

The main goal of this literature review is to gather information on the effects of anxiety on people's health and well-being. When people engage in complicated tasks or activities, they commonly experience anxiety. They may seek help from others or take steps on their own to overcome anxiety disorders. When people experience anxiety while performing tasks or activities, they must be well-prepared and knowledgeable. It is recommended that they refrain from participating in such situations if they are unable to put the measures and approaches in place to overcome anxiety disorders. If entering elevators causes anxiety, for example, one should avoid them and instead use the stairwell. Family members, supervisors, instructors, colleagues, professional counselors, medical practitioners, and health care specialists are among those who provide support and assistance. When anxiety and anxiety disorders reach a critical stage, effective strategies and methods must be implemented to overcome them. **[Kapur, Radhika.*et al*.,(2020)]**

Greek and Latin philosophers and medical professionals distinguished anxiety as a medical disorder and distinguished it from other negative affective states. Similar to modern cognitive psychology, ancient Epicurean and Stoic philosophers proposed methods for achieving a state of mind free from anxiety. There was a significant period of time between classical antiquity and the late 19th century when anxiety was not recognised as a distinct illness. However, even though they went by different names, typical cases of anxiety disorders continued to be reported. In his book The Anatomy of Melancholy from the 17th century, Robert Burton discussed anxiety. The "panophobias" in the nosology written by Boissier de Sauvages in the 18th century may be recognised as panic attacks and generalised anxiety disorder.Additionally, anxiety symptoms played a significant role in the development of new disease concepts, which culminated in neurasthenia in the 19th century**.[Marc-Antoine Crocq *et al*.,(2015)]**

In the absence of scalable treatment, it is anticipated that depression and anxiety disorders account for more than 12 billion days of lost productivity annually across the 36 largest countries in the world, costing an estimated US$925 billion. This is the equivalent of more than 50 million years of work. The global cost per year is $1.15 trillion, assuming that all other nations (representing 20% of the world's population) have the same distribution of costs between lower- and higher-income countries. 4 billion more days are lost each year than those without these disorders, at a cost of $592 billion (36 percent of the total cost).**[Dr Dan Chisholm *et al*.,(2016)]**

The impact of socioeconomic status as a mediator and predictor of positive health and financial outcomes could not be taken into account. Through higher levels of stress, social exclusion, violence, and trauma, poverty has a negative impact on the risk of developing depressive and anxiety disorders; however, the evidence base for the mental health effects of interventions aimed at the poor is still weak. 41 The cost of seeking and paying for health care is one of the major obstacles that poor people in many countries face when trying to access services. Finally, it should be acknowledged that many people can experience stress at work, and that as a result, employee support programs—whether new or existing—should incorporate mental health and wellbeing**.[****[Dr Dan Chisholm](https://www.sciencedirect.com/science/article/pii/S2215036616300244" \l "!) *et al*., (2016)]**

Although anxiety frequently co-occurs with depression, it has received little attention from researchers and medical professionals despite being a common mental health issue among women during the perinatal (pregnancy and postpartum) period. Given the mounting evidence that maternal anxiety during pregnancy and after delivery may have serious adverse effects, this is a crucial clinical omission. Increased childbirth anxiety, a preference for Caesarean sections, a lack of effective coping mechanisms, a rise in eating disorders, and a higher risk of suicide have all been linked to maternal antenatal anxiety. As it has been connected to higher preterm birth rates, lower Apgar scores, and shorter births, it also has significant neonatal implications. Additionally, a poor child's developmental trajectory is at risk due to antenatal anxiety.**[Dennis, C. *et al*.,(2017)]**

Trait anxiety refers to the propensity to report negative emotions like fears and worries across situations and is a condition clinically distinct from state anxiety symptoms. It is characterised by a stable perception of environmental stimuli as threatening. Prevalence rates for trait anxiety were high, ranging from 29 to 33 percent antenatally to 23 percent postnatally. Antenatal trait anxiety has been linked, despite being rarely studied, to a higher risk of preterm birth in African American women. **[Dennis, C. *et al*., (2017)]**

Patients who are having cardiac surgery have moderately elevated preoperative information needs and high levels of preoperative anxiety. There were discovered to be risk factors for higher anxiety levels, including a prolonged preoperative LoS, coronary bypass surgery, and no prior experience with anaesthesia or surgery. An elevated preoperative anxiety level was independently linked to coronary bypass surgery. **[****[J.H.Palazón](https://www.sciencedirect.com/science/article/abs/pii/S1053077017304688" \l "!) *[et al](https://www.sciencedirect.com/science/article/abs/pii/S1053077017304688" \l "!)*[.,](https://www.sciencedirect.com/science/article/abs/pii/S1053077017304688" \l "!)(2018)]**

Suicidality has significantly increased during the COVID-19 restrictions, and it is closely related to psychological distress, anxiety, family violence, and well-being.Evidently, the pandemic has also had a serious impact on the mental health of healthcare professionals. An evaluation of the levels of anxiety and trust among Iranian healthcare professionals found that 21.3 percent had severe levels of anxiety, compared to mild to moderate levels in 30.4% of the workforce. Users of social media showed the lowest levels of trust, whereas TV viewers showed the highest levels. Additionally, according to the findings of another cross-sectional study, 15.4% of 500 Taiwanese healthcare professionals with post-traumatic stress disorder (PTSD) symptoms, 44.6% of whom experienced insomnia, had high levels of anxiety, and 23.4% had high stress levels.Due to strict lockdowns, elevated anxiety, financial instability, and a decrease in the availability of support services, the incidence of family violence also increased during the pandemic**.[Hasannia *et al*.,(2019)]**

# Children who are obese have higher rates of anxiety and depression than children who are normal weight.According to estimates, anxiety and depression affect 6.5 percent and 2.6 percent of children worldwide, respectively, and rates are rising. Although it has been noted that obese children are more likely than peers of normal weight to experience anxiety and depressive symptoms, it is unclear whether obesity itself poses a risk for these conditions. Prior studies have demonstrated a bidirectional relationship between obesity and anxiety/depression.Children with obesity are more likely to have neuropsychiatric disorders and low socioeconomic status (SES), which are known risk factors for anxiety and depression. Although the results are mixed, associations between the risk of depression and various ethnic groups have also been noted. In order to properly assess the risks of anxiety and depression in children who are obese, it is crucial to take these factors into account. [Louise Lindberg *et al*.,(2020)]

# Reading difficulties have been linked to issues with psychological functioning, including difficulties with self-efficacy and anxiety.Comparatively to students who had no such history, those with a history of reading difficulties reported higher academic anxiety but similar levels of general anxiety. In comparison to students who had no such history, students with a history of reading difficulties also reported lower academic self-efficacy, but similar social self-efficacy. These results suggest that, when entering university, students with a history of reading difficulties exhibit academic-specific mental health symptoms, such as increased anxiety and low self-efficacy, compared to those without such a history.[Mariem M. Elgendi *et al*., (2021)]

# Anxiety is a common feeling. It is adaptive from an evolutionary perspective because it encourages survival by encouraging people to avoid dangerous areas. Anxiety has been classified as a disorder in psychiatric classifications since the 20th century. Clinical judgement must be used to determine where normal adaptive anxiety in daily life transitions into distressing pathological anxiety that requires treatment.Anxiety played a significant role in a number of new diagnostic categories, including neurasthenia and neuroses, in the late 19th and early 20th centuries.[Marc-Antoine Crocq *et al*., (2022)]

# The history of anxiety disorders has frequently been described as recent. As with schizophrenia, anxiety wasn't widely recognised as a disease until the 19th century, as has been stated numerous times. Contrarily, mood disorders, particularly melancholia, have a long history dating back to classical antiquity. It might not be entirely accurate to say that anxiety is a relatively new concept. There are hints that Greco-Roman philosophers and physicians recognised anxiety as a distinct negative affect and a separate disorder. Additionally, according to ancient philosophy, anxiety can be treated using methods that are similar to modern cognitive techniques. [Marc-Antoine Crocq *et al.*, (2022)]