

Anxiety Disorder

Anxiety:

Anxiety is an apprehensive anticipation of future danger or misfortune accompanied by a feeling of dysphoria or somatic symptom of tension.

Classification:

1. Single Anxiety:
 - It is the response to an anticipated event.
2. Anxiety trait:
 - It is the component of personality that has been present over a long time.
3. Anxiety state:
 - It is a state as a result of stressful event in which the client loses the control of his emotions.
4. Free floating anxiety:
 - It is the anxiety which is always present and accompanied by the feeling of dread and terror.

Clinical features of anxiety:

A. Physical symptoms:

1. Cardiovascular system:

- Tachycardia
- Chest pain
- Palpitation
- Fainting
- Flushing

1. Respiratory system:

- Sighing
- Chocking
- Yawning
- Dyspnea
- Constriction in the chest
- Difficulty inhaling

3. Alimentary system:

- Dry mouth
- Dysphagia
- Nausea
- Dyspepsia
- Abdominal pain
- Butterflies in the stomach

4. Genitourinary system:

- Increase frequency
- Hesitation
- Sexual dysfunction
- Menstrual discomfort

5. Nervous system:

- Tension
- Headache
- Blurring vision
- Tinnitus
- Sweating

6. Musculoskeletal system:

- Aches
- Teeth clenching
- Chronic jerks

B. Psychological symptoms:

- Anxious mood
- Worry or fear
- Irritability
- Inability to relax
- Feeling of unable to cope
- Depersonalization
- Derealization
- Initial insomnia
- Nightmares
- Poor concentration
- Sensitivity to noise

Anxiety disorder:

Anxiety disorders are abnormal states in which the most striking features are mental and physical symptoms of anxiety, occurring in the absence of organic brain disease or another psychiatric disorder.

Complication of anxiety:

1. Depression
2. Substance abuse
3. Trouble sleeping
4. Digestive or bowel problem
5. Headache
6. Trouble concentration
7. Physical illness
8. Social phobia
9. Obsessive compulsive disorder
10. Nervousness
11. Worry
12. Abnormal heart rhythms

Treatment of generalized anxiety disorder:

1. Counseling:

- Explanation of the nature of the disorder of reassurance that these physical symptoms are not caused by physical disease.
- Help in adjusting problem or to solve the problem.

2. Relaxation training.

3. Cognitive behavioral therapy.

4. Medication:

I. Anxiolytic:

- Short term: diazepam and buspirone, clonazepam, bromazepam.
- Long term: low dose of TCA (tricyclic antidepressant)

II. SSRI (selective serotonin reuptake inhibitor): sertraline, fluoxetine, paroxetine, dapoxetine.

III. Adrenagic agonist: atenonol, propanonol.