

Example of research paper on panic disorder

[Health & Medicine](#), [Nursing](#)



\n[[toc title="Table of Contents"](#)]\n

\n \t

1. [Description of the disorder](#) \n \t
2. [Causative factors of Panic disorder](#) \n \t
3. [Diagnosis of Panic Disorder](#) \n \t
4. [Treatment of Panic disorder](#) \n \t
5. [Survey of current research on Panic disorder](#) \n \t
6. [References](#) \n

\n[/toc]\n \n

Disorders have been present as long as the existence of human kinds. As time passed, human beings have been able to come up with better ways of dealing with the disorders. Technological advancements and innovations have been able to form a milestone in approaching these disorders. Some disorders have no curative measures, but there are medicines that have been able to suppress the disorders thus enhancing the duration of time a person lives with the condition.

Description of the disorder

American Psychiatric Association has formulated a system referred to as The Diagnostic and Statistical Manual of Mental Disorders, abbreviated as DSM-IV-TR. This manual is used to describe, classify and diagnose a disorder. The system has, however, faced several limitations such as the overlapping of symptoms of various disorders hence creating a challenge in the formulation of a diagnosis. Despite these challenges outlined about the system, it is still applied especially in the health insurance re-imburements since it is the

<https://assignbuster.com/example-of-research-paper-on-panic-disorder/>

only system present.

Panic disorder is outlined by the system as recurrent panic attacks that occur unexpected though in a certain span of time. This can be after a day, a month and so on. The system has indicated that the occurrence of the disorder could be as a result of the physiological effect of direct use or contact of substances such as drugs or medication. At times, it is just a medical condition. Panic attacks can be accounted for through other conditions that have similar recurrent behavior like the panic disorder, namely social phobia; where individual fears social circumstances, obsessive-compulsive disorder; an individual becomes obsessed with certain things or people such that he or she gets recurrent attacks. Others include separation anxiety disorder, post-traumatic stress disorder; an individual gets attacks after the occurrence of a traumatic experience that continues to linger in their mind after it has happened. In most cases, this has to have caused great pain or involved certain things that the individual has a phobia towards them.

Panic disorder involves body experiences and a rush of severe mental and physical issues. This disorder involves panic attacks that may increase in number depending on the severity of the disorder. The symptoms of the disorder are similar to other body conditions hence a thorough physician diagnosis is required before a deduction is made.

Causative factors of Panic disorder

Panic disorders are resulted by various factors such as phobias. Different people have different phobia depending on the dislikes and likes of a person. There are people who fear crowded places (agoraphobia), social events;

<https://assignbuster.com/example-of-research-paper-on-panic-disorder/>

water, light and darkness just to name a few. All these phobias have the capacity to result in the occurrence of a panic attack. Post-traumatic experiences also cause panic attacks. When an individual experiences a situation that causes severe pain that exposes him or her to his or her phobia, results to death of his or her beloved, panic attacks may result after especially if psychological advice is not adhered to by the patient.

Statistics indicate that there is a tendency of the panic attacks to be hereditary since people of the same families have been observed to depict this condition over generations. Major life transitions can trigger panic attacks such as children shifting often from their residence, graduating from college, joining a strict workplace, having a baby and other transitions. Use of substances such as drugs also result to panic attacks especially if the drug has been over dosed or used for a long period.

Other causes are medical conditions that would require the help of a doctor to analyze and come up with inferences. These conditions include; overactive thyroid gland (Hyperthyroidism), low blood sugar in the body (Hypoglycemia), minor problems with the heart valves not being able to close normally (Mitral valve prolapse) and medication withdrawal.

Diagnosis of Panic Disorder

Doctors carry out evaluation procedures on the patient's historical background so as to ascertain inherent issues. Panic disorder cannot be treated in the laboratories hence psychiatrists interview and assess the person manually. Psychiatrists base their deductions on the intensity of the problem, symptom duration, the frequency of attacks and their observation of the general behavior of the patient.

Panic disorder has symptoms that have been identified to overlap with other medical conditions. This, therefore, requires a patient to consult a medical practitioner so as to fully identify the condition affecting the individual. The symptoms include; nausea, trembling, palpitations; this is when the heart beats in an irregular manner, sweating, sensations of shortened breaths, chest discomfort and pains, dizzy feeling, phobia increment of various issues, chills and numbness.

These symptoms appear only for a short period; therefore, an individual will be able to identify the disorder through its recurrence. Certain individuals experience one or two panic attacks that are not related to any complication or phobia. This does not indicate one is suffering from panic disorder since panic disorder is characterized by numerous and repeated panic attacks. Panic attacks have been linked to certain psychological experiences in people such as; anticipatory anxiety; this is where a person becomes worried and tensed about a future anticipated attack. This results to erosion of one's self esteem. It also leads to phobic avoidance; an individual avoids situations that are linked to the previous panic attack.

Treatment of Panic disorder

Unlike most health conditions, panic disorder is not cured or treated by medications unless it is in its severe stages. The medications only control it and reduce the symptoms inherent but do not treat the disorder. This is associated to mental condition hence most effective procedures are undergoing therapy under a qualified and knowledgeable psychologist. He/she will monitor and assist the patient to control the disorder. Other minor efforts include the change of the lifestyle one was accustomed.

The medications that are used when the patient is in severe stages are antidepressants which have to be taken continuously since they do not take effect immediately. Another drug is benzodiazepine which is usually taken during the panic attack period. It is an anti-anxiety drug that has a fast relieving effect. Doctor's prescription should be adhered to since the benzodiazepines are highly addictive.

Relaxation techniques are also applied in the treatment of the disorder. In other scenarios, cognitive behavioral therapy that involves the recognition of changes in the pattern that trigger the condition can be used to assist in avoiding future panic attacks.

Survey of current research on Panic disorder

Surveys indicate that panic disorders cannot be prevented, therefore; an individual should practice things that will reduce stress and eradicate symptoms from developing such as exercises, interaction with people to avoid being in a state of thought, undergoing therapy especially after a traumatic experience.

In America, the disorder affects approximately 6 million people, and it has been identified to affect women more than men (twice as much). Recurrent panic attacks result to panic disorder, but it should be noted that not all people who experience panic attacks will end up with a panic disorder since it can occur once or twice. More studies show that panic disorder is hereditary in nature after the observation of people of the same lineage.

References

American Psychiatric Association. (2000). Diagnostic and Statistical Manual of Mental

Disorders (4th Edition ed.). Washington DC.

Ankrom, S. (2009, February 01). Diagnosing Panic Disorder. Retrieved from About. com:

<http://panicdisorder.about.com/od/diagnosis/a/DSMDiagnosis.htm>

Frank M. Dattilio, J. A.-A. (2000). Panic Disorder: Assessment and Treatment Through a Wide-

angle Lens. Zeig Tucker & Theisen Publishers.

McNally, R. J. (1994). Panic Disorder: A Critical Analysis. Guilford Press.

Segal, M. S. (2013, July). Panic Attacks and Panic Disorders, Symptoms, Causes, and

Treatment. Retrieved from Help Guide:

http://www.helpguide.org/mental/panic_disorder_anxiety_attack_symptom_treatment.htm

http://www.helpguide.org/mental/panic_disorder_anxiety_attack_symptom_treatment.htm