

**Community care and Management of Longer-term Conditions
(LCHS7003)**

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Componenet 1:- Information Booklet of Long-term Condition Management

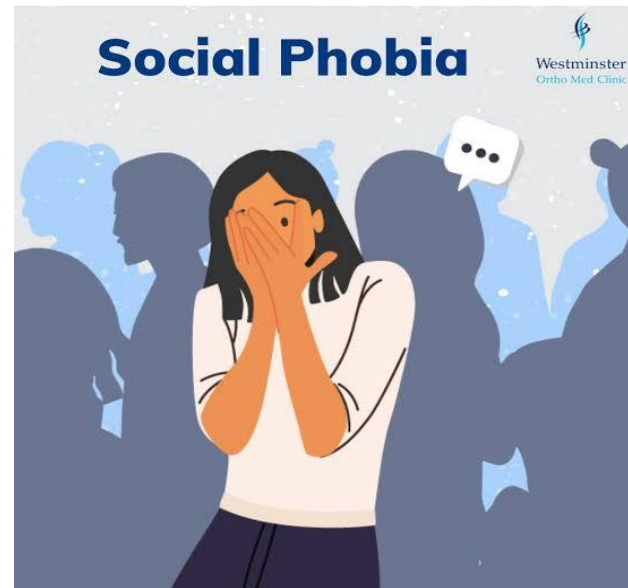
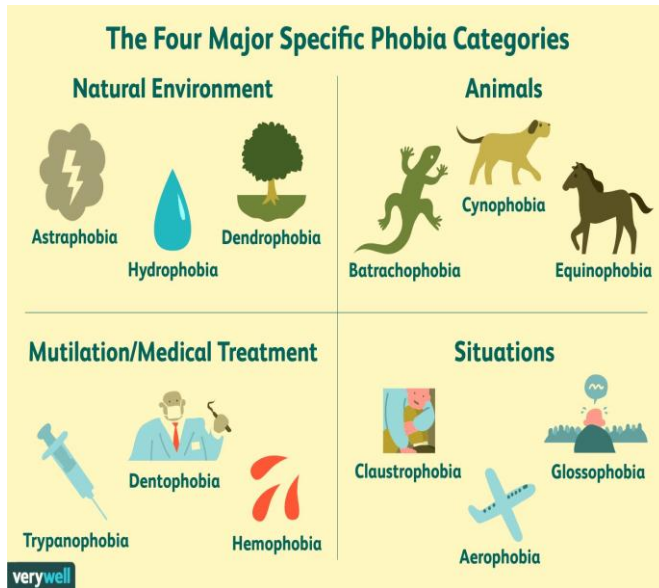
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MEN AND WOMEN PHOBIC ANXIETY DISORDER



- ▶ Men and women both experience phobic anxiety disorder. Anxiety is a normal phenomenon, which is characterized by a state of apprehension or uneasiness arising out of anticipation of danger.
- ▶ Normal anxiety becomes pathological when it causes significant subject distress and impairment of functioning of the individual.
- ▶ Anxiety disorders are abnormal states in which the most striking features are mental and physical symptoms of anxiety, which are not caused by organic brain disease or any other psychiatric disorder,
- ▶ A phobia is an unreasonable fear of a specific object, activity or situation. This irrational fear is characterized by various features.
- ▶ In phobic anxiety disorders, the individual experiences intermittent anxiety which arises in particular circumstances, i.e. in response to the phobic object or situation.

Types of Phobia



Signs and Symptoms of Phobia in Men and Women

- ~ Irrational and persistent fear of object or situation.
- ~ Immediate anxiety on contact with feared object or situation.
- ~ Loss of control, fainting, or panic response.
- ~ Avoidance of activities involving feared stimulus.
- ~ Anxiety when thinking about stimulus.
- ~ Worry with anticipatory anxiety.
- ~ Possible impaired social or work functioning.

Social Phobia

~ It is an irrational fear of performing activities in the presence of other people or interacting with others. The patient is afraid of his own actions being viewed by others critically, resulting in embarrassment or humiliation.

Signs and Symptoms of Social Phobia

- ~ Hyperventilation
- ~ Sweating, cold and clammy hands
- ~ Blushing
- ~ Palpitations
- ~ Confusion
- ~ Gastrointestinal symptoms
- ~ Trembling hands and voice
- ~ Urinary urgency
- ~ Muscle tension
- ~ Anticipatory anxiety



Agoraphobia

- ▶ It is characterized by an irrational fear of being in places away from the familiar setting of home, in crowds, or in situations that the patient can not leave easily.
- ▶ **Signs and Symptoms**
- ▶ Overriding fear of open or public spaces.
- ▶ Deep concern that help might not be available in such places.
- ▶ Avoidance of public places and confinement to home.



Treatment

Pharmacotherapy

Benzodiazepines (alprazolam, clonazepam, lorazepam, diazepam)

Antidepressants (Imipramine, sertraline, phenelzine)

Management and Treatment for Agoraphobia



Psychotherapy

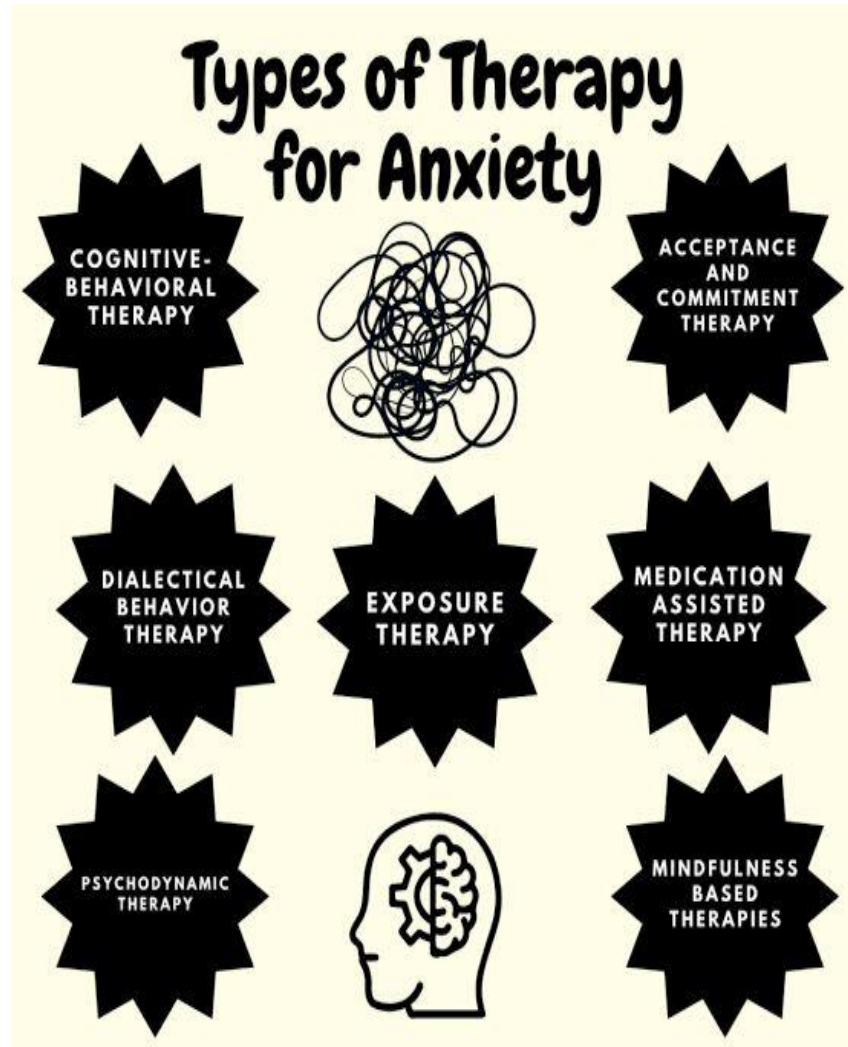


Self-Help Strategies



Medication

Types of Therapy and Benefits of Therapy For Phobia Anxiety disorder



WHERE CAN I GO FOR HELP?

If you are unsure of where to go for help, ask your family doctor or health care provider. You can also find resources online including the NIMH website at www.NIMH.NIH.gov/FindHelp, or check with your insurance carrier to find someone who participates in your plan. Hospital doctors can help in an emergency.

What if I or someone I know is in crisis?

Men and women with phobic anxiety disorder are at risk for suicide. If you or someone you know is in crisis, get help quickly.

- ▶ Call your doctor.
- ▶ Call 911 for emergency services.
- ▶ Go to the nearest hospital emergency room.
- ▶ Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (1-800-799-4889).
- ▶ Veterans can call the Veterans Crisis Line at 1-800-273-8255 then press 1.

In many instances, a crisis can be avoided when friends or family members are involved in the treatment and can recognize crisis warning signs. Crisis warning signs are different for different people. One person may have more trouble sleeping and become more agitated. Another person may sleep more, stop eating, and focus on disturbing thoughts. Creating a plan that lists the loved one's warning signs—those actions that usually occur before a crisis—and the health care provider's contact information may help avoid a crisis.

For More Information

For more information on conditions that affect mental health, resources, and research, visit <http://www.mentalhealth.gov>, or visit the NIMH website at <http://www.nimh.nih.gov>. In addition, the National Library of Medicine's **MedlinePlus** service has information a wide variety of health topics, including conditions that affect mental health.

National Institute of Mental Health

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