



Anxiety – The understanding and change of treatment

discussing how the treatment and care of patients/clients has changed through interdisciplinary practice and changing societal knowledge and understanding.



Anxiety today

- Anxiety today is understood as both a mental and physical state of negative expectation
- Common bodily effects of anxiety include – dizziness, tiredness, strong or fast heartbeat, muscle aches, shaking, excessive sweating and shortness of breath
- Common psychological effects of anxiety – restlessness, sense of dread and fear, feeling on edge, difficulty concentrating, irritability
- Popular treatments for anxiety – CBT therapy and medication

Anxiety in the 19th century

- Anxiety was often referred to as nervousness or nervous disorder
- Would be a result of someone's 'nervous temperament' or 'weak nerves'
- Excessive worry, stress or emotional strain could be the cause
- Often grouped with hysteria





Popular treatments

Rest and relaxation

Isolation from stressful environments

Hydrotherapy

Massage

Herbal remedies – chamomile, lavender and passion flower

Influential theorists

Sigmund Freud -

- Anxiety was a result of unconscious conflicts and desires
- Could stem from – repressed memories, childhood experiences, conflicts between unconscious and conscious desires
- Could manifest through – phobias, panic attacks or obsessive compulsive behaviours

The slide features several decorative geometric elements: a green triangle pointing right at the top left, a blue circle at the top right, a large orange semi-circle on the right, a blue circle in the middle left, a green square outline at the bottom right, and several yellow dashed lines scattered in the lower right area.

"Anxiety arises out of libido by the process of repression."

William James

Response to
uncertain or
threatening
situations

Anxiety was a
natural reaction to
challenges and
uncertainties

Anxiety could
however motivate us
to adapt to our
surroundings

Anxiety is a normal
part of human
experience

Helps humans stay
alert and respond
appropriately to
threatening situations

Encourages personal
growth



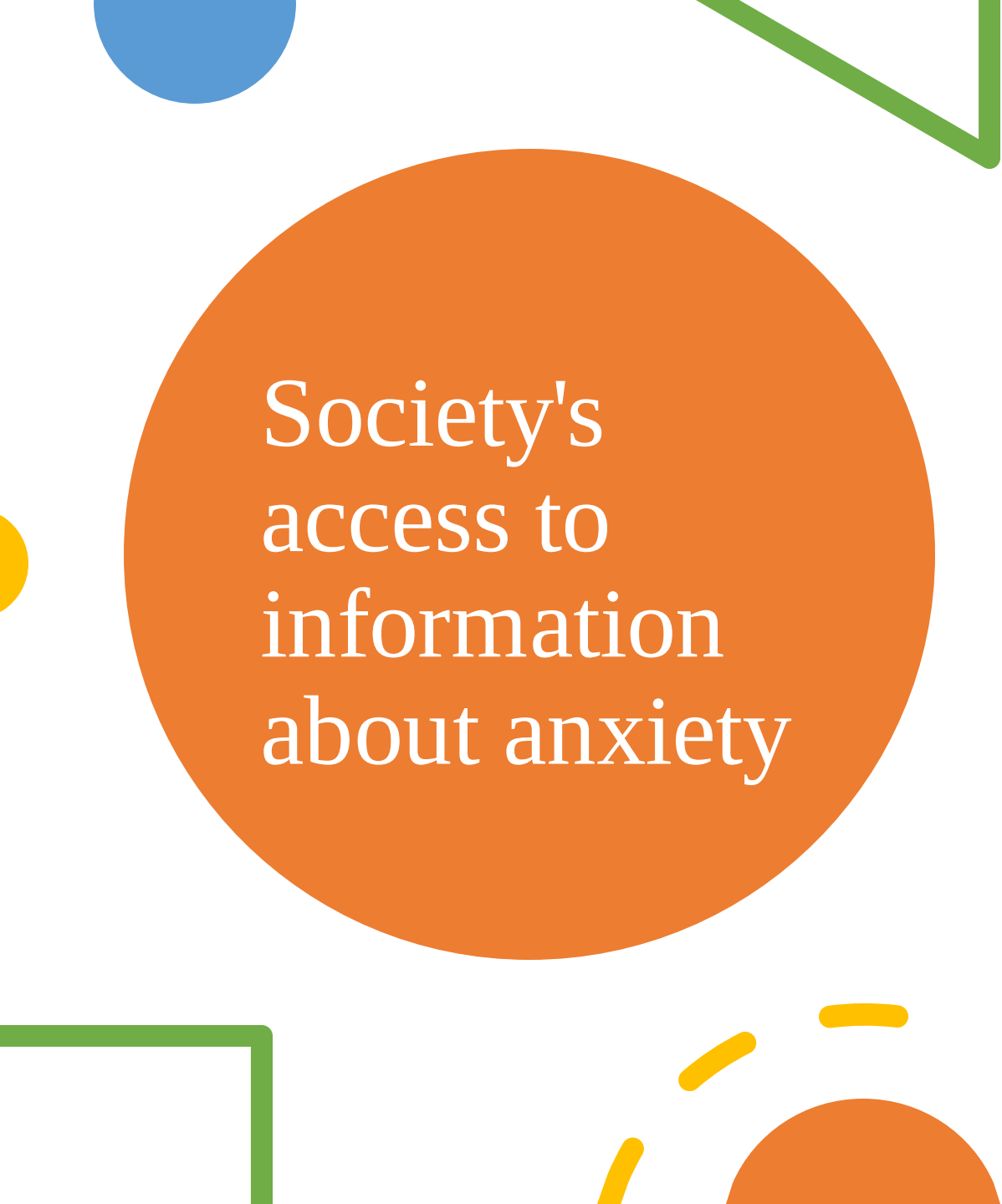
Society's understanding and stigmas of anxiety

Some saw it as a sign of not being morally upright

People who experienced anxiety were mentally weak

Others saw it as a legitimate medical condition

Often associated with women because of their 'delicate constitution'



Society's access to information about anxiety

- Mental health was not widely discussed
- Lack of scientific research
- Negative stigmas towards anxiety

References

- NHS. (2021). *Symptoms - Generalised anxiety disorder in adults*. Nhs.uk.

<https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/symptoms/>

History of Anxiety | Psychowellness Center. (n.d.). www.psychowellnesscenter.com.

<https://www.psychowellnesscenter.com/Blog/history-of-anxiety#:~:text=During%20the%20Middle%20Ages%2C%20anxiety,of%20%22curing%22%20their%20anxiety,>

beyondblue. (n.d.). *Stigma relating to anxiety - Beyond Blue*.

<https://www.beyondblue.org.au/mental-health/anxiety/stigma-relating-to-anxiety#:~:text=Research%20from%20the%20National%20Survey,a%20real%20medical%20illness%27%3B%20and>

Research on Victorian anxiety is an FT business book of 2019 | University of Oxford. (n.d.)

<https://www.ox.ac.uk/news/arts-blog/research-victorian-anxiety-ft-business-book-2019>

Leary, D. E. (2019). William James and British thought: then and now. *BJPsych Bulletin*, 44(2), 53–56.

<https://www.cambridge.org/core/journals/bjpsych-bulletin/article/william-james-and-british-thought-then-and-now/BC1A285D904A714956EF17BA8061399A>

Freud Museum London. (2018). *What did Freud say about Anxiety?* Freud Museum London.

<https://www.freud.org.uk/education/resources/what-did-freud-say-about-anxiety/>

Cherry, K. (2022, August 15). *The Life, Work, and Theories of Sigmund Freud*.

<https://www.verywellmind.com/sigmund-freud-his-life-work-and-theories-2795860>

Khan, N. (2018, April 11). *Pragmatism, Functionalism, And William James Psychology* | Betterhelp.

<https://www.betterhelp.com/advice/psychologists/pragmatism-functionalism-and-william-james-psychology/>

History of Anxiety | Psychowellness Center. (n.d.).

<https://www.psychowellnesscenter.com/Blog/history-of-anxiety#:~:text=In%20the%2019th%20century%2C%20anxiety,repressed%20emotions%20and%20unresolved%20conflicts.>

A Brief History of Anxiety. (n.d.). www.calmclinic.com.

<https://www.calmclinic.com/brief-history-of-anxiety#:~:text=Fear%20exposure%20therapy%20was%20introduced,anxiety%20as%20well%20as%20depression.>

