

D(II)H Paper III-Psychopathology

Topic: Anxiety Disorders

What Are Anxiety Disorders?

Anxiety is a normal emotion. It's your brain's way of reacting to stress and alerting you of potential danger ahead.

Everyone feels anxious now and then. For example, you may worry when faced with a problem at work, before taking a test, or before making an important decision.

Occasional anxiety is OK. But anxiety disorders are different. They're a group of mental illnesses that cause constant and overwhelming anxiety and fear. The excessive anxiety can make you avoid work, school, family get-togethers, and other social situations that might trigger or worsen your symptoms.

With treatment, many people with anxiety disorders can manage their feelings.

Types of Anxiety Disorders

There are several types of anxiety disorders:

- **Generalized anxiety disorder** . You feel excessive, unrealistic worry and tension with little or no reason.
- **Panic disorder** . You feel sudden, intense fear that brings on a panic attack. During a panic attack you may break out in a sweat, have chest pain, and have a pounding heartbeat (palpitations). Sometimes you may feel like you're choking or having a heart attack.
- **Social anxiety disorder** . Also called social phobia, this is when you feel overwhelming worry and self-consciousness about everyday social situations. You obsessively worry about others judging you or being embarrassed or ridiculed.
- **Specific phobias** . You feel intense fear of a specific object or situation, such as heights or flying. The fear goes beyond what's appropriate and may cause you to avoid ordinary situations.
- **Agoraphobia**. You have an intense fear of being in a place where it seems hard to escape or get help if an emergency occurs. For example, you may panic or feel anxious when on an airplane, public transportation, or standing in line with a crowd.
- **Separation anxiety**. Little kids aren't the only ones who feel scared or anxious when a loved one leaves. Anyone can get separation anxiety

disorder. If you do, you'll feel very anxious or fearful when a person you're close with leaves your sight. You'll always worry that something bad may happen to your loved one.

- **Selective mutism.** This is a type of social anxiety in which young kids who talk normally with their family don't speak in public, like at school.
- **Medication-induced anxiety disorder.** Use of certain medications or illegal drugs, or withdrawal from certain drugs, can trigger some symptoms of anxiety disorder.
- **Source -Carson and Butcher book of Abnormal Psychology**