

Anxiety disorder

Emotion of anxiety, worrisome thoughts, avoidance behaviour and the somatic symptoms of autonomic arousal.

Classification - 3 types

1) Phobic Anxiety disorder

Abnormal or excessive fear of something, which leads to avoidance of it.

Eg → Fear of dying in a aircraft, leading to avoidance of it.

→ Agoraphobia → Gait out alone or being in crowded place.

→ Social phobia → Fear of social situations

2) Panic disorder

→ Repeated attacks of anxiety which are not restricted to any particular situation or circumstances

→ Somatic symptoms like chest pain, palpitation, paraesthesia of lips and fingers. These are due to involuntary over breathing (Hyperventilation)

→ They usually think they are suffering from heart attack, stroke and seek emergency.

3) Generalized anxiety disorder

→ Excessive.

→ Persistent

→ Unreasonable

Anxiety

→ Somatic symptoms, like muscle tension, fatigue, Bowel disturbances.