

Chapter - 2

Introduction to Different Types of Anxiety Disorders

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Abstract

As we lived in a computer age, a small digital world, where we carry our devices with us that constantly feed us images and stories of people all over the world. There is a constant comparison that ramps up our fear of being judged, rejected, or not fitting in the group or society, and the feeling of not being good enough. Our thoughts, feelings, and behaviors might serve as indicators or clues about the state of our general health when we are self-aware. Anxiety is a natural part of life. Many people are concerned about things like their health, their finances, or their family issues. Anxiety disorders, however, are different. It includes more than mere anxiety or fear. According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), disorders that share characteristics with excessive fear and anxiety as well as accompanying behavioral problems are classified as anxiety disorders. It includes selective mutism, specific phobia, separation anxiety disorder, panic disorder, social anxiety disorder (social phobia), generalized anxiety disorder, agoraphobia, substance/medication-induced anxiety disorder, and anxiety disorder due to another medical condition. In this chapter, these different types of anxiety disorders are described along with their signs and symptoms and their causes and risk factors. It also includes the etiological theories, treatment, and management of anxiety disorders, and the linkage between anxiety and depression.

Keywords: Separation anxiety disorder, specific phobia, social anxiety disorder (social phobia), selective mutism, panic disorder, generalized anxiety disorder, agoraphobia, substance/medication-induced anxiety disorder

Introduction

According to the American Psychological Association, anxiety is an intense feeling of tension accompanied by anxious thoughts and bodily changes like increased blood pressure. It is a typical stress reaction and can

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