

**Literature Review**

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***Anxiety***

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 counsellors, 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., Effects of Anxiety on Health and Well-being of the Individuals.(2020)]

"Pantophobia" and "anxiety neurosis" were terms used to diagnose generalized anxiety from the 19th century to the 20th century. Such terms were used to describe both paroxysmal (panic attacks) and interparoxysmal phenomenology (the apprehensive mental state). Furthermore, generalized anxiety was regarded as one of many symptoms of neurasthenia, a disorder with no clear definition. When anxiety neurosis was split into GAD and panic disorder in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III) in 1980, GAD was added as a diagnostic category. One reason for the distinction was the different responses these two disorders had to imipramine therapy. Worry about a variety of life circumstances has gradually been emphasized as a distinctive symptom of GAD since the revised DSM-III (DSM-III-R). As a result, a cognitive aspect of anxiety has become the primary criterion for diagnosing GAD. From DSM-III to the preparation of DSM-5, the validity of GAD as an independent category was questioned. The difficulty in establishing clear boundaries between GAD and I personality dimensions, (ii) other anxiety-spectrum disorders, and (iii) nonbipolar depression has been a source of concern. The Research Domain Criteria (RDoC) was recently proposed by the National Institute of Mental

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Health as a framework for biological research into the etiology of mental symptoms. Generalized anxiety could be studied using the RDoC framework as a dimension called "anxious apprehension," which would typically fall under the research domain "negative valence systems" and the more specific construct "potential threat."[Marc-Antoine Crocq.,et al., The history of generalized anxiety disorder as a diagnostic category, (2017) Dialogues in Clinical Neuroscience, 19:2, 107-116]

In the twenty-first century, scientists have attempted to root the phycological and physiological aspects of anxiety in biological processes such as brain circulation, neurochemicals, and genes. Anxiety and its disorders involve neurochemicals such as GABA, epinephrine, dopamine, and serotonin, as well as brain regions dedicated to fear recognition, such as the amygdala, prefrontal cortex, and hippocampus. Scientists can use neuroimaging techniques to see how these neural networks respond to threats and to pinpoint how different types of brain react to fearful stimuli. [John Hopkins, et al., anxiety history (2013)]

Your heart is racing, your palms are sweating, and your stomach is turning. Your muscles are tense, and your senses are on high alert. Worries and fears that something bad will happen are flooding your mind. This is anxiety, and we've all experienced it. Most people experience anxiety or fear when confronted with a potentially dangerous situation, such as a physical attack or a natural disaster. Our bodies produce an adrenaline rush, and our instincts take over. This provides us with the strength we require to escape and survive the situation. Anxiety is our body's reaction to stress and danger, but in today's world, most of the 'dangers' we face on a daily basis aren't ones we can easily fight or flee from. These modern 'dangers' can range from a heavy workload at work to family conflicts, aggressive drivers, or financial difficulties. Anxiety is normal and healthy at times; it can motivate us and help us get out of difficult situations. However, you may have an anxiety disorder if your anxiety lasts for weeks or months, turns into a constant feeling of dread, or begins to affect your daily life. Anxiety is a common and often misunderstood emotion. It becomes a mental disorder when people experience disproportionate levels of anxiety. Anxiety disorders are a type of mental illness characterized by apprehension, vulnerability, worry, and fear. Individuals with these disorders are required to behave and react differently in various

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situations. [Browne, D.et al., (2020). What to Know about Anxiety. Retrieved May 29, 2020 from [www.medicalnewstoday.com/articles/323454](http://www.medicalnewstoday.com/articles/323454)]

When an individual is expected to participate in any task or activity, such as an exam, interview, competition, or other similar event, he or she is likely to feel anxious. Anxiety is the body's natural reaction to stress or apprehension about what is about to happen. When a person's anxiety is extreme and lasts for more than six months, he or she may have an anxiety disorder. This type of anxiety is unpleasant when people are worried about their education or jobs, but it may motivate them to focus on their responsibilities. Anxiety disorders are the most common types of emotional disorders, and they can affect people of all ages. Anxiety manifests itself in different ways for different people. Individuals express anxiety in various ways, including nightmares, panic attacks, and painful thoughts. Individuals with an anxiety disorder will experience feelings of fear, apprehension, and vulnerability all of the time. It's intense, and it can be crippling in some cases. When people suffer from anxiety disorders, they lose interest in tasks and activities that they once enjoyed. Individuals with anxiety disorders may be apprehensive about entering elevators, crossing streets, performing certain tasks, or communicating with others individuals. Individuals must ensure that they receive appropriate treatment in order to overcome anxiety disorders and prevent them from becoming severe. Women are more likely than men to be diagnosed with anxiety disorders.[Legg, T.J. et al.,Everything you need to Know about Anxiety. (2018).]

Anxiety is the most common mental disorder in British Columbia, affecting 12% of the population, or one in every eight people any given calendar year There are several options things about yourself that can be used to You're more likely to develop an Anxiety condition. Individuals of various ages are affected by anxiety. Children, on the other hand, are exposed to them on a much larger scale than adults. It is likely that the individuals will experience anxiety and anxiety disorder if they have never participated in any activities or performed any tasks or functions before. According to research studies, elderly people over the age of 70 do not feel comfortable using technology. They may use them for leisure and recreation, but they are hesitant to use them for other tasks and activities such as sending emails, paying bills, and so on. To carry out these responsibilities, they require assistance and support from others. In some cases, anxiety and anxiety disorders can be reduced, but in others, they cannot be reduced and must seek help and support from others

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throughout their lives. [Kapur, Radhika.et al., Effects of Anxiety on Health and Well-being of the Individuals.(2020)]

Individuals with anxiety disorders often suffer for years before being diagnosed and treated. When people are worried about their education, they either work diligently and conscientiously to gain a thorough understanding of the lesson plans and academic concepts, or they change subjects or even stop learning. When individuals encounter setbacks while carrying out their job responsibilities, they can either work diligently or provide solutions to their problems, or they can change jobs. However, when people have phobias about various objects or situations, it is likely that they will not seek treatment and that their symptoms will persist for a long time. It is suggested that treatment be sought as soon as the phobias are known. They will not have a negative impact on the individual's overall life in this manner.[Rector, N.A.,et al., Bourdeau, D.,et al., Kitchen, K., et al.,& Joseph-Massiah, L.et.al.,Anxiety Disorders An Information Guide. (2008).]

Anxiety disorders are a term used to describe a group of mental illnesses. When people suffer from various types of anxiety disorders, they often encounter roadblocks in their efforts to improve their overall quality of life. Individuals commonly experience anxiety prior to completing specific tasks or situations. Individuals, for example, face health issues as they grow older. Individuals' vocabulary and word usage decline as they reach the age of 70 and beyond. Elderly people, on the other hand, have other health issues such as joint pain, and in some cases, they are unable to carry out daily activities such as eating, bathing, dressing, toileting, and transferring, whereas in other cases, they are not ambulatory. As a result, when people have health problems or illnesses, they become anxious and seek support and assistance from others. Individuals of various ages may experience health issues. As a result, it can be stated that anxiety and anxiety disorders are common among people who have health problems or illnesses. [Kapur, Radhika.et al., Effects of Anxiety on Health and Well-being of the Individuals.(2020)]