal behavior and pathology. Anxiety plays a dynamic role in human development, indicating that preventive measures are needed to ensure safety. Because anxiety can be progressively measured, some researchers suggest that excessive anxiety only represents a more severe manifestation of a character, rather than a different condition or illness. Distribution may involve different businesses, however.

Anxiety may become symptomatic at any age when it prevents or limits developmentally appropriate adaptive behavior ([Klein & Pine, 2001](https://www.oxfordclinicalpsych.com/view/10.1093/med-psych/9780199928163.001.0001/med-9780199928163-bibliography-1#med-9780199928163-bibItem-443)).

For example, anxiety about separation is a normal part of growing up in many young children. Similarly, in adolescence, questions about social issues are raised, in view of the social changes that many young people experience.

Anxiety disorders are among the most common mental illnesses and disabilities. Increasing evidence linking anxiety with cardiovascular risk factors and diseases such as atherosclerosis, metabolic syndrome, and heart disease. Since inflammation of the lower extremities is clearly involved in the etiology of these somatic conditions, it has been hypothesized that inflammation plays a role in anxiety disorders and may create a link between anxiety disorders and cardiac load. Anxiety disorders are also closely related to depression, which has been repeatedly linked to physical disability. However, unlike depression, very few studies have investigated the relationship between anxiety disorders and inflammation.

**Types of Anxiety:**

Anxiety is manifested in a number of different diagnoses.

1. **Generalized Anxiety disorder**, in which anxiety reflects any of the key aspects of life — work, love, money, health — is most common in adults.
2. **Social Anxiety Disorder**, which focuses on the fear of being criticized by others, is on the rise among adults.
3. **Phobias** often direct certain things or experiences. Sometimes anxiety roars at the scene in an instant, intensifying and building up to a frightening crescendo in minutes. Panic may strike randomly, without the blue, or it may be paralyzing. Anxiety by all means is acceptable to treatment.
4. **Agoraphobia** is a type of anxiety disorder in which you are scared and often avoid places or situations that can make you feel nervous and make you feel trapped, helpless or embarrassed.
5. **Anxiety disorders due to a medical condition** include symptoms of severe anxiety or panic that are directly caused by a physical health problem.
6. **Selective mutism** is a constant failure of children to speak in certain situations, such as school, or they may speak in other situations, such as at home with close family members. This can affect school, work and community service.
7. **Seperation Anxiety disorder** is a child's disorder characterized by excessive anxiety in the child's developmental stage and related to separation from parents or other parents.
8. **Substance-induced Anxiety disorder** caused by a drug is characterized by symptoms of severe anxiety or panic which is a direct result of drug abuse, drug use, exposure to a toxic substance or drug withdrawal.
9. **Some specific anxiety disorders and unspecified anxiety disorders** that are not mentioned by words of anxiety or phobias do not meet the specific process of any other anxiety disorders but are important enough to stress and distract.

**Symptoms:**

Common anxiety signs and symptoms include:

* Feeling nervous, restless or tense
* Having a sense of impending danger, panic or doom
* Having an increased heart rate
* Breathing rapidly (hyperventilation)
* Sweating
* Trembling
* Feeling weak or tired
* Trouble concentrating or thinking about anything other than the present worry
* Having trouble sleeping
* Experiencing gastrointestinal (GI) problems
* Having difficulty controlling worry
* Having the urge to avoid things that trigger anxiety

**Causes Of Anxiety:**

The causes of anxiety disorders are not fully understood. Life experiences such as traumatic events seem to cause anxiety disorders in people who are already prone to anxiety. Inherited attributes can also be a factor.

**Medical Causes:**

For some people, anxiety may be associated with an underlying health problem. In some cases, anxiety and symptoms are the first signs of a medical condition. If your doctor suspects that your anxiety may have a medical cause, he or she may request a checkup to check for symptoms.

Examples of health problems that can be linked to anxiety include:

* Heart disease
* Diabetes
* Thyroid problems, such as hyperthyroidism
* Respiratory disorders, such as chronic obstructive pulmonary disease (COPD) and asthma
* Drug abuse or withdrawal
* Withdrawal of alcohol, antidepressants (benzodiazepines) or other medications
* Chronic pain or irritable bowel syndrome
* Unusual plants that produce certain anti-flying hormones
* Sometimes anxiety can be the result of certain medications.

It is possible that your concern may be due to poor health if you:

* You do not have blood relatives (such as a parent or a sibling) who has a anxiety disorder
* You did not have anxiety disorders as a child
* You do not avoid certain things or situations because of anxiety
* You just have a sudden anxiety that seems unrelated to life events and you have no previous history of anxiety.

**Risk factors:**

These factors may increase your risk of developing an anxiety disorder:

* **Trauma.** Children who have endured abuse or trauma or witnessed traumatic events are at greater risk of developing anxiety disorder at some point in life. Older people who experience a traumatic event may have anxiety problems.
* **Stress due to an illness.** Having a medical condition or serious illness can cause great anxiety for matters such as your treatment and your future.
* **Stress buildup.** A major event or accumulation of stressful living conditions may cause excessive anxiety - for example, death in the family, job stress or ongoing financial worries.
* **Personality.** People with certain personality traits are more prone to anxiety disorders than others.
* **Other mental health disorders.** People with other mental health problems, such as depression, are more likely to have anxiety disorders.
* **Having blood relatives with an anxiety disorder.** Anxiety problems can run in families.
* **Drugs or alcohol.** Drug or alcohol abuse or abuse or withdrawal can cause or increase anxiety.

**Complications**

Having anxiety disorders do more than cause anxiety. It can also lead, or worse, to other mental and physical conditions, such as:

* Depression (which often occurs with an anxiety disorder) or other mental health disorders
* Substance misuse
* Trouble sleeping (insomnia)
* Digestive or bowel problems
* Headaches and chronic pain
* Social isolation
* Problems functioning at school or work
* Poor quality of life
* Suicide

**Prevention**

There's no way to predict for certain what will cause someone to develop an anxiety disorder, but you can take steps to reduce the impact of symptoms if you're anxious:

• **Get help early:** Anxiety, like many other mental health conditions, can be difficult to treat if you wait.

• **Stay active**: Participate in activities that you enjoy and that make you feel good about yourself. Enjoy social interaction and caring relationships, which can reduce your anxiety.

• **Avoid using alcohol or drugs:** Alcohol and drug abuse can cause or increase anxiety. If you are addicted to any of these things, quitting can make you anxious. If you are unable to stop on your own, see your doctor or find a support group that will help you.

Anxiety disorders are a prevalent global health problem, affecting the lives of almost 300 million individuals suffering from a range of anxiety disorders as well as society as a whole [[1](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B1-ijms-21-04784)]. Anxiety disorders are currently the most prevalent psychiatric disorder in the United States and Europe and are ranked by the WHO as the sixth largest cause of disability worldwide and range among the top ten causes of years lived with disability [[1](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B1-ijms-21-04784),[2](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/" \l "B2-ijms-21-04784)]. Anxiety disorders also lead to the subsequent development of other psychiatric comorbidities, such as depression [[3](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B3-ijms-21-04784)]. The prevalence of anxiety disorders is affected by gender, with a higher prevalence in women than men [[4](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B4-ijms-21-04784)]. Despite a trend towards lower prevalence among older people (≥80 years), prevalence rates are similar among age groups [[1](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B1-ijms-21-04784),[5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B5-ijms-21-04784)]. The group of anxiety disorders is characterized by feelings of anxiety and fear and related behavioral disturbances, such as avoidance behavior [[6](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B6-ijms-21-04784)]. Due to the typically long-lasting duration of the symptoms experienced by affected individuals, anxiety disorders represent more chronic-recurrent than an episodic disorder [[7](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B7-ijms-21-04784)].