

Anxiety Related Disorders among Adolescents

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Commentary

Anxiety disorders are a very common group of mental disorders and usually start before or at an early age. Excessive fear and anxiety or avoiding persistent, crippling physical threats is major factors. Anxiety disorders include dysfunction in the brain cycle that leads to health risks. The risk of anxiety disorders is due to genetics, environmental factors, and epigenetic relationships [1]. Anxiety disorders are more likely to be concurrent in a patient who has certain mental health problems, such as depression and other mental disorders. Such reductions often indicate severe symptoms, severe clinical burden, and severe treatment difficulties. Reducing the high burden of disease from anxiety disorders in individuals and around the world can best be achieved by obtaining timely, accurate, and adequate treatment management, enhancing treatment options where needed. Evidence-based psychotherapy (especially psychotherapy) and psychotherapy (especially serotonin affecting compounds) are both effective, making it easier for patients to make treatment decisions. Although effective, not a single preventive measure is available, as well as frequent opposition to treatment, clinical needs remain unresolved. Current scientific research efforts to combat these problems and future efforts should seek unique, effective treatments for specific therapies [2].

Adolescence is a major transition stage between childhood and adulthood. It involves many changes in the body, as well as the attitude of the world. The mental, physical, sexual, social, and emotional changes that take place during this time can bring eagerness and anxiety to both children and their families. Adolescence is a time of high risk for depression development and substance abuse. Two common disorders in adolescents are associated with serious illness and death. The economic and psychological burden associated with the correlation of social factors and the individual's thinking and behavior, identifying the risk factors associated with their occurrence is critical to public health. Studies on higher animals have shown many common neurobiological systems that link anxiety and depression [3]. At the time of the transformation of these systems into adolescence and adult health, it is unclear how these neurobiological processes affect the growth and progression of both disorders. Understanding these pathophysiological processes leads to the onset and progression of these problems during adolescence that will help to develop effective prevention and treatment strategies, and thus allow these naive minds to reach their full capability as adults.

Common anxiety disorder is a persistent and common problem, in which the patient has unresolved anxiety and anxiety that is not linked to recent stressful events, or can be exacerbated by certain conditions. The main problems with Generalized Anxiety Disorder (GAD) are emotional difficulties, which are often explained without looking at human disability in the context of GAD. This approach raises the deep understanding of the emotional problems associated with GAD and reveals a psychodynamic concept of the level of human organization (LPO). The purpose of this study was to identify the importance of the level of human order in emotional assessment in GAD. It was expected that: 1) that the challenges of the active preparation in summarizing insecurity become worse among those with lower-case relationships than with those with high-level relationships; 2) and that the level of

characterization of the characters will mediate the connection between emotional distress and the magnitude of GAD [4].

General anxiety disorder is twice as common in women as in men. Common anxiety disorders are characterized by feelings of threat, restlessness, irritability, sleep disturbances, and discomfort, with symptoms such as wheezing, dry mouth, and sweating. These symptoms are shown to be part of the anxiety disorder rather than independent complaints. Symptoms are more closely related to those of other common mental disorders and describe the disorder as part of a variety of emotions and related disorders rather than independent disorders [5]. Common anxiety disorder develops a deteriorating course, and interventions rarely result in complete resolution of symptoms, but in the short and medium-term, effective therapies include psychotherapy, such as behavioral psychotherapy; self-help strategies in accordance with the principles of behavioral therapy; and medical treatment, especially selective serotonin reuptake inhibitors.

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