

# Free research paper on anxiety disorders

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Anxiety is among the most hectic psychological disorders facing human life. Psychologists have shown interest in the study of anxiety disorders. The motive is to gather as much information as possible so as to assist individuals deal with the problem (Hina et al., 2010). As a result, different kinds of anxiety disorders have been identified. They include; specific phobia, panic, obsessive/compulsive and traumatic stress disorder. It has been established that these anxiety disorders have destroyed the paths of lives of many people. It has led some to take inappropriate life decisions that have obstacles in their entire life span. Therefore, there is need for an immediate action, or otherwise, more people will still be victims of this psychological problem.

In response, I have opted to take ‘ anxiety disorders’ as my initial research topic. The study will cover all aspects related to anxiety disorders. More emphasis will be to identify the types, symptoms, causes and to analyze and discuss the most effective treatment methods and processes. Furthermore, some interesting scenarios and crucial factors determining an effective treatment procedure will comprehensively be covered. For instance, a particular symptom describes a particular type of a disorder. Such symptoms are fundamentals to the choice of a treatment plans and procedures. In a view to the following dimensions, this topic becomes very interesting. Firstly, families have suffered and coped with anxiety disorders for long without even identifying it as a psychological issue/problem. It has cost their jobs, valuables and even their lives. Secondly, albeit the challenges and severe effects of anxiety disorders, it is interesting to know that the problem could be prevented under simple procedures. Procedures including body exercises, various relaxing techniques among others (Hina et al., 2010).

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## **References**

Hina, P., & Hina, S. (2010). Anxiety disorders. Farmington Hills, MI: Greenhaven Press.