



Keywords: Anxiety disorders; Depression; Mood disorders; Emotional

Introduction

Anxiety disorders are a group of mental health conditions characterized by excessive and persistent worry, fear, and physical symptoms. They can significantly impact an individual's quality of life and ability to function in daily activities. According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), anxiety disorders include Generalized Anxiety Disorder (GAD), Panic Disorder, Agoraphobia, Specific Phobia, and Social Anxiety Disorder (SAD). Emotional disorders, such as Major Depressive Disorder (MDD) and Bipolar Disorder, are also common mental health conditions that often co-occur with anxiety disorders [1].

Definition and classification of anxiety disorders

Anxiety disorders are defined as a group of mental health conditions characterized by excessive and persistent worry, fear, and physical symptoms. According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), anxiety disorders include Generalized Anxiety Disorder (GAD), Panic Disorder, Agoraphobia, Specific Phobia, and Social Anxiety Disorder (SAD). Emotional disorders, such as Major Depressive Disorder (MDD) and Bipolar Disorder, are also common mental health conditions that often co-occur with anxiety disorders [2].

Prevalence and impact of anxiety disorders

Anxiety disorders are highly prevalent, affecting approximately 18.1% of the adult population in the United States. The prevalence of anxiety disorders is higher in women than in men, and it increases with age. Anxiety disorders can have a significant impact on an individual's quality of life, leading to difficulties in work, school, and social relationships. They are also associated with increased risk of physical health problems, such as heart disease and high blood pressure [2].

Etiology and risk factors

Anxiety disorders are caused by a combination of genetic, environmental, and psychological factors. Genetic factors play a role in the development of anxiety disorders, with studies showing that anxiety disorders tend to run in families. Environmental factors, such as trauma, stress, and social support, can also contribute to the development of anxiety disorders. Psychological factors, such as personality traits and coping mechanisms, can also influence the risk of developing anxiety disorders. Additionally, anxiety disorders can be triggered by medical conditions, such as thyroid disease and heart disease [3].

Diagnosis and assessment

Anxiety disorders are diagnosed based on the criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). A mental health professional, such as a psychologist or psychiatrist, will conduct a clinical interview and use standardized assessment tools to evaluate the individual's symptoms and determine if they meet the criteria for an anxiety disorder. Assessment tools include self-report questionnaires, such as the Generalized Anxiety Disorder-7 (GAD-7) and the Panic Disorder Severity Scale (PDSS), and structured clinical interviews, such as the Structured Clinical Interview for DSM-5 Axis I disorders (SCID-5) [4].

*Corresponding author:

... I... .. [4].

... 2(-)3()5()-3()19(-)5()12.1() (SNRI)... .. (CBT),

Me. hod

...

A... .. P... .. INFO... .. S... .. [5].

R... .. [6].

... .. [6].

Re. l. and Di ç. sion

... .. 5()... ..

“The first step in the diagnosis of anxiety disorders is to identify the symptoms and signs that are characteristic of the disorder. This is often done through a clinical interview with the patient, in which the clinician asks about the patient’s symptoms and how they affect their daily life. The clinician may also use standardized diagnostic tools, such as the Structured Clinical Interview (SCID) or the Anxiety Disorders Interview Schedule (ADIS), to assess the patient’s symptoms and to determine whether they meet the criteria for a specific anxiety disorder. Once a diagnosis has been made, the clinician can then discuss the treatment options with the patient and develop a treatment plan that is tailored to the patient’s needs and preferences.”