

# Intervention Related to Anxiety Disorder

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## Abstract

As we all know anxiety disorder is a severe form of psychiatric disorder, where patients show either excessive or prolonged emotional reaction to give any stress. Anxiety disorder share self-reported symptoms of anxiety and fear. Its indices of behavioral, physiological, cognitive, and neural responding in the presence of aversive stimuli. The main objective of this research paper to generate information in terms of effects of anxiety on health and well-being of the individuals. When the individuals experience anxiety we putting some tasks and activities. The individuals, who make provision of support and assistance include, family members, supervisors, instructor, colleagues, professional counselors, medical practitioners and health care specialists.

**Keywords:** Activities; Support; Tasks; Health situations; Anxiety.

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## Introduction

Anxiety disorders from a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension and worry. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder. These disorder a person having mild anxiety might be vague and unsettling, while severe anxiety may seriously affect day-to-day living. Anxiety disorder affect 40 million people in the United States. It is the most

common group of mental illness in the country. However, only 36.9 percent of people with an anxiety disorder receive treatment. Anxieties now revolve around work, family life, health, and other crucial issues that demand a person's attention without necessarily requiring the flight-or-fight reaction. The duration of severity of an anxious feeling can sometimes be out of stress.

## Definition

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.

## Causes

- Genetic
- Brain chemistry
- Environmental stress
- Drug with drawalormisuse
- Medical conditions
- Dealing with panic attacks
- Childhood sexual abuse
- Trauma
- Negative life events

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- Severe illness or chronic health condition
- Low self esteem
- Substance abuse (using alcohol)
- Being a shy child
- Behavioral theory
- Cognitive theory
- Psychodynamic theory

## Types

### *Generalized anxiety disorder*

It is the most common neurotic disorder and it occurs more frequently in women. The prevalence rate of generalized anxiety disorder is about 2.5-8%. In this anxiety is unvarying and persistent.

### *Panic disorder*

It is characterized by anxiety, which is intermittent and unrelated to particular circumstances. The central feature is the occurrence of panic attacks, i.e., sudden attacks of anxiety in which physical symptoms predominate and are accompanied by fear of a serious consequence such as a heart attack.

### *Phobia Disorder*

A phobia is an unreasonable fear of a specific object, activity or situation. In phobic anxiety disorders, the individual experiences intermittent anxiety which is characterized in particular circumstances, i.e., in response to the phobic object or situation.

### *Obsessive-compulsive disorder*

It is a state in which the outstanding symptom is a feeling of subjective compulsion which must be resisted to carry out some action, to dwell on an idea, to recall an experience, or ruminate on an abstract topic.

### *Post-traumatic stress disorder*

A disorder characterized by failure to recover after experiencing a terrifying event. A condition of persistent sentimental and emotional stress occurring as a result of injury or severe psychological shock, typically involving disturbance of sleep, constant vivid recall of the experience.

## Symptoms

- Sensitivity of noise
- Dry mouth
- Difficulty in swallowing
- Palpitations, insomnia
- Restlessness, tremor

- Headache
- Gastrointestinal discomfort
- Constriction in chest
- Poor concentration

## Management

### *Pharmacological management*

Anti-anxiety medication; such as Benzodiazepines, may decrease your anxiety, panic and worry. They work quickly, but you can build up a tolerance to them. That makes them less effective over time.

Antidepressants; they improve mood and reduce stress.

Beta-blockers; usually used for high blood pressure, can help reduce some of the physical symptoms of anxiety disorders.

### *Non-pharmacological management*

Cognitive behavioral therapy (CBT); they teach to recognize thought patterns and behaviors that lead to trouble some feelings.

Exposure therapy; focuses on dealing with the fears behind the anxiety disorder.

## Conclusion

Anxiety disorder is common across gender, age, and culture. The specific feared stimuli and the presence of functional impairment or distress related to this fear. Anxiety is a normal, but highly subjective, human emotion. While normal anxiety can also become the cause of tremendous suffering for millions of people. Working from a biopsychological perspective, this article provided an overview of the origin and functional purpose of normal anxiety. This broad research base has led to the development of numerous, empirically-based treatments that have proven to be highly effective. As a result, thousands of courageous individuals have reclaimed their health, restored their functioning, and now enjoyed richly rewarding and satisfying lives. We will continue to bring hope and relief to the people and families who are affected by these disorders.

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