

## *Anxiety Disorders*

**Anxiety** : Is an uncomfortable feeling that occur in response to the fear of being hurt or losing something valued .

- Anxiety: Is a feeling that arises from an ambiguous, unspecific cause that is disproportionate to the danger.
- Anxiety: is the subjective emotional response to those stressors ( Stress Anxiety )

### **levels of anxiety :**

1. *Mild Anxiety*: Is associated with tension experienced in response to event of day to day living, it prepare people for action, it increase motivation for productivity.

2. *Moderate Anxiety*: As the level of anxiety increase, the extent of the perceptual field diminishes, the ability to concentrate is decreased, increase muscular tension and restless are evident. Assistant with problem solving may be required.

3. *Severe Anxiety*: Attention span is extremely limited, much difficulty completing even the simplest tasks, headache, palpitation and insomnia may be evident.

4. *Panic Anxiety*: Is the most intense state of anxiety, inability to focus , and lose of contact with reality may occur (hallucinations and delusions may be experienced).

## **Generalized anxiety disorder :**

Is a chronic disorder characterized by persistent unrealistic and excessive anxiety, the symptoms has existed for six months or longer and are not attributed to hyperthyroidism or other organic factors

### **Symptoms:**

- Restlessness
- Being easily fatigue
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbance

### **Panic Disorder**

- Is the highest level of anxiety cc. by disorganized thinking, feeling of terror, and helplessness, and non purposeful behavior
- People behave that they will die, loss of control, or go crazy.
- Extended period of panic level may lead to schizophrenia, schizoaffective disorder, or delusional disorder .

### **Symptoms of panic attack: at least 4 of :**

- Palpitation, sweating, shortness of breath, feeling of choking, chest pain or discomfort, nausea and abdominal distress, feeling dizzy, tense fear, fear of losing control or going crazy, fear of dying.
- The onset of panic attack is sudden and unexpected with intense symptoms lasting from few minutes to an hour it may progress to phobic behavior.
- Panic attack awaken the person and usually occur within one to four hours after falling to a sleep.

- **Nursing intervention :**

1. Stay with client and offer assurance of safety & security
2. Maintain a calm non threatening .
3. Keep surrounding low in stimuli .
4. Teach client ways of interrupt anxiety relax. Technique, exercise.....

## **Phobic disorder**

**Phobias** : are behavior patterns characterized by: intense, persistence, irrational recurrent fear of a specific object, activity, or situation that result in a compelling desire to avoid the phobic stimulus as defense against anxiety .

- There are many **phobic** disorders but all have **4 features** in common :
  1. There are un reasonable behavior response both to the sufferer and to observer .
  - 2.The fear are persistent .
  - 3.The sufferers demonstrate avoidance behavior .
  4. This behavior may become disabling to the sufferer .

### **Types of Phobia :**

**1. specific phobia:** is a fear of only one object or situation.

- The most common specific phobias are old danger: Closing spaces, heights, snakes, spiders, guns, knives, speed cars.
- It usually began early in life. It experience as often by men as by women. People with S.phobia experience anxiety that is become anxious even thinking about the object .

**2. Social Phobia :** Is a fear of social situations such as using public bath room, eating in public, being observed at work, being in crowd of people .

**3. Agora phobia** : a fear of being away from home and of being alone in public spaces when assistance needed. A person will avoid group of people whether on busy streets or in crowded stores, on public transportation or at town beaches or elevators .

**Care plan for client with phobic disorder :**

- 1.Reassure client that he or she is safe.
- 2.Explore client perception of the threat to physical integrity or threat to self concept.
- 3.Discuss reality of the situation with client.
- 4.Include client in making decision related to alternative coping strategies.
- 5.Encourage client to explore underlying feeling that may be contributing to fears .

**Posttraumatic Stress Disorder (PTSD) :**

is a disturbing pattern of behavior demonstrated by someone who has experienced a traumatic event such as a natural disaster, combat, or an assault. The person with PTSD was exposed to an event that posed a threat of death or serious injury and responded with intense fear, helplessness, or terror.

- Three clusters of symptoms are present:
  - ✓ reliving the event
  - ✓ avoiding reminders of the event
  - ✓ being on guard, or experiencing *hyper arousal*
- The person persistently re-experiences the trauma through memories, dreams, or reactions to external cues about the event and therefore avoids stimuli associated with the trauma .