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**Psychopathological Classifications and Provisions
Component**

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Title: Anxiety and Fear Disorders: Generalized Anxiety Disorder (GAD)

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Acknowledgement of the use of AI tools

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidenc

Anxiety and Fear Disorders

Generalized Anxiety Disorder (GAD)

Understanding Generalized Anxiety Disorder (GAD)

Introduction

Broad category: Anxiety Disorders

Specific disorder: *Generalised Anxiety Disorder (GAD)*

Definition:

- A mental health problem signified by an unending and overblown worry about the hardships of life, and interfering severely with the social and occupational functioning of an individual (National Health Service, 2024).

Prevalence:

- In England, about one in six adults experiences some common mental disorder, such as anxiety, in a week (Office for Health Improvement and Disparities, 2022).
- Reports indicate that generalized anxiety disorder (GAD) affects about 7.5% of the United Kingdom population (NHS Digital, 2025).

Causes, Symptoms, Diagnosis

Causes

- The condition exists because multiple factors work together to produce the outcome.

The condition develops through three different causes:

- The first cause involves a biological factor that creates neurotransmitter imbalance between serotonin and noradrenaline (Fox-Gaffney and Singh, 2025).
- The second cause arises from psychological factors that include specific personality traits which include tendency to worry (Davies et al., 2019).
- The third cause originates from environmental factors which include stress and trauma, and important life events (National Health Service, 2024; Fox-Gaffney and Singh, 2025).

Symptoms

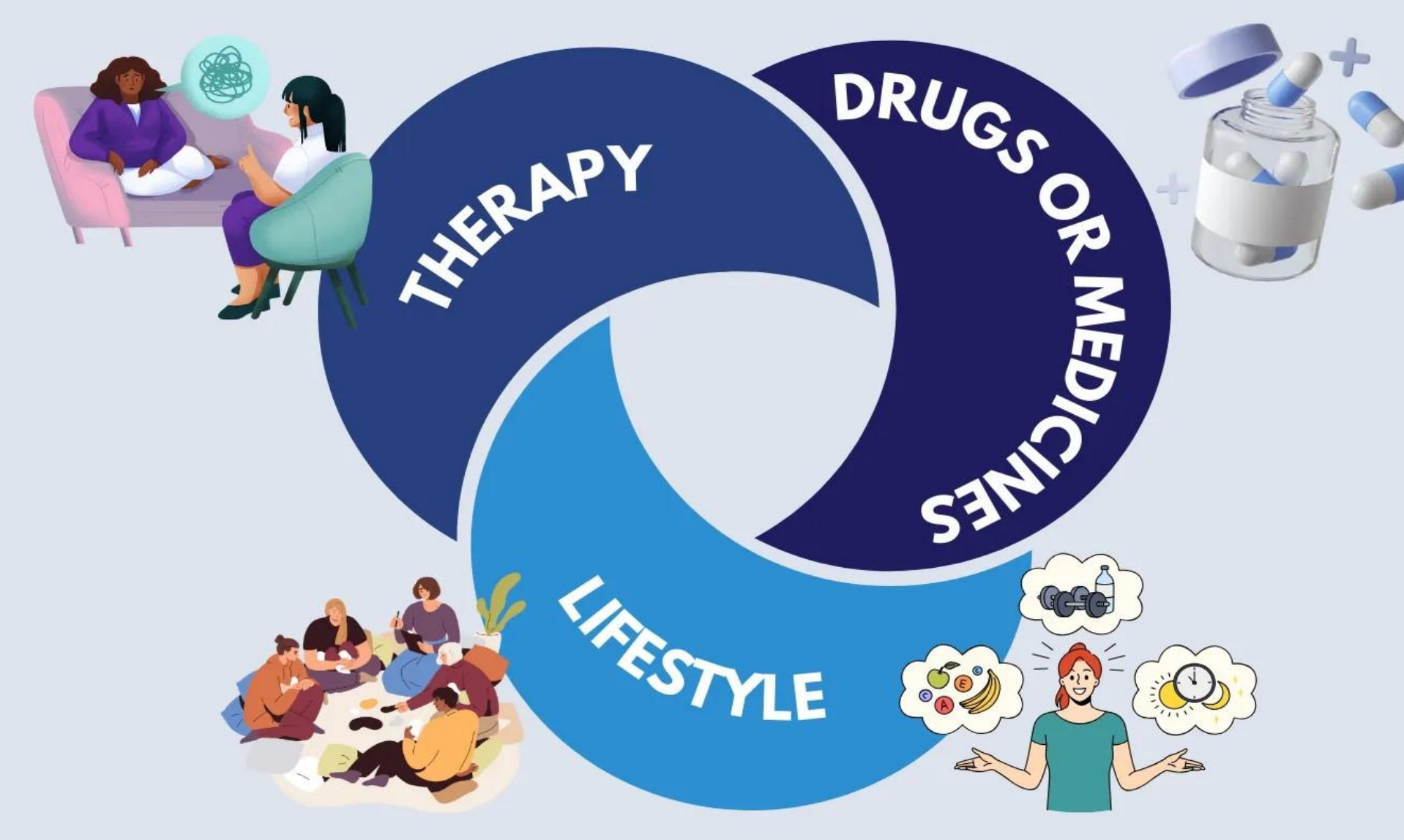
- The symptoms of the condition include persistent anxiety and excessive worry, together with restlessness, irritability, and difficulty concentrating, sleep problems which include insomnia, and physical symptoms that manifest as muscle tension and rapid heartbeat, according to Mishra and Varma (2023).

Diagnosis

- The evaluation uses two criteria which require symptoms to persist for six months and show a major effect on the patient's ability to function (National Institute for Health and Care Excellence, 2020).
- The healthcare professional uses clinical guidelines and screening methods which include GAD-7, to conduct their assessments according to National Health Service (2024).

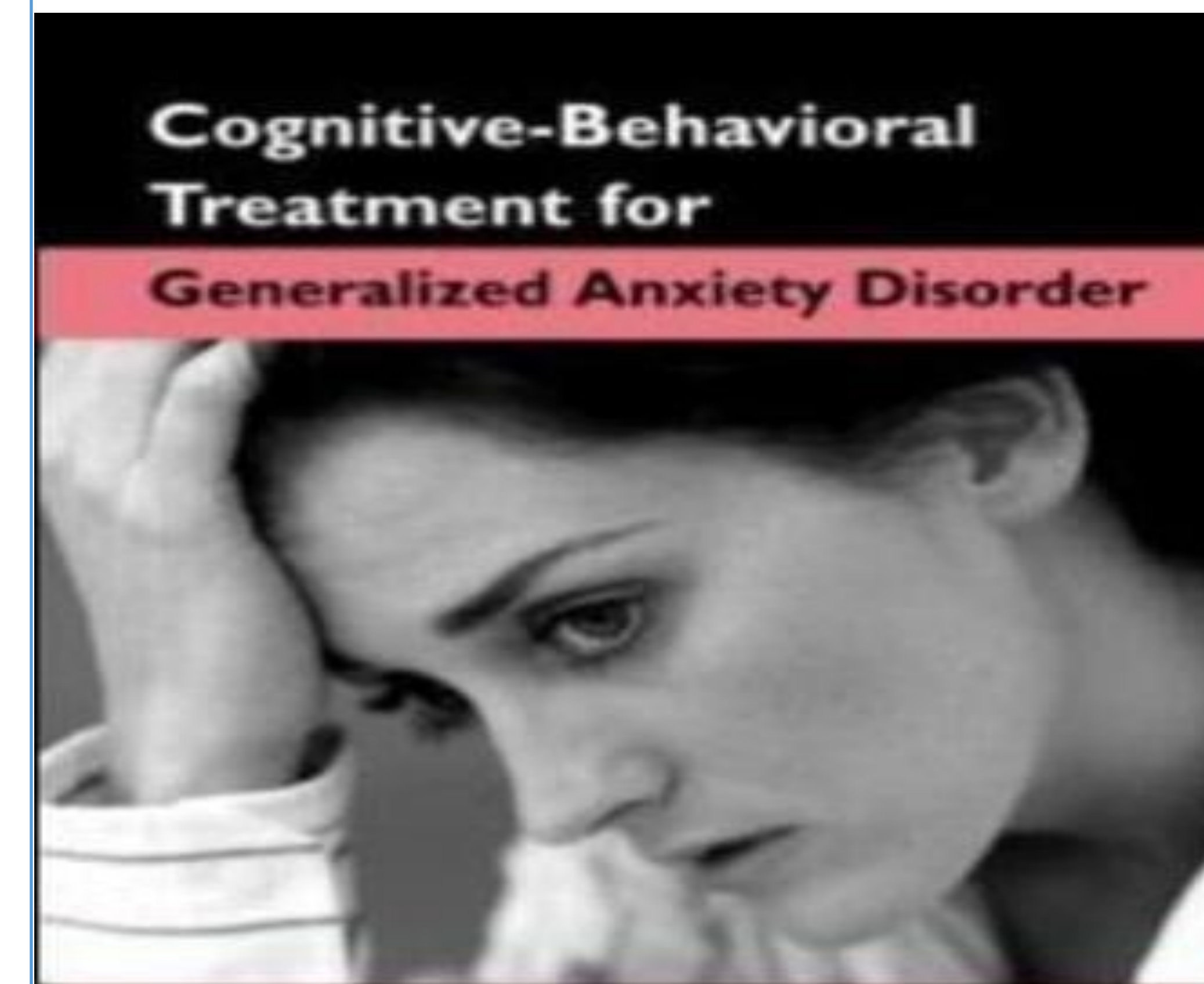
Historical perspectives and treatments

TREATMENT OPTIONS FOR GAD



- The condition has been historically understood as a nervous ailment which people regard as personal weakness rather than a medical condition, according to Blundell et al., (2023).
- The past medical practices of mental health treatment included both institutionalisation and sedative-based treatments (Reynolds et al., 2022).
- The present-day treatment of the condition has experienced a fundamental transformation because medical professionals now recognize it as a clinical disorder which requires evidence-based psychological therapies and medication such as antidepressants and quetiapine (National Institute for Health and Care Excellence, 2020; Byrne, 2023).

Current services and treatments



- The psychological treatment options is based on Cognitive Behavioural Therapy (CBT) as a primary treatment method according to the National Health Service (2024).
- Another treatment option is the use of selective serotonin reuptake inhibitors (SSRIs) (National Health Service, 2024).
- The National Health Service provides two services which include NHS Talking Therapies and community mental health services (2024).
- The National Institute for Health and Care Excellence 2020 defines self-help strategies as exercise, mindfulness, and relaxation practices.

Recommendations

- The primary care system needs to improve its capability to detect health problems during their initial stages.
- The National Health Service should provide talking therapies to a larger number of people who need them.
- Mental health education programs need to be established as teaching tools which will help people understand what mental health problems really are.
- The system requires support for multiple treatment methods which include both counseling sessions and changes to daily activities.

Conclusions

- Generalised Anxiety Disorder (GAD) stands as a widespread mental health disorder which brings significant effects to people in the UK.
- The condition develops through biological, psychological, and environmental elements.
- The NHS and NICE guidelines provide support for treatment methods which show effectiveness through their backing of CBT and medication.
- The development of healthcare services needs to maintain its dedication towards providing early treatment solutions and making healthcare services available to patients.

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