


Chapter 9

Overview and Management of Anxiety

Daniel Opotamutale Ashipala

 <https://orcid.org/0000-0002-8913-056X>
University of Namibia, Namibia

Anna Shilunga

University of Namibia, Namibia

ABSTRACT

Anxiety is a normal human emotion characterised by feelings of fear and tension or worried thoughts. Occasional is normal but if it starts to interfere with person's daily optimum functioning, it becomes a disorder. The exact cause of anxiety is not known, although the development of anxiety is attributed to a combination of genes, brain function, and environmental stress. This chapter defines the term "anxiety," outlines the causes and risk factors, and identifies the characteristic features of anxiety. Strategies for managing anxiety and treatment options are also discussed.

OUTCOMES

On completion of this module, readers should be able to

- define "anxiety" in their own words
- distinguish between "normal" anxiety and anxiety disorders
- list possible causes of anxiety
- explain possible contributing factors to the development of both normal anxiety and pathological anxiety

DOI: 10.4018/978-1-6684-6496-0.ch009

Overview and Management of Anxiety

- outline the common characteristic features of anxiety
- differentiate between different forms of anxiety disorders
- discuss the management of anxiety disorders
- discuss the treatment of anxiety.

INTRODUCTION

Anxiety is a human emotion and is experienced by everyone from time to time. According to the American Psychological Association (2019), anxiety is characterised by feelings of fear and tension, worried thoughts and physical changes like rapid breathing. Experiencing anxiety occasionally is a normal part of life. Unfortunately, some people may experience anxiety to such a heightened level that it causes them great distress. This level of anxiety can interfere with people's ability to function optimally, affecting important areas of their lives such as work, school and relationships. When anxiety reaches this level of distress, it is no longer normal but has become pathological; hence people start to speak about an anxiety disorder. Anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes. Therefore, anxiety commonly co-occurs with bipolar disorders (BDs), but the significance of such co-morbidity remains to be clarified and its optimal treatment adequately defined (Vázquez, Baldessarini, & Tondo, 2014). According to Hanson, & Modiba, (2017), they are a result of abnormal neurotransmitter function within the central nervous system. Abnormal functioning of neurochemicals as well as abnormal chemoreceptor activity lead to anxiety. There are various neurotransmitters that are involved in anxiety such as serotonin, glutamate, gamma-amino butyric acid (Hanson, & Modiba, 2017). Different strategies are identified to reduce anxiety, enhance coping skills and treatment for anxiety disorders is available and the earlier it is undergone the better (Vázquez, Baldessarini, & Tondo, 2014).

Treatment options for anxiety disorders include lifestyle modifications, psychotherapy and pharmacotherapy. Several drug classes are indicated for the management of anxiety disorders with selective serotonin reuptake inhibitors considered as first-line therapy (Vázquez, Baldessarini, & Tondo, 2014). Benzodiazepines are effective in reducing anxiety symptoms, but their use is often limited by the risk of abuse and adverse-effect profile. Benzodiazepines are sometimes given empirically; antidepressants are employed cautiously to limit risks of mood switching and emotional destabilization; lamotrigine, valproate, and second-generation antipsychotics may be useful and relatively safe (Vázquez, Baldessarini, & Tondo, 2014). Pharmacists should be aware of adverse drug reactions and drug interaction for the various medications used in the treatment of

15 more pages are available in the full version of this document, which may be purchased using the "Add to Cart" button on the publisher's webpage: www.igi-global.com/chapter/overview-and-management-of-anxiety/319161

Related Content

Predicting Hypertension in the United States: A Machine Learning Approach

Suzie Jeanand Sukhen Dey (2021). *International Journal of Applied Research on Public Health Management* (pp. 17-28).

www.irma-international.org/article/predicting-hypertension-in-the-united-states/278788

Mantra and Homa Therapy: Computational Analysis of Different Aspects to Benefit Mankind With Healthcare 4.0 and Industry

Rohit Rastogiand Devendra Kumar Chaturvedi (2023). *International Journal of Applied Research on Public Health Management* (pp. 1-24).

www.irma-international.org/article/mantra-and-homa-therapy/315815

Analyzing Behavioral Implications of Face Mask Wearing to Slow COVID-19 in Organizational Workplaces

Michael Anthony Brown Sr.and Leslie Krohn (2022). *International Journal of Applied Research on Public Health Management* (pp. 1-10).

www.irma-international.org/article/analyzing-behavioral-implications-of-face-mask-wearing-to-slow-covid-19-in-organizational-workplaces/282745

Advanced Intervention Strategies for Suicide in Patients with Chronic Mental Illness

Shailesh Jha, Amit Khannaand Prerna Khanna (2017). *Public Health and Welfare: Concepts, Methodologies, Tools, and Applications* (pp. 1498-1518).

www.irma-international.org/chapter/advanced-intervention-strategies-for-suicide-in-patients-with-chronic-mental-illness/165877

Investor Strategies to Abridge the Pandemic's Effect

Jagriti Madaanand Priyanka Chugh (2021). *Stakeholder Strategies for Reducing the Impact of Global Health Crises* (pp. 53-67).

www.irma-international.org/chapter/investor-strategies-to-abridge-the-pandemics-effect/282860