

MODULE NINE

ANXIETY DISORDERS.

These are disorders characterized by anxiety, feelings of apprehension and fear. The person may generally have no clear or the real cause of the anxiety. The anxious person may develop ritualistic behaviors that serve to reduce the anxiety temporarily. Originally Freud used the term 'Neurosis' to describe abnormal behaviour caused by anxiety disorders may include the following; Panic disorder with agoraphobia, phobias, obsessive-compulsive disorder and generalized anxiety disorder.

Panic Disorder.

This is identified by occurrence of panic attacks, specific periods of intense anxiety characterized by shortness of breath, dizziness faintness, nausea, numbness, chills, hot flashes or a fear of dying. Panic attacks may last from a few minutes up to an hour or more. ‘

Phobias

Phobias are acute excessive fears of specific situations or objects, fears which have no convincing basis in reality. The most common phobias are fear of being closed in (Claustrophobia) fear of heights (acrophobia), fear of crowds (ocholophobia), fear of animals (zoophobia) and fear of the dark (nyctophobia). When a phobic person encounters the object of

typically he or she experiences panic nausea and acute anxiety. Phobias are normally learned responses for specific stimulus.

Social phobias are excessive irrational fear of being embarrassed when interacting with other people. They include fear of assertiveness behavior, fear of criticism, fear of mistakes and fear of public speaking. The disorder is more common in males than in females.

Simple phobias: There is an excessive irrational fear of specific objects / stimuli e.g dogs, snakes, blood and heights.

Obsessive compulsive disorder:

An individual with this disorder may have repetitive thoughts (obsessions) or constant urges to indulge in meaningless rituals (compulsions) which they find uncontrollable, irrational and inconvenient. The obsessions and compulsions cause significant distress, interfere with the individual's normal functioning and are inconvenient.

Generalized anxiety:

An individual with generalized anxiety disorder live a state pf constant tension.

Anxiety is generally free-floating in other wards it is not attached to any specific situation or objective constantly apprehensive and anxious.

GAD presents with symptoms such as trembling, muscle tension, restlessness and fatigue. Autonomic hyperactivity symptoms e.g shortness of breath, rapid heart rate, seating dry mouth, nausea, chills and frequent urination and general irritability.

Anxiety disorder represents the mild end of the continuum of maladjustment. But they can be treated effectively with cognitive behavioral therapy.

ACTIVITY

1. Assess any five anxiety disorders.