

## “Overview Study On Generalized Anxiety Neurosis”

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### ABSTRACT-

The concept of generalized anxiety has evolved over many years, from initial descriptions of “anxiety neurosis” to recognition of generalized anxiety disorder (GAD) as a clinical entity included in the 3rd edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III) in 1980. Since 1980, the definition of GAD has undergone further change, with modifications in the salience of autonomic and paniclike symptoms, duration, and allowance of comorbidity. The importance of these historical considerations lies in the fact that most of our current knowledge about GAD rests on outdated definitions, including most of the literature pertaining to treatment.

**KEYWORDS-***Generalized Anxiety Disorder, Causes, Symptoms, Treatment*

### INTRODUCTION-

Anxiety neurosis is an outdated term that is now more commonly referred to as **generalized anxiety disorder (GAD)**. The condition is characterized by excessive worry about various aspects of life, including work, health, relationships, and daily tasks, even if there is no clear reason for the anxiety. Unlike normal feelings of nervousness or stress, anxiety neurosis causes **chronic distress** and can interfere significantly with an individual’s ability to function in daily life. Individuals with anxiety neurosis often experience feelings of dread and fear that are **out of proportion** to actual events. This condition is part of the broader spectrum of **anxiety disorders**, which includes panic disorder, social anxiety disorder, and phobias.

### Causes of Anxiety Neurosis

While the exact cause of anxiety neurosis is not fully understood, a combination of **genetic, biological, and environmental factors** is believed to contribute to its development. Some potential causes include:

- **Genetics:** A family history of anxiety disorders or other mental health conditions may increase the risk.
- **Brain Chemistry:** Imbalances in neurotransmitters, the chemicals responsible for brain communication, may contribute to heightened anxiety.
- **Environmental Factors:** Stressful life events such as trauma, loss, or prolonged stress can trigger or worsen anxiety neurosis.
- **Personality:** Certain personality traits, like perfectionism or being overly self-critical, can make a person more vulnerable to developing anxiety neurosis.
- **Fear of the Future:** An overwhelming fear about what may happen in the future often leads to **catastrophic thinking**. Individuals might focus on worst-case scenarios and imagine dangers that haven’t yet happened.
- **Difficulty Concentrating:** Anxiety can make it difficult for individuals to focus on tasks or conversations. Thoughts of worry often intrude, making it challenging to stay present or engaged.
- **Irritability:** Anxiety can cause mood swings and irritability. A person might become easily frustrated or upset, even in response to minor events.
- **Perfectionism:** There may be an underlying fear of failure or not meeting expectations, leading to **perfectionistic tendencies**. This often intensifies the feeling of anxiety, especially when things don’t go as planned.
- **Avoidance Behaviours:** In some cases, individuals with anxiety neurosis may avoid certain situations or activities that trigger their anxiety, further limiting their life experiences and social interactions.

### Physical Symptoms

1. **Fatigue:** Constant worry and tension can lead to physical exhaustion. People with anxiety neurosis often feel fatigued, even after a good night’s sleep.
2. **Muscle Tension:** Chronic anxiety often results in muscle tightness or tension, especially in the neck, shoulders, and jaw. Some people may experience **headaches** or **back pain** as a result.

**3. Sleep Disturbances:** Anxiety can interfere with the ability to fall asleep or stay asleep. Individuals may experience **insomnia** or **restless sleep** due to persistent thoughts and worries.

**4. Heart Palpitations:** Some individuals with anxiety neurosis experience rapid heartbeat or palpitations, which can mimic symptoms of a panic attack. This can cause additional stress and anxiety, further exacerbating the condition.

**5. Digestive Issues:** Anxiety can affect the digestive system, leading to **stomach aches**, nausea, diarrhoea, or constipation. These physical symptoms are often a manifestation of stress.

**6. Shortness of Breath:** Anxiety can cause the sensation of **tightness in the chest**, making it feel difficult to breathe. This can also lead to a heightened state of panic or fear.

**7. Sweating:** Many people with anxiety neurosis experience **excessive sweating**, especially during moments of heightened worry or stress. This can sometimes be a physical manifestation of nervousness.

### Behavioural Symptoms

**1. Avoiding Social Situations:** As anxiety increases, individuals may start avoiding social events, public speaking, or situations that might cause discomfort. This can lead to **social isolation** and difficulty maintaining relationships.

**2. Overplanning or Overpreparing:** People with anxiety neurosis often feel the need to over plan or overprepare for events to feel secure. This can manifest in an obsession with detail and an excessive need for control.

**3. Compulsive Behaviours:** In some cases, individuals may resort to **ritualistic behaviours** or compulsions as a way to cope with anxiety. This could include checking things multiple times or avoiding certain situations altogether.

### Impact of Anxiety Neurosis on Daily Life

Anxiety neurosis can have a profound impact on an individual's **quality of life**. Persistent worry, tension, and physical discomfort can interfere with personal, social, and professional responsibilities. This constant state of fear can also lead to **mental health complications**, such as **depression** or **substance abuse**, as individuals may seek ways to cope with their anxiety.

Moreover, anxiety neurosis can hinder the ability to maintain healthy relationships, as individuals may become withdrawn or overly dependent on others for reassurance. The constant need for reassurance and fear of failure can place significant strain on friendships and family dynamics.

### Impact on Work and Career

People with anxiety neurosis may find it difficult to concentrate on work tasks, meet deadlines, or collaborate with others. This can affect job performance and lead to feelings of **inadequacy** or **self-doubt**. In extreme cases, individuals may avoid work-related responsibilities or even quit their job due to the overwhelming nature of their anxiety.

### Treatment Options for Anxiety Neurosis

There are several treatments approaches available to help individuals manage anxiety neurosis effectively. A **combination of therapy, medication**, and lifestyle changes is often recommended to reduce symptoms and improve overall well-being. **Psychotherapy (Cognitive Behavioural Therapy – CBT)**

### Medications

In some cases, medications may be prescribed to help manage the symptoms of anxiety neurosis. These may include **antidepressants**, **anti-anxiety medications**, or **benzodiazepines**. However, medication is typically used alongside therapy to provide a more holistic treatment approach.

### Lifestyle Changes

Incorporating lifestyle changes such as **regular exercise**, **mindfulness meditation**, and **healthy eating** can also help manage anxiety. Physical activities, in particular, help release tension and promote the release of endorphins, which can improve mood and reduce anxiety symptoms.

**Cognitive-behavioural therapy (CBT)** is one of the most effective treatments for anxiety neurosis. CBT helps individuals identify negative thought patterns and replace them with healthier, more realistic ways of thinking. This therapeutic approach also teaches relaxation techniques and coping strategies to manage anxiety in daily life.

### Support Groups

Joining a **support group** can help individuals with anxiety neurosis feel less isolated. Support groups provide a safe space to share experiences and coping strategies with others who understand the challenges of living with anxiety.

Anxiety neurosis is a **debilitating condition** that can affect many aspects of a person's life. Understanding the **symptoms** and **treatment options** available is key to managing the disorder. With the right **support**, **therapy**, and **copng strategies**, individuals with anxiety neurosis can regain control of their lives and lead a more balanced, fulfilling existence.

## Conclusions

The foundation of our knowledge about the neurobiology of generalized anxiety disorder is becoming increasingly strong and is likely to be supplemented in the years ahead by further studies of neurotransmitter and neuroendocrine activity and function, as well as through further advances in neuroimaging. These studies will help us to better understand currently available treatments, while also hopefully opening up new therapeutic approaches.

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