



Significant Contribution of Anxiety and its Effects on Obesity

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Abstract

Obesity is linked to cardiovascular disease, type 2 diabetes, sleep apnea, osteoarthritis, and cancer, among other health issues. Some experts believe that these disorders will pose a significant threat to the economy of the United States in the coming decades due to the exorbitant costs associated with their treatment.

Keywords: Anxiety; Obesity; Diabetes

Introduction

Anxiety is a normal reaction to the difficulties we face every day. However, anxiety can be so overwhelming for some individuals that it prevents them from carrying out day-to-day activities and remaining normal in other aspects of life. Panic disorder, social anxiety disorder, and obsessive-compulsive disorder are all types of anxiety disorders that each has their own set of symptoms. Although each anxiety disorder is distinct, a persistent feeling of fear or worry in situations where others would not feel threatened is common [1].

Literature Review

The symptoms of an anxiety disorder can have a long-term negative impact on a person's mental and physical health if they are not treated. Later in life, some people may develop additional mental health issues like social anxiety or depression. In an effort to cope with the terrible symptoms of anxiety, some people with anxiety may begin abusing alcohol or drugs, which can result in the development of a substance use disorder. Additionally, it may be more challenging for people with anxiety to keep a job or maintain healthy interpersonal relationships. Fortunately, there are a number of therapy options that can help an anxious person learn to control their symptoms and move on to a better life.

Anxiety and Obesity: A lot of research has shown that there is a link between anxiety and obesity. Although obesity may not directly cause anxiety, some evidence suggests that it contributes to it by disrupting a person's hormones, which may then cause other behaviors that cause anxiety. However, it has been hypothesized that anxiety may play a role in certain circumstances that may ultimately result in obesity.

1) Anxiety raises cortisol levels, which lead to stomach fat accumulation and weight gain. A person is more likely to gain weight the longer they are stressed and anxious.

2) Changes in digestion, like a slower rate of digestion, are common in anxious people and can make weight gain worse because of stress.

3) A person may become less active as a result of anxiety because it can cause them to become more exhausted and generally lack energy. Without regular movement, the body cannot burn calories, and weight gain occurs when not enough calories are burned each day.

4) Antianxiety medications like Xanax and others have been linked in the past to weight gain and can cause lethargy.

5) Lastly, people who are experiencing a lot of anxiety frequently turn to food for comfort. Even when a person is not hungry, they may eat when they are worried, either to satisfy an emotional need or to cope with inner turmoil. If this unhealthy way of coping is used frequently,

weight gain is likely to occur [2].

Resulting from battling both anxiety and weight issues

Being overweight and experiencing anxiety or stress can cause a lot of stress in a person's life and be bad for their health as a whole. The following negative outcomes are more likely to occur if both anxiety and weight issues are not treated effectively.

Withdrawal from family and friends, low self-esteem, isolation from others, family stress and conflict, serious health issues like heart disease, Type 2 diabetes, sleep apnea, and osteoarthritis, and thoughts and actions that are suicidal are just some of the mental health disorders that may be developing or deteriorating. Other mental health disorders include depression. A small number of obese people seeking treatment for weight loss active drug. If you are currently using or abusing a substance, treatment for weight loss is considered contraindicated. Compared to the general population, 10% of candidates for bariatric surgery indicate a history of alcoholism or use of illegal drugs. Surprisingly, two studies show that people who have been addicted to drugs their whole lives and are extremely obese lose more weight than people who have never used drugs. After bariatric surgery, these individuals will be able to control their eating habits as well as overcome their drug and alcohol addictions thanks to the skills they learned in impulse control and self-regulation [3].

Discussion

Treatment for mental illness: In order to deal with the emotional effects of obesity or change their eating habits, many obese people have sought mental health treatment. Up to 40% of candidates for bariatric surgery have received treatment (psychotherapy or pharmacotherapy) prior to their surgery, and approximately half of those candidates had a history of receiving mental health care. Some antidepressant and antipsychotic medications, in particular, may make weight gain worse or make it harder to control it. At this time, very little is known about how these medications interact with various bariatric surgery procedures. Changes in medication absorption after surgery may

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occur, and rapid changes in body weight and fat mass may also affect the effectiveness and tolerance of the medication [4].

Body Image: One's health and quality of life suffer as a result of obesity. There is a correlation between being overweight and having a lower quality of life, according to a number of studies. Numerous individuals report significant physical and professional obstacles. Because of these drawbacks, many people seek treatment for weight loss [5,6].

Conclusion

Body image affects the quality of life of many people. Dissatisfaction with one's body image is common among overweight people and women and girls of average weight. Although people can express dissatisfaction with their entire bodies or specific features, the degree of dissatisfaction appears to be closely linked to their weight. Even when there are serious weight-related health issues, it is thought that body image dissatisfaction plays a role in the decision to seek treatment for weight loss.

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Conflict of Interest

None

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