Anxiety Disorder

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Epidemiology Anxiety Disorder Study

HUSS120 Human & Social Services

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March 31, 2020

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As part of the QRS University Research Facilities team, I have chosen to research and write about Social Phobia and Generalized Anxiety Disorder. These disorders are two different types of anxiety disorders that are the most common of all the mental health disorders. Living with these two-anxiety disorders is a daily struggle, it affects millions of people across the United States. Anxiety disorders can affect an individual, that can interfere with their daily lives, workplace, and with family members. Most people experience a panic attack once or twice in their lives. The American Psychological Association reports that 1 out of every 75 people might experience a panic disorder. Epidemiologists and psychologists who study anxiety disorders characterize them by a person’s persistent fear that have experienced panic attacks that keep recurring. Even though the symptoms of this disorder can be quite overwhelming and frightening, they can be managed and improved with treatment.

An anxiety disorder may make you feel anxious most of the time, without any apparent reason. The anxious feelings may be so uncomfortable that in may interfere with everyday activities. Severe cases of anxiety can be more intense that leads to panic attacks that may immobilize you. In the United States, social phobia is the most common anxiety disorder, it can keep you from coping and can disrupt your daily life.

Generalized anxiety is a type of anxiety that people have constant worries and fears. It is a feeling of not being at ease. Some of the symptoms and reactions may be like individuals who suffer from a phobia, that has extreme or irrational fear. GAD is not a direct response to a specific situation or experience. Sufferers experience an uneasy feeling that casts a shadow over all their daily activities. They have a higher level of worry of money, health, work, relationships, etc. With these constant worries, it is a level of concern that they are not in sync with reality. Their concerns are overblown, yet they cannot manage the anxiety feelings without treatment.

Social anxiety becomes a medical condition when everyday social interactions cause excessive fear, self-consciousness, and embarrassment. Social anxiety can affect everyday tasks, such as not wanting to be around people, eating in public places, or with friends, may become highly stressful for somebody with social anxiety treatment to help reduce symptoms. A person with social anxiety disorder may be extremely fearful Mental health policy defines the vision for the future mental health of the population, specifying the framework which will be put in place to manage and prevent priority mental and anxiety disorders. Clearly conceptualized, a mental health policy can co-ordinate essential services and activities to ensure that treatment and care is delivered to those in need while at the same time preventing fragmentation and inefficiencies in the health system.

Public health agencies can incorporate mental health promotion into chronic disease prevention efforts, conduct surveillance and research to improve the evidence base about mental health in the United States, and collaborate with partners to develop comprehensive mental health plans to enhance coordination of care. The effects of these anxiety disorders are evident across the life span, among all ethnic, racial, and cultural groups, and among persons of every socioeconomic level. Moreover, mental illness costs the United States an estimated $150 billion annually, excluding the costs of research from epidemiologists. Public health agencies can incorporate mental health promotion into chronic disease prevention efforts, conduct surveillance and research to improve the evidence base about mental health in the United States, and collaborate with partners to develop comprehensive mental health plans to enhance coordination of care.

Governments and other policymakers are to provide appropriate coverage for access to primary and secondary care, the treatments required, and enough resources so that care is available when necessary. An important aspect of the challenge is to incorporate these efforts within the realistic constraints of primary care. With the governments support to help reduce these symptoms from social and generalized anxiety disorders; it will help the communities across America for citizens to get treatment. This will increase the rate of being able to improve their lives in holding a job and living a normal life.

There are different treatments and medications for different anxiety disorders. A physiologist will do an assessment to find what type of disorder you have. Panic disorder occurs when you experience recurring unexpected panic attacks. You may experience physical symptoms, such as a racing heart, breathing difficulties, and sweating.

Anxiety medications include multiple types of drugs that are used to treat the symptoms of anxiety disorders. The three most commonly prescribed types of anxiety medication are antidepressants, anti[-](https://www.rxlist.com/script/main/art.asp?articlekey=25282)anxiety medications (also known as anxiolytics), and beta-blockers.

Antidepressants and anxiolytic medications work primarily by affecting the balance of certain chemicals in the brain known as neurotransmitters. Buspirone, an anti-anxiety drug, is used in the treatment of general anxiety disorder. The benzodiazepines are used to treat general anxiety disorder, social anxiety disorder, and panic disorder. Other drugs, such as anticonvulsants and antipsychotics are used as augmentation therapy to increase the overall response to therapy when symptoms persist after receiving treatment with first-line anti-anxiety drugs.

 It is not uncommon for people with anxiety disorders to misuse alcohol or drugs. In fact, the National Institute on Drug Abuse estimates that individuals with anxiety are twice as likely to suffer from substance abuse as the general population.

Unfortunately, attempts at self-medication often backfire by intensifying the effects of this psychiatric condition. Alcohol and drug use can worsen the psychological and physical symptoms of anxiety, reinforcing the need to use more of these substances in order to function normally. The result is a cycle of substance abuse that can lead to chemical dependence and addiction.

 Problems with mental health can have a serious impact on an individual’s education, work, social life and interactions with their family. Families can play an important role in the well-being of members who have mental health problems. For instance, care, such as emotional and practical support, is often provided by family members. While family care can be beneficial, it can sometimes become a source of stress for families. People who care for family members with mental health issues often report that their time, energy, mental health, physical health, and finances are affected when a family member has a mental health problem.

People who experience a mental illness may doubt their abilities and appear less confident. A person may have a hard time concentrating, learning, making decisions. Social anxiety can also cause fears that individuals withdraw from others that can cause isolation. Symptoms of a mental illness may result in much bigger thoughts. For example, someone who suffers from generalized anxiety can’t concentrate may then also think that they can’t do their job well or worry about losing their job. Mental illnesses can also have a strain on relationships with supervisors and co-workers.

**Conclusion**

Examining the two different types of anxiety disorders will improve the access to our patients here at QRS University Research Facilities. It gave me a better understanding of how social and generalized anxiety affects individuals, families, community, and the workplace. How the government and public health organizations support local communities for individuals who suffer with these disorders. How psychologists diagnose and treat patients with anxiety disorder.

Writing this essay gave me a better knowledge that will give me the ability to give the proper education and treatments to our patients within our company. With the proper treatment and counseling; let’s educate and treat our patients to learn how to cope with anxiety daily.

# References

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Medically reviewed by [Timothy J. Legg, PhD, PMHNP-BC](https://www.healthline.com/medical-team) on January 19, 2016 — Written by Valencia Higuera

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