



Anxiety disorders

Dr. Hassan Ali




What is Anxiety?

- Anxiety is an uncomfortable feeling that occur in response to the fear of being hurt or losing something.
- Anxiety disorder is a serious mental illness. for people with anxiety disorders ,worry and fear are constant and overwhelming, and can be crippling.

Peplau (1963) describe 4 levels of anxiety

- Mild anxiety: is associated with tension experienced in response to event of day to day living. it prepare people for action ,it increase motivation for productivity.
- Moderate anxiety: as the level of anxiety increase ,the ability to concentrate is decreased, increase muscular tension restless are evident. assistant with problem solving may be required.

- 
- Severe anxiety: attention span is extremely limited, much difficulty completing even the simplest tasks, headache, palpitation and insomnia may be evident.
 - Panic anxiety :is the most intense state of anxiety ,inability to focus, and lose of contact with reality may occur (hallucination and delusions may be experience).



What Causes Anxiety Disorders?

- The exact cause of anxiety disorders is unknown; but anxiety disorders -- like other forms of mental illness -- are not the result of personal weakness, a character flaw, or poor upbringing. As scientists continue their research on mental illness, it is becoming clear that many of these disorders are caused by a combination of factors, including changes in the brain and environmental stress .





How Common Are Anxiety Disorders?

- Anxiety disorders affect about 19 million adult Americans. Most anxiety disorders begin in childhood, adolescence, and early adulthood. They occur slightly more often in women than in men, and occur with equal frequency in whites, African-Americans, and Hispanics .

How Are Anxiety Disorders Diagnosed?


- If symptoms of an anxiety disorder are present, the doctor will begin an evaluation by asking you questions about your medical history and performing a physical exam. Although there are no lab tests to specifically diagnose anxiety disorders, the doctor may use various tests to look for physical illness as the cause of the symptoms .

- 
- If no physical illness is found, you may be referred to a psychiatrist or psychologist, mental health professionals who are specially trained to diagnose and treat mental illnesses. Psychiatrists and psychologists use specially designed interview and assessment tools to evaluate a person for an anxiety disorder .

- 
- The doctor bases his or her diagnosis on the patient's report of the intensity and duration of symptoms -- including any problems with daily functioning caused by the symptoms -- and the doctor's observation of the patient's attitude and behavior. The doctor then determines if the patient's symptoms and degree of dysfunction indicate a specific anxiety disorder .

How Are Anxiety Disorders Treated?

- **Medication** :Drugs used to reduce the symptoms of anxiety disorders include anti-depressants and anxiety-reducing drugs .
- **Psychotherapy** :Psychotherapy (a type of counseling) addresses the emotional response to mental illness. It is a process in which trained mental health professionals help people by talking through strategies for understanding and dealing with their disorder .

- 
- **Cognitive-behavioral therapy** :People suffering from anxiety disorders often participate in this type of psychotherapy in which the person learns to recognize and change thought patterns and behaviors that lead to troublesome feelings .
 - **Relaxation therapy**
 - **Dietary and lifestyle changes**




Care plan for client with panic disorders or GAD


- Stay with client and offer assurance of safety and security
- Maintain a calm non threatening
- Keep surrounding low in stimuli
- Teach client ways of interrupt anxiety relax technique, exercise.



Care plan for client with obsessive-compulsive disorders

- Work with client to determine type of situation that increase anxiety.
- Encourage independent behavior.
- Support client effort explore the meaning of behavior.

- 
- Schedule activities for client including compression of rituals.
 - Give positive reinforcement for non ritualistic behavior.
 - Help client learn ways of interrupting obsessive thought and ritualistic behavior (relaxation, exercise)



Care plan for client with phobic disorders

- Reassure client that he or she is safe.
- Discuss reality of the situation with client
- Include client in making decision related to alternative coping strategies.
- Encourage client to explore underlying feeling that may be contributing to fears



Thank you for listening