

# Generalized Anxiety Disorder

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## Introduction

**Generalized anxiety disorder (GAD)** is an anxiety characterized by excessive, uncontrollable and often irrational worry, that is, apprehensive expectation about events or activities. This excessive worry often interferes with daily functioning, as individuals with GAD typically anticipate disaster, and are overly concerned about everyday matters such as health issues, money, death, family problems, friendship problems, interpersonal relationship problems, or work difficulties<sup>[1]</sup>

## Causes

### • Genetics

Genes are attributed about a third of general anxiety disorder's variance. Individuals with a genetic predisposition for GAD are more likely to develop GAD, especially in response to a life stressor

### Drugs -induced

Long-term use of benzodiazepines can worsen underlying anxiety

### • Alcohol

Similarly, long-term alcohol use is associated with anxiety disorders

### • Tobacco smoking

has been established as a risk factor for developing anxiety disorders. Excessive caffeine usage has been linked to anxiety<sup>[1]</sup>

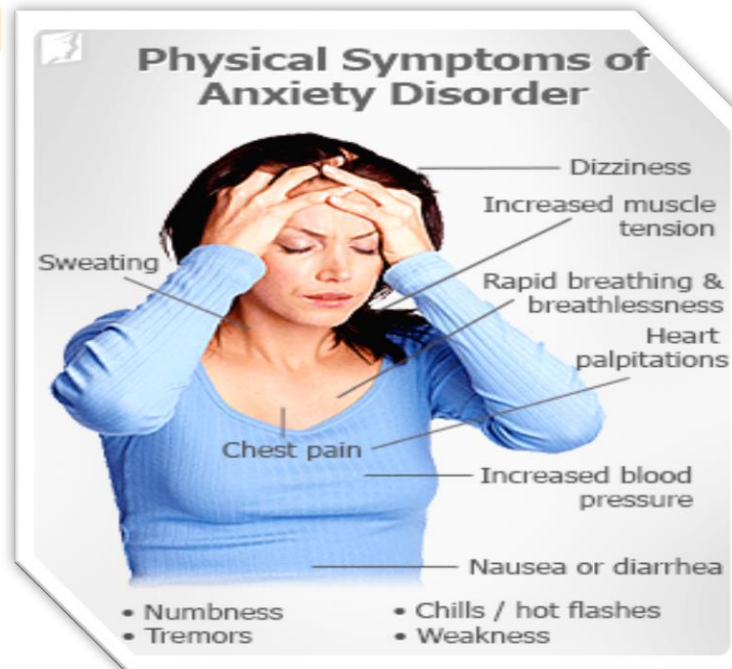
## Who gets Generalized Anxiety ?

GAD often develops in childhood or adolescence, but may also begin in adulthood.

It often begins after a stressful life event (such as losing a loved one or being bullied); although not everyone who experiences stressful events will develop GAD.

Most people who develop GAD say they tended to be "worriers" prior to the onset of the disorder. They may have had a tendency to be overly concerned about how things would turn out (e.g. at school or in relationships) and how they would cope.

There may also be biological, social, environmental and cultural influences on the development of symptoms.<sup>[1]</sup>



## How to Treat Generalized Anxiety ?

### • Psychotherapy

psychotherapy involves working with a therapist to reduce your anxiety symptoms. Cognitive behavioral therapy is the most effective form of psychotherapy for generalized anxiety disorder.

### • Medications

Antidepressants

Bupirone

Benzodiazepines (**Alprazolam, Lorazepam, Clonazepam, Diazepam, Temazepam**)<sup>[2]</sup>

## Conclusion

**Generalized anxiety disorder (GAD)** is an anxiety disorder characterized by excessive, uncontrollable and often irrational worry. Genes are attributed about a third of general anxiety disorder's variance.

Long-term use of benzodiazepines can worsen underlying anxiety.

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## References

- 1-Anxiety Disorders. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>. Accessed April 23, 2018.
- 2-The Common Types of Anxiety Disorders. Mercola.com. <https://articles.mercola.com/anxiety/types.asp> x. Accessed April 23, 2018.