

Neuropsychology: Anxiety Disorder and Management

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Perspective

Anxiety disorder is mental disorders characterized by severe and uncontrollable feelings of anxiety and fear that significantly impair a person's social, occupational, and personal functions [1]. There are different types of anxiety disorders, including generalized anxiety disorders, specific phobias, social anxiety disorders, segregated anxiety disorders, agoraphobia, panic disorder, and scene silence. Individual disorders can be diagnosed based on specific symptoms, trigger events, and timing. A person can suffer from multiple anxiety disorders at some point in life or at the same time, and anxiety disorders are typically characterized by a persistent course [2]. For people with anxiety, there are many treatments and strategies that can improve mood, behavior, and ability to function in daily life.

Therapy

Treatment options include lifestyle changes, therapy, and medications. There is no clear evidence as to whether therapy or medication is most effective; the specific medication decision can be made by a doctor and patient with consideration to the patient's specific circumstances and symptoms [3]. If while on treatment with a chosen medication, the person's anxiety does not improve, another medication may be offered. Specific treatments will vary by subtype of anxiety disorder, a person's other medical conditions, and medications.

Lifestyle and diet

Lifestyle changes include exercise, for which there is moderate evidence for some improvement, regularizing sleep patterns, reducing caffeine intake, and stopping smoking. Smoking cessation is as effective as or better than a drug for anxiety [4]. Omega-3 polyunsaturated fatty acids, such as fish oil, may reduce anxiety in patients, especially those with more pronounced symptoms.

Psychotherapy

Cognitive-behavioral therapy (CBT) is effective for anxiety disorders and is a first-line treatment [5]. CBT seems to be as effective as it is over the Internet when compared to face-to-face sessions. Mindfulness-based programs also appear to be effective in treating anxiety disorders. It is unclear whether meditation affects anxiety, and Transcendental Meditation seems to be no different from other types of meditation. A 2015 Cochrane review of Morita therapy for adult anxiety disorders found insufficient evidence to draw conclusions.

Dosage

First-line treatments include SSRIs or SNRIs for the treatment of generalized anxiety disorder. Costs often determine drug choices, as there is no good evidence of which particular drug in the SSRI or SNRI class is optimal for the treatment of anxiety [6]. If it works, we recommend that you continue for at least one year. Discontinuation of these drugs increases the risk of recurrence. Buspirone and pregabalin are second-line treatments for people who do not respond to SSRIs or SNRIs. There is also evidence that benzodiazepines, including diazepam and clonazepam, are effective. Elderly people are more likely to have side effects due to their disability, so caution should be exercised when using medications. Adherence problems are more likely among older

people, who may have difficulty understanding, seeing, or remembering instructions. In general, medications are not seen as helpful in specific phobia, but a benzodiazepine is sometimes used to help resolve acute episodes. In 2007, data was sparse for efficacy of any drug.

Alternative medicine

Other remedies have been used or are under research for treating anxiety disorders. As of 2019, there is little evidence for cannabis in anxiety disorders. Hippo is currently being studied for its potential for short-term use by people with mild to moderate anxiety [7]. The American Academy of Family Physicians recommends using hippo for mild to moderate anxiety disorders in people who do not consume alcohol or take other medications that are metabolized in the liver, but this is considered a natural treatment. I like the law. Inositol has been shown to have moderate effects in people with panic or obsessive-compulsive disorder. There is insufficient evidence regarding the use of St. John's wort, valerian, or passionflower. Neuro-feedback training (NFT) is another form of alternative medicine in which physicians use surveillance devices to identify momentary information related to the nervous system and brain. Sensors are placed along the scalp to record brain reactions and amplify them in relation to specific brain activity. The practitioner then discusses the client's relevant reactions and seeks to determine the various principles of learning and the practitioner's guidance to bring about changes in brain patterns. Both treatments and various medications have been shown to help manage anxiety disorders in childhood. Treatment is generally preferred over medication. Cognitive behavioral therapy (CBT) is an excellent first therapeutic approach. Studies have accumulated important evidence that non-CBT-based treatment is an effective form of treatment and expands treatment options for people who do not respond to CBT. Studies have shown the effectiveness of CBT for anxiety disorders in children and adolescents, but there is conclusive evidence that it is more effective than conventional treatment, dosing, or managing a waiting list. Like adults, children may receive psychotherapy, cognitive-behavioral therapy, or counseling. Family therapy is a form of treatment in which a child meets a therapist with his or her primary guardian or sibling. Any family member can participate in individual therapy, but family therapy is usually a form of group therapy. Art and play therapy are also used. Art therapy is most commonly used when the child will not or cannot verbally communicate, due to trauma or a disability in which they are nonverbal. Participating in art activities allows the child to express what they otherwise may not be able to communicate to others. In play therapy, the child is allowed to play however they please

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as a therapist observes them. The therapist may intercede from time to time with a question, comment, or suggestion. This is often most effective when the family of the child plays a role in the treatment. If a medication option is warranted, antidepressants such as SSRIs and SNRIs can be effective.

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