

Anxiety disorder: A bibliographical review of 21st century evil



<https://doi.org/10.56238/sevened2023.006-012>

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ABSTRACT

Given the great harm that anxiety disorder can cause in society, such as family members, love and interpersonal relationships of friendship and work,

and especially in individuals who have it. This work aimed to collect data from scientific journals and scientific books to address the topic in a clear and objective way, about one of the great evils of the 21st century. The work also seeks to increase the bibliographic collection on the subject, thus reinforcing the need to study anxiety disorder.

Keywords: Anxiety Disorder, Symptoms, Psychology.

1 INTRODUCTION

Anxiety can be described as a confused and distressing feeling of uncertainty about something future that may or may not occur, so that feeling anxious at a certain time of the day can be natural for all people, given that human beings are always afraid of something they have no control over, such as the future.

However, when the feeling of anxiety begins to be perceived as something very recurrent, without explanation and begins to interfere in a harmful way in the person's life, it already becomes a disorder, which if not noticed and treated quickly, can become an anxiety disorder.

Anxiety disorder is described as restlessness, extreme fear, vulnerability, suffocation, shortness of breath. In addition, other physiological reactions can be noted, such as vertigo, diarrhea, tremors, palpitations, nausea, tachycardia, fear of fainting and even death, due to the violent intensity of the body to some triggering stimulus (Diagnostic and Statistical Manual of Mental Disorders: DSM-5/[American Psychiatric Association; translation: Maria Inês Corrêa Nascimento ... et al.]; technical review: Aristides Volpato Cordioli... [et al.]. – 5. ed.).

The pathological manifestation of anxiety can be explained in several ways, from the current short-term form of society, where everything has a defined deadline and goals, psychological traumas that generate triggers, physical illnesses, abuse of substances such as illicit and licit drugs, and genetic factors that predispose the individual to the disease (Diagnostic and Statistical Manual of Mental Disorders: DSM-5/[American Psychiatric Association; translation:



Maria Inês Corrêa Nascimento ... et al.]; technical review: Aristides Volpato Cordioli ... [et al.].
– 5. ed.).

2 METHODOLOGY

The research will be carried out from a bibliographic reference of qualitative and descriptive typology, using materials published in books, articles and dissertations found on the internet, restricted to sites of proven scientific relevance such as Google Scholar, Scielo and Capes Thesis Catalog in order to analyze and correlate them with the theme presented to contribute to the academic community and society in general.

Scientific materials from the years 2000 to 2023 will be used, thus encompassing a wide range of material to address the topic more clearly and efficiently.

Exclusion criteria are all material that addresses a topic other than anxiety disorder in general.

3 RESULT AND DISCUSSION

Anxiety is a normal emotional reaction to various life situations (Braga, 2010). It is recognized as a disease when it is exacerbated and disproportionate in relation to a stimulus, forming a mood disorder, which in this case is an anxiety disorder, which compromises the individual's thinking, behavior, psychological activity and quality of life (Castillo, 2000; Rosa, 2012).

The person in this state may feel restless, very vulnerable, sometimes trapped, shortness of breath is very recurrent, along with the feeling of suffocation. In addition to feeling a lot of fear and great worry, hypochondriac ideas and even feelings of guilt are frequent. In addition, it can also have physiological manifestations such as diarrhea, vertigo, palpitations, pupil dilation, restlessness, syncope, tachycardia, tingling of the extremities, tremors, among other symptoms (Kaplan, 2017; Oyeboode, 2017).

The increase in cases of anxiety disorder may be due to a lack of daily planning or even some past trauma, family breakdown and some type of physical or psychological abuse, aligning with genetic factors and even physical disabilities (Lopes KCSP, Santos WL, 2018).

Other more detailed factors that can generate anxiety disorder are the pressure at work that can destabilize the person because of the obligation, the perfectionism presented and stimulated both in achieving goals and in performance always seeking excellence, this can cause the anxiety disorder due to the fact of feeling incapable, when these idealizations at work are not completed or should still be. However, acceptance anxiety disorder is the most common and widespread, where you charge yourself through widespread ideas and the need for public acceptance. A recent phenomenon of this century is social networks that impose constant happiness and ostentation on young people and adults, aiming at their own self-esteem, even affective and work relationships (Lopes KCSP, Santos WL, 2018).



In the general adult population, anxiety disorder has been growing exponentially. Among psychiatric disorders, anxiety disorders are among the most frequent, with prevalences of 12.5% throughout life and 7.6% in the year. Anxious symptoms are the most common and can be found in anyone at different periods of life (Vorkapic and Rangé, 2011).

In a sample of Brazilian adolescents from the city of São Paulo, it was found that 7.8% of the participants showed symptoms compatible with the diagnosis (D'el Rey et al., 2006). However, in a study conducted with adolescents from schools in Porto Alegre, 23.12% of the sample had symptoms compatible with the disorder (Fernandes and Terra, 2008).

Anxiety disorder in the world and in Brazil, according to (Costa CO, et al., 2019), shows data published in 2017 by the World Health Organization (WHO) show that the global prevalence of anxiety disorder is approximately 3.6%, reaching higher proportions in the American continent when related to gender; for women, it reaches 7.7% and for men, 3.6%, showing that females are the most affected. Anxiety disorder was quite prevalent in all age groups studied. However, there was no significant difference in age. The UN Mental Health Report in 2001 already pointed out how common and disabling anxiety disorder was at all ages.

Still following (Costa CO, et al., 2019), Brazil, where anxiety disorder is present in 9.3% of the general population, stands out, having the highest number of anxiety cases among all countries in the world according to the WHO. In another population-based study with participants aged 18 to 24, 12.3% of participants were diagnosed with an anxiety disorder. When analyzed, studies with children and adolescents show that the prevalence of anxiety in adulthood can be a reflex originating from childhood and youth; Data from a systematic review of children and young people revealed a variation in the rates of anxiety disorders between 3.3% and 32.3%¹⁸. Just as these disorders can harm the development of children and adolescents, they can also lead to consequences such as functional and social impairment, affecting adult life, says the author of the scientific article.

Given the literature on the psychology and statics of anxiety disorder, the form of treatment is fundamental for the individual who suffers from the disorder. Cognitive-behavioral therapy (CBT) is seen as the gold standard for several psychological disorders, this includes anxiety disorder, in short, CBT is a short-term therapy, with an average duration of five to twenty sessions, it is focused directly on the problem, for cases of comorbidity, treatment can be extended for a period of more than twenty sessions. CBT is premised on the principle that cognitions influence and control emotions and behaviors, the way an individual acts or behaves can significantly affect a subject's patterns of thoughts and emotions. Cognitive function plays an essential role in CBT, since human beings constantly evaluate the relevance of events, and cognitions are associated with emotional reactions. Thus, at the moment when an event occurs, the cognitive assessment occurs, triggering the emotions and



consequently the behavior of the subject defined by (Moura et al., 2018). In this way, CBT can work on the traumatic event, giving them a new meaning.

4 FINAL THOUGHTS

Anxiety disorder is a topic of great social and humanitarian relevance, given the great suffering inflicted on the person to whom the disorder is affected. Anxiety disorder is seen as one of the great evils of today and an increasing target of psychological, pharmacological and psychiatric studies, given the impotence caused by it, in line with the great increase in complaints in mental health professionals' offices as shown in the research.

The relevance of the research is due to the increasing need to study the topic addressed, the anxiety disorder has been gaining greater notoriety in the last twentieth century. As for treatment, the need to improve knowledge on the subject, in line with the greater emergence of cases of the disorder, is necessary and indispensable

A bibliographic research seeks to encompass the main academic research on the topic addressed, thus contributing to a greater understanding of anxiety disorder, aligning the vision of researchers and scientists in a single academic work, enriching and giving relevance to the topic addressed, instigating more researchers and society itself to pay attention and have knowledge on the subject, for all research is aimed at the social good.



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