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Generalized anxiety disorder

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Abstract

Generalized anxiety disorder (GAD) is characterized by excessive and uncontrollable worries and associated somatic and cognitive symptoms. Generalized anxiety disorder is a mental health disorder that produces fear, worry, and a constant feeling of being overwhelmed. It is characterized by excessive, persistent, and unrealistic worry about everyday things. This activity illustrates the evaluation and management of generalized anxiety disorder and explains the inter professional team's role in managing patients with this condition. The aim of the current chapter is to present a review of theoretical models and empirical findings on the etiology and maintenance of GAD.

Keywords: Generalized anxiety disorder, excessive worry, somatic symptoms, cognitive symptoms

Introduction

It's normal to feel anxious from time to time, especially if your life is stressful. However, excessive, ongoing anxiety and worry that are difficult to control and interfere with day-to-day activities may be a sign of generalized anxiety disorder.

Generalized anxiety disorder can be developing in child or an adult. Generalized anxiety disorder has symptoms that are similar to panic disorder, obsessive-compulsive disorder and other types of anxiety, but they are all different conditions.

Generalized anxiety disorder is one of the most common mental disorders. Up to 20% of adults are affected by anxiety disorders each year. Generalized anxiety disorder is characterized by persistent, excessive, and unrealistic worry about everyday things. This worry could be multifaceted, including financial, family, health, and future concerns. It is excessive, difficult to control, and is often accompanied by many nonspecific psychological and physical symptoms. Excessive worry is the central feature of generalized anxiety disorder.

Case Report

35 years male client admitted to psychiatric ward with complaints of fear, worry, and a constant feeling of being overwhelmed. It is characterized by excessive, persistent, and unrealistic worry about everyday things from the past 3 months. This worry could be multifaceted, including financial, family, health, and future concerns. It is excessive, difficult to control, and is often accompanied by many nonspecific psychological and physical symptoms.

Investigation

HB = 15.7
RBC = 5 MEQ/L
TLC = 4200
Platelet Count = 300000
PVC = 25.3

Physical Examination

On physical examination client is having
Palpitation
Sweating
Trembling
Shortness of breath
Chest pain

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Diagnosis

Steps to help diagnose generalized anxiety disorder may include

- **Psychological evaluation:** This includes discussing your feeling, thoughts, symptoms, and behaviour patterns to determine if client have generalized anxiety disorder that interfere with clients quality of life, this may include with taking to client 's family or friends
- **Diagnostic criteria for GAD:** Doctor may use criteria in the diagnostic and statistical Manual of mental disorders (DSM-5), published by the American psychiatric Association.
- **Physical exam:** This may be done to help rule out other problems that could be causing clients and to check for any related complication

Discussion

Generalized anxiety disorder is characterized by persistent, excessive, and unrealistic worry about everyday things.

GAD can have a profound effect on a person's life.

Cognitive behaviour therapy, anxiety management technique include relaxation training, slow breathing techniques, mindfulness meditation and hyperventilation.

Conclusion

Anxiety management techniques can help a person to manage their own symptoms. Such techniques can include relaxation training, slow breathing techniques, mindfulness meditation and hyperventilation control. These techniques require regular practice and are most effective if used together with a cognitive behaviour therapy treatment program. Prioritize issues in your life. Client can reduce anxiety by carefully managing your time and energy. Avoid unhealthy substance use. Alcohol and drug use and even nicotine or caffeine use can cause or worsen anxiety. If client addicted to any of these substances, quitting can make you anxious. If you can't quit on your own, see your doctor or find a treatment program or support group to help you.

Conflict of Interest

Not available

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