

Anxiety

'Stress, Fear and Worry'

Aspects of anxiety

Normal behavioural and psychological response to stress

Purpose is to steer you away from danger ~ Survival



Social and Environmental

- Life experiences
- Family circumstances
- Traumatic events

Natural disasters
War/ conflicts
Abuse/attack/stigma
Injury/illness

Biological

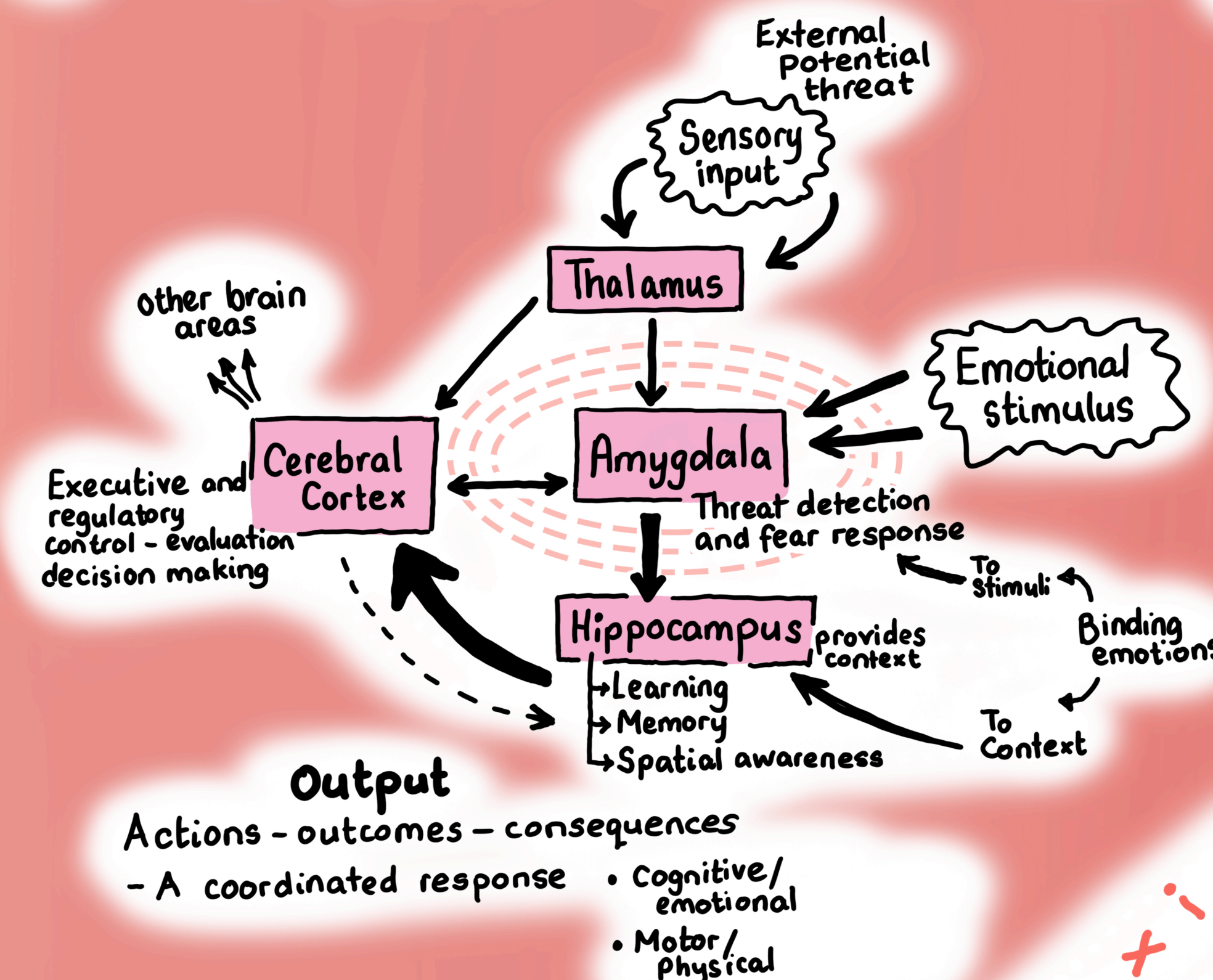
- Neurobiology
- Hereditary factors
- (Epi)genetics
- Medical conditions
- HPA Axis
Hypothalamic Pituitary Adrenal Axis

dry mouth
sweating
Autonomic nervous system
rapid heart beat

Psychological

- Psychological theories
- * Diathesis stress model
- * State V Trait
short term Enduring/chronic
- * Learned response
conditioned V adaptive
- * Freud's theory of 'unconscious conflict'
- * Beck's cognitive model

Anxiety



Stress, fear, worry distress

chronic, intense, persistent

Increased scanning for threat, Symptoms intensify.
Attention narrows and shifts.
Physical symptoms follow.

Internal Stressor
External

short term

resolved/relief

Phew!

Treatment and Management

- ★ Pharmacological
• anxiolytics
- ★ Psychological
• Cognitive Behaviour Therapy (CBT)
• Exposure Therapy (face your fears)

or Combined

Agrophobia Muscle tension worried about the future Startle response hypervigilance

Signs, Symptoms and Behaviours

