**Literature Review**

Introduction:

**Definition:**

**Anxiety** is a normal reaction to stress and can be beneficial in some situations. It can alert us to dangers and help us prepare and pay attention. [https://www.psychiatry.org/Patients-Families/Anxiety-Disorders] Anxiety is a state of dread, tension, and unease. It is considered a normal response to stress or uncertain situations. Feeling anxious for long periods of time or at intense levels may mean that you have an anxiety disorder. [ebsco.com/sites/g/files/nabnos191/files/acquiadam-assets/Patient-Education-Reference-Center-Patient-Handout-Anxiety.pdf]

**Background of Study:**

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.[WHO . *Depression and Other Common Mental Disorders. Global Health Estimates. 2017.* WHO; Geneva, Switzerland: 2017. [[Google Scholar](https://scholar.google.com/scholar_lookup?title=Depression+and+Other+Common+Mental+Disorders.+Global+Health+Estimates.+2017&publication_year=2017&)].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.[Shadli S.M., McIntosh J., McNaughton N. Anxiety process “theta” biomarker in the stop signal task eliminated by a preceding relaxation test. *Behav. Neurosci.*2020 doi: 10.1037/bne0000328. in press. [[PubMed](https://www.ncbi.nlm.nih.gov/pubmed/31219261)].

Anxiety disorders also lead to the subsequent development of other psychiatric comorbidities, such as depression [Ceylan M.F., Guney E., Alisik M., Ergin M., Dinc G.S., Goker Z., Eker S., Kizilgun M., Erel O. Lipid peroxidation markers in children with anxiety disorders and their diagnostic implications. *Redox Rep.*2014;19:92–96. doi: 10.1179/1351000213Y.0000000082. [[PMC free article](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6837665/)] [[PubMed](https://www.ncbi.nlm.nih.gov/pubmed/24520970)] [[CrossRef](https://dx.doi.org/10.1179%2F1351000213Y.0000000082" \t "_blank)] [[Google Scholar](https://scholar.google.com/scholar_lookup?journal=Redox+Rep.&title=Lipid+peroxidation+markers+in+children+with+anxiety+disorders+and+their+diagnostic+implications&author=M.F.+Ceylan&author=E.+Guney&author=M.+Alisik&author=M.+Ergin&author=G.S.+Dinc&volume=19&publication_year=2014&pages=92-96&pmid=24520970&doi=10.1179/1351000213Y.0000000082&)] [[Ref list](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 [alnapurkar I., Allen M., Pigott T. Sex differences in anxiety disorders: A review. *Pda J. Pharmacol. Sci. Technol.*2018;4:1–9. doi: 10.24966/PDA-0150/100011. [[CrossRef](https://dx.doi.org/10.24966%2FPDA-0150%2F100011" \t "_blank)] [[Google Scholar](https://scholar.google.com/scholar_lookup?journal=Pda+J.+Pharmacol.+Sci.+Technol.&title=Sex+differences+in+anxiety+disorders:+A+review&author=I.+Jalnapurkar&author=M.+Allen&author=T.+Pigott&volume=4&publication_year=2018&pages=1-9&doi=10.24966/PDA-0150/100011&)] [[Ref list](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 [Byrne G.J. What happens to anxiety disorders in later life? *Rev. Bras. Psiquiatr.*2002;24:74–80. doi: 10.1590/S1516-44462002000500014. [[CrossRef](https://dx.doi.org/10.1590%2FS1516-44462002000500014" \t "_blank)] [[Google Scholar](https://scholar.google.com/scholar_lookup?journal=Rev.+Bras.+Psiquiatr.&title=What+happens+to+anxiety+disorders+in+later+life?&author=G.J.+Byrne&volume=24&publication_year=2002&pages=74-80&doi=10.1590/S1516-44462002000500014&)] [[Ref list](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 [American Psychiatric Association . *Diagnostic and Statistical Manual of Mental Disorders.* 5th ed. American Psychiatric Association; Washington, DC, USA: 2013. [[Google Scholar](https://scholar.google.com/scholar_lookup?title=Diagnostic+and+Statistical+Manual+of+Mental+Disorders&publication_year=2013&)] [[Ref list](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 [tein D.J., Scott K.M., de Jonge P., Kessler R.C. Epidemiology of anxiety disorders: From surveys to nosology and back. *Dialogues Clin. Neurosci.*2017;19:127–136. [[PMC free article](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573557/)] [[PubMed](https://www.ncbi.nlm.nih.gov/pubmed/28867937)] [[Google Scholar](https://scholar.google.com/scholar_lookup?journal=Dialogues+Clin.+Neurosci.&title=Epidemiology+of+anxiety+disorders:+From+surveys+to+nosology+and+back&author=D.J.+Stein&author=K.M.+Scott&author=P.+de+Jonge&author=R.C.+Kessler&volume=19&publication_year=2017&pages=127-136&pmid=28867937&)] [[Ref list](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369790/#B7-ijms-21-04784)]].

**Diagnosis:**

You may be diagnosed with an anxiety disorder if the anxiety:

* Occurs without an external threat (called "free-floating" anxiety)
* Is excessive or unreasonable for the situation or threat
* Negatively affects how you function during the day

**Types:**

The most common types of anxiety disorders are:

* Specific phobias
* Post-traumatic stress disorder (PTSD)
* Panic disorder
* Obsessive-compulsive disorder (OCD)
* Social anxiety disorder
* Generalized anxiety disorder

Anxiety may occur with other conditions such as alcohol use disorder, drug abuse, or depression. Causes Anxiety disorders may result from a combination of factors such as:

* Genetics
* Factors in the environment

Chemical imbalances in the brain may also play a role.

**Risk factors:**

Anxiety disorders are nearly twice as common in women than in men. Other factors that may increase your chances of anxiety disorders:

* Family member with anxiety disorders
* Stressful life events
* Poor coping strategies
* History of physical or psychological trauma
* Chronic medical illness
* Substance abuse
* History of self-harm as a teenager, with or without suicidal intent

**Prevention:**

To help reduce your chances of anxiety:

* Be aware of situations, occupations, and people that cause you stress.
* If unavoidable, confront and overcome situations that provoke anxiety.
* Find a relaxation technique that works for you. Use it regularly.
* Develop and maintain a strong social support system.
* Express your emotions when they happen.
* Challenge irrational beliefs and thoughts that are not helpful to you.
* Correct misperceptions. Ask others for their points of view.
* Work with a therapist.
* Avoid using nicotine or other drugs. If you drink alcohol, drink only in moderation. Moderation is 1 drink or less per day for women and 2 drinks or less per day for men.

[https://www.ebsco.com/sites/g/files/nabnos191/files/acquiadam-assets/Patient-Education-Reference-Center-Patient-Handout-Anxiety.pdf]