

Generalized anxiety disorder

Psychology



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Generalized Anxiety Disorder Generalized Anxiety Disorder is a type of anxiety disorder whose main characteristics include persistent worry that is often irrational and cannot be controlled (Portman 2009, 42). In order for this kind of disorder to be properly diagnosed, the patient must have suffered from the disorder for at least six months persistently (Montgomery 2009, p. 56). Indeed, Generalized Anxiety Disorder causes excessive worry in individuals and in most cases leads to disruption to their daily activities. In essence, the patients spend a vast majority of their time wondering about unfounded disasters in such aspects as money, relationships, death, health issues among others (Heimberg, Turk, & Mennin 2004, p. 33).

When it comes to the symptoms exhibited by the disorder, the patients usually suffer from fatigue, headaches, numbness of the limbs, swallowing difficulties, to tension in the muscles (Portman 2009, 42). Other symptoms include restlessness, irritability, hot flashes, and insomnia. While the disorder can be inherited from parents, substances such as caffeine can also induce it (Rygh & Sanderson 2004, pp. 13-18). Other causes of Generalized Anxiety Disorder include neurological disorders that may affect the individual. The disorder can be treated through prescription of psychotropic drugs, swallowing of painkillers, Benzodiazepines, and Pregabalin (Heimberg, Turk, & Mennin 2004, p. 33).

In essence, this proposal is about General Anxiety Disorder largely because I have a sixteen-year-old daughter who suffers from the same disorder (Montgomery 2009, p. 56). Although she is currently under medication, it is important to note that this research would go a long ways in unearthing her specific symptoms with a view of finding lasting solution to her suffering (Portman 2009, 42). Indeed, General Anxiety Disorder not only prevalent in <https://assignbuster.com/generalized-anxiety-disorder/>

children, as it affects approximately 3% of the world population (Rygh & Sanderson 2004, pp. 13-18).

References

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