

Sri sathya sai college
for women



PSYCHOLOGY CCE – I
(MAJOR)

TOPIC – ANXIETY DISORDERS

SUBMITTED BY – KHUSHI
RAIKWAR

CLASS – B.A II YEAR

SUBMITTED TO – MRS. JYOTI
BHARTI

CONTENT



- Anxiety
- Normal vs problem anxiety
- Anxiety disorders
- Types of anxiety disorders
- Generalized anxiety disorder (GAD)
- Phobic disorder
- Obsessive compulsive disorders (OCD)
- Post traumatic stress disorder (PTSD)
- Common Symptoms and Causes
- Common treatments
- Short case study

*IN INDIAN
MORE THAN
10 MILLION
CASES PER
YEAR*



** more than a feeling of
worry*

ANXIETY

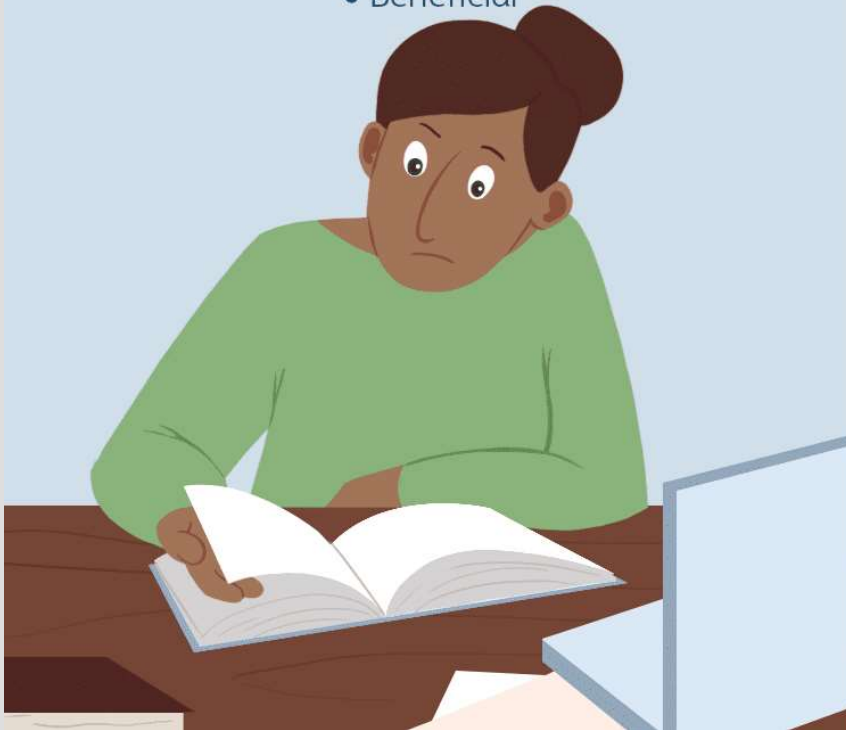


- Anxiety is a normal emotion.
- It's your brain's way of reacting to stress and alerting you of potential danger ahead.
- Anxiety is your body's natural response to stress.
- It's a feeling of fear or apprehension about what's to come.

NORMAL ANXIETY VS PROBLEM ANXIETY

Normal

- Triggered by certain events and situations
 - Intermittent
 - Beneficial



Problem

- Interference with daily life
 - Irrational
 - Chronic



ANXIETY DISORDERS



**A MENTAL HEALTH DISORDER
CHARACTERISED BY FEELINGS OF
WORRY, ANXIETY OR FEAR THAT ARE
STRONG ENOUGH TO INTERFERE WITH
ONE'S DAILY ACTIVITIES**

Anxiety disorders involve **more than** temporary worry or fear. For a person with an anxiety disorder, the **anxiety does not go away** and can get worse over time.



nimh.nih.gov/anxietydisorders

TYPES OF ANXIETY DISORDERS



Generalized
anxiety
disorder (GAD)

Phobic
disorders (PD)

Obsessive
compulsive
disorder (OCD)

Post traumatic
stress disorder
(PTSD)

Types of Anxiety Disorders



GENERAL ANXIETY DISORDERS



OBSESSIVE-COMPULSIVE DISORDERS



SPECIFIC PHOBIAS



SOCIAL ANXIETY DISORDER



PANIC DISORDERS



POST TRAUMATIC STRESS DISORDER (PTSD)

GENERALIZED ANXIETY DISORDER



- **GAD** is a mental health disorder that produces fear, worry, and a constant feeling of being overwhelmed.
- GAD usually involves a persistent feeling of anxiety or dread that interferes with how you live your life.
- People living with GAD experience frequent anxiety for months, if not years.

PHOBIC DISORDERS



- A phobia is an anxiety disorder defined by a persistent and excessive fear of an object or situation.
- **Specific phobias.** You feel intense fear of a specific object or situation, such as heights or flying.
- **Agoraphobia** . You have an intense fear of being in a place where it seems hard to escape.
- For example, you may panic or feel anxious when on an airplane, public transportation, or standing in line with a crowd.

OBSESSIVE COMPULSIVE DISORDER



- **OCD** is a mental illness that causes anxiety.
- **OCD** is characterized by unreasonable thoughts and fears (obsessions) that lead to compulsive behaviors (repetitive behaviors).
- These obsessions and compulsions interfere with daily activities and cause significant distress.

POST TRAUMATIC STRESS DISORDER



- **PTSD** is a mental health condition that's triggered by a terrifying event .
- **PTSD** is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.
- A disorder characterised by failure to recover after experiencing or witnessing a terrifying event.

COMMON SYMPTOMS AND CAUSES



SYMPTOMS

- *Feeling nervous, restless or tense*
- *Having a sense of impending danger, panic or doom*
- *Having an increased heart rate*
- *Breathing rapidly (hyperventilation)*
- *Sweating*
- *Trembling*
- *Feeling weak or tired*
- *Trouble concentrating*
- *Having trouble sleeping*

CAUSES

- Genetics
- Brain chemistry.
- Environmental stress.
- Drug withdrawal or misuse.
- Medical conditions.
- History of mental health disorder
- Trauma.
- Negative life events.
- Low self-esteem.
- Childhood sexual abuse

Social Anxiety Disorder Risk Factors



COMMON TREATMENT

Psychotherapy (talk therapy)

- Involves working with a therapist to reduce your anxiety symptoms
- Cognitive behavioral therapy(short-term treatment) - focuses on teaching you specific skills to improve your symptoms .
- CBT includes exposure therapy

Medications

- Several types of medications are used to help relieve symptoms.
- For example: Antidepressants, Bupropion ,Benzodiazepines ,Beta-blockers Anticonvulsants ,Antipsychotics ,Buspirone (BuSpar) and Other antidepressants.
- These medications are for short-term relief of anxiety symptoms and are not intended to be used long term.

Treatment Options for Generalized Anxiety Disorder

Medication



Psychotherapy



Self-help



SHORT CASE STUDY



- Mary, a married mother of three, was 47 at the time she first sought treatment for anxiety. She reported being intensely afraid of enclosed spaces (claustrophobia) and of heights (acrophobia) since her teens.
- She said that as a child, her older siblings used to lock her in closets and hold her down under blankets while saying things to scare her.
- She traced the onset of her claustrophobia to those traumatic incidents, but she had no idea why she was afraid of heights. While her children had been growing up, she had been a housewife and had managed to live a fairly normal life in spite of her two specific phobias.
- However, her children were now grown, and she wanted to find a job outside her home. This was proving to be very difficult because she could not take elevators and was terrified of being any higher than the first floor of an office building.
- Moreover, her husband had for some years been working for an airline, which entitled him to free airline tickets. The fact that Mary could not fly (due to her phobias) had become a sore point in her marriage because they both wanted to be able to take advantage of these free tickets to travel to distant places.
- Thus, although she had had these phobias for many years, they had become truly disabling only in recent years as her life circumstances had changed and she could no longer easily avoid heights or enclosed spaces.

THANK YOU



30 ENCOURAGING ANXIETY QUOTES

***"Go easy on yourself.
Whatever you do today,
let it be enough."***

– Unknown

BUTFIRSTJOY.COM