
Anxiety Disorders

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- Anxiety: Is an uncomfortable feeling that occur in response to the fear of being hurt or losing something valued.



Peplau (1963) described 4 levels of anxiety

- 1. 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.
- 2. Moderate Anxiety: As the level of anxiety increase, the extent of the perceptual field diminishes, the ability to concentrate is decreased, increase muscular tension and restless are evident. Assistant with problem solving may be required.



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



- Fear: Is a feeling that arises from concrete real danger.
 - Anxiety: Is a feeling that arises from an ambiguous, unspecific cause that is disproportionate to the danger.
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- Stressors: is an external pressure that is brought to bear on individual.
 - Anxiety: is the subjective emotional response to those stressors (Stress → Anxiety and grief)
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- Coping mechanisms: Is a conscious attempt that people try to protect themselves from anxiety in stressful situations like sleeping, physical exercise, crying . It may be effective or ineffective. When it is ineffective the following behaviors may be used: physical flight, abusing substance, social withdrawal, inability to focus on the situations.



- **Defense mechanisms:** It is a conscious or unconscious attempt to manage mild to moderate anxiety, they often prevent people from being sensitive to anxiety (e.g. compensation, denial, regression, repression, projection).



Generalized anxiety disorder

- Is a chronic disorder characterized by persistent unrealistic and excessive anxiety, the symptoms has existed for six months or longer and are not attributed to hyperthyroidism or other organic factors
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■ Symptoms:

- Restlessness,
- being easily fatigued,
- difficulty concentrating,
- irritability,
- muscle tension,
- sleep disturbance.




Panic Disorder

- Is the highest level of anxiety cc. by disorganized thinking, feeling of terror, and helplessness, and non purposeful behavior
 - People behave that they will die, lose of control, or go crazy.
 - Extended period of panic level may lead to schizophrenia, schizoaffective disorder, or delusional disorder.
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- Symptoms of panic attack: at least 4 of:
 - Palpitation, sweating, tumbling يتعثّر, tingling وخز, shortness of breath, feeling of choking, chest pain or discomfort, nausea and abdominal distress, feeling dizzy, tense fear, fear of losing control or going crazy, fear of dying.
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- The onset of panic attack is sudden and unexpected with intense symptoms lasting from few minutes to an hour it may progress to phobic behavior.
 - Panic attack awaken the person and usually occur within one to four hours after falling to a sleep, usually non REM sleep.
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■ Care plan for client with panic disorder or GAD

Outcome criteria	Nsg intervention	rationale
<p>Client will be able to recognize symptoms of onset of anxiety and to intervene before reaching panic level.</p> 	<p>Stay with client and offer assurance of safety & security</p>	<p>The client may fear for his or her life.</p>
	<p>Maintain a calm non threatening.</p>	<p>Client feel of security in the presence of a calm staff person.</p>
	<p>Keep surrounding low in stimuli.</p>	<p>A stimulating environment may increase anxiety level</p>
	<p>Teach client ways of interrupt anxiety relax. Technique, exercise.....</p>	<p>Relax. Tech. result in physiological response opposite that of anxiety Response.</p>

**Thanks
for
listening**
