



## Anxiety disorders

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**To Cite This Article:** Gabriel da Costa Duriguetto, Anxiety disorders. *Am J Biomed Sci & Res.* 2020 - 6(6). *AJBSR.MS.ID.001083.*

**DOI:** [10.34297/AJBSR.2020.06.001083](https://doi.org/10.34297/AJBSR.2020.06.001083).

**Received:** 📅 December 12, 2019 ; **Published:** 📅 January 08, 2020

### Opinion

In some people anxiety manifests itself in the form of momentary and intermittent seizures, with the onset of various anxious symptoms. Anxiety can be considered a normal reaction to a threat or psychological stress. It plays an important role in survival. When a person faces a dangerous situation, anxiety triggers a fight or flight response and a variety of physical changes take place, such as increased blood supply to the heart and muscles to provide the body with energy and energy. the strength needed to face life-threatening situations such as running away from an aggressive animal or facing an offender A constant symptomatology of generalized anxiety may or may not be present. Generalized anxiety disorder is characterized by the presence of excessive anxiety symptoms. The person lives tense, worried, nervous or angry. There may be insomnia and difficulty concentrating. Physical symptoms such as tachycardia, dizziness, headache, sweating is common. To make the diagnosis of anxiety disorder one must consider whether anxious symptoms cause great suffering, harm the social and occupational life of the person [1]. In anxiety disorder, fear, anxiety or avoidance is persistent, usually lasting at least 6 months [3].

To diagnose generalized anxiety disorder, one should consider that the person finds it difficult to control the worry, presents restlessness, fatigability, sleep disturbance, muscle tension. The disturbance is not due to the physiological effects of a substance or medical condition. Anxiety worry and also physical symptoms should cause some suffering or damage to one's life [3].

Intense anxiety attacks, called panic attacks, are seizures in which an important autonomic nervous system discharge occurs, and consequently produce symptoms such as tremors, dyspnea, nausea, vomiting [1]. In panic disorder the individual has many symptoms such as palpitations, sweating, tremors, shortness of breath, asphyxiation, pain or abdominal discomfort. They may also have dizziness, dizziness or fainting and chills. They are also afraid of losing control of themselves and fear of dying. The panic attack is followed by apprehension or concern about another panic attack,

and there is significant maladaptive change in behavior related to the panic attack [3]. In severe seizures, the person may experience varying degrees of depersonalization, such as feeling light in the head, feeling awkward, and feeling self-awkward. There may also be the feeling of derealization, feeling that the environment is strange. In these seizures there is often a fear of having a heart attack, dying or going crazy. The clinical condition called panic disorder occurs when seizures recur, fear of having new seizures [1].

Regarding the diagnostic criteria of social anxiety disorder, according to the DSM - 5, there is a marked and persistent fear of social situations or performance in which the individual is exposed to strangers. The person fears to act in a certain way and does not want to show anxiety symptoms that will be negatively evaluated. She is afraid of being humiliated or rejected. It avoids social situations, and when these situations are to be dealt with the present intense fear or anxiety. Regarding the diagnostic criteria of specific phobias, it can be stated that there is a marked fear or anxiety about an object or situation. This fear or anxiety is disproportionate to the real danger posed by the specific object or situation and to the sociocultural context [3]. The acute anxiety attack profoundly alters the body's psychosomatic unity. In the most severe conditions, there may be a loss of consciousness. These seizures can lead to agitation or mental confusion. On the other hand, some people may be paralyzed by fear, feel blocked, inert [2].

Consideration should also be given to the condition of anxiety of organic origin, which is a consequence of either an organic disease or condition. In such cases, anxiety disorder is due to a disease such as hyperthyroidism, lupus erythematosus, etc. or the use of medicines like corticosteroids, toxic substances like lead and mercury [1].

It is then necessary to have a more accurate diagnosis to investigate if the anxiety disorder is of organic or emotional origin. Thus, a more appropriate therapy can be proposed for each case.

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