

Causes

The cause is currently unknown but there are many risk factors such as:

- Genetics
- Environment
- Psychological
- Developmental

Symptoms

Physical: cold/sweaty hands, dry mouth, heart palpitations, nausea, numbness or tingling in hands or feet, muscle tension, shortness of breath.

Mental: panic, fear, or uneasiness, repeated flashbacks or uncontrollable obsessive thoughts.

Behavior: inability to be still and calm, ritualistic behavior, trouble sleeping.

References

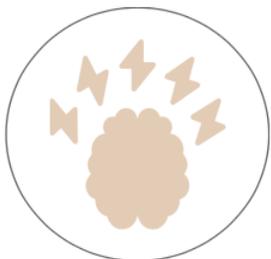
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Anxiety and Symptom Management

Covenant School of Nursing

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What is Anxiety?

Intense, excessive fear and worry in everyday situations. This interferes with daily life activities.

Types of Anxiety

- Generalized anxiety disorder
- Substance-induced anxiety disorder
- Social anxiety disorder
- Agoraphobia

Mild anxiety is a normal reaction to stress, which can actually be beneficial.

Anxiety is one of the most common mental disorders.

Treatments

Medications

- SSRIs: Citalopram (Celexa) & SNRIs: Duloxetine (Cymbalta)
- Tricyclic Antidepressants: Imipramine (Tofranil)
- MAOIs: Phenelzine (Nardil)
- Benzodiazepines: Lorazepam (Ativan)
- Beta Blockers: Metoprolol (Lopressor)
- Anxiolytics: Buspirone (Buspirex)

Therapy

- Exposure Therapy
- Cognitive Behavioral Therapy (CBT)
- Group Therapy
- Psychotherapy

Brain Stimulation

- Deep Brain Stimulation (DBS)
- Repetitive Transcranial Magnetic Stimulation (rTMS)
- Vagus Nerve Stimulation
- Electroconvulsive Therapy (ECT)

Common Side Effects of Medications

- Agitation, shaking feeling, and anxiousness
- Dry mouth, nose, and skin
- Constipation
- Lethal in overdose
- Drowsiness and sedation
- Impaired coordination
- Physical dependence and withdrawal

How to Manage Symptoms

- Self help strategies
- Relaxation techniques
- Nutrition
- Exercise

Community Resources

- Texas Tech Psychology Department
- Thriveworks counseling and psychology
- Denovo Therapy
- Dr. Jessica Spiegelberg with Good Day Psychiatry

