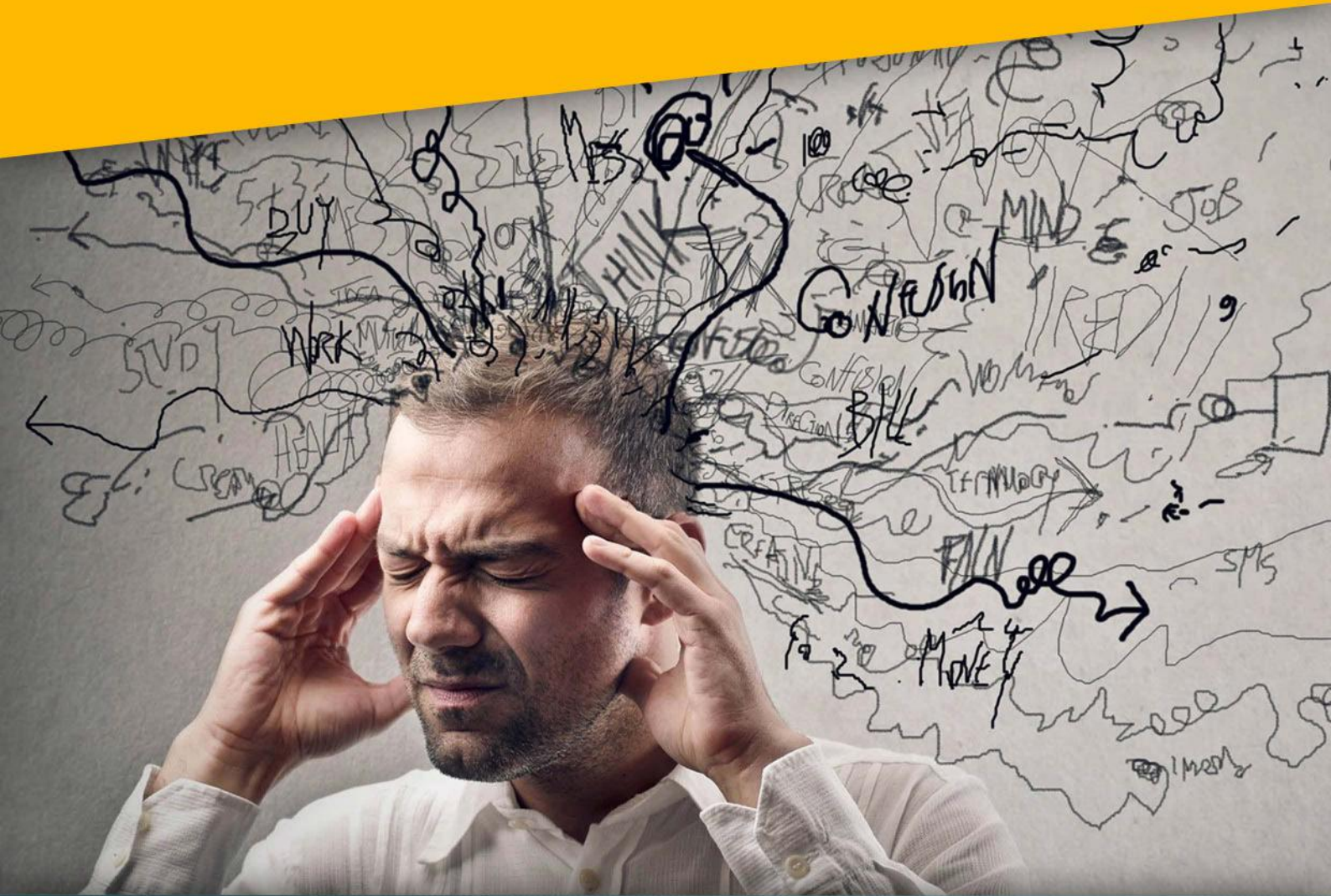


YourDOST | Your Emotional
Wellness coach



PERSPECTIVE ON GENERAL ANXIETY DISORDER

Abstract

Anxiety can happen to any of us. In fact, we have all felt anxious at one time or another. Feeling anxious is not only natural, but in small quantities is also good for us – as it makes us perform to the best of our abilities.

But what about when this anxiety to do everyday tasks gets out of hand? This sense of exaggerated and irrational anxiety is a disorder called General Anxiety Disorder. In most cases, the person knows that the anxiety is uncalled for, but feeling extremely anxious is beyond their control. Naturally, this impairs their ability to perform usual activities and handle emergencies.

This paper discusses what General Anxiety Disorder is and how much of the Indian urban and rural population is affected. The paper then moves on to discuss the three kinds of renowned treatment methods for GAD. We end with a roundup of a little bit about our experts and our organization, YourDOST.

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Introduction

GAD is a condition marked by excessive worry and feelings of fear, dread, and uneasiness that last six months or longer. Other symptoms of GAD include being restless, being tired or irritable, muscle tension, not being able to concentrate or sleep well, shortness of breath, fast heartbeat, sweating, and dizziness (ICD, 2016).

INDIAN RESEARCH

Very few researches have been done on the Indian population. The article '*An overview of Indian research in anxiety disorders*' talks about 'three meta analyses of Indian epidemiological studies of psychiatric disorders'. The first being a door to door survey that covered both rural as well as urban population of all age groups Out of the sample size of **33,572, 8% said to have GAD while 4.2% had phobia and 4.5% Hysteria and 3.1% obsession** (Chandrashekhar & Reddy, 1998).



Anxiety is said to be more prevalent in the urban population as compared to the rural. The article, 'Prevalence of mental and behavioural disorders in India: A meta-analysis' emphasizes on the difficulties faced in order to get data from the rural population as compared to the urban. This is said to be due to stigma, ignorance or maybe lack of resources hence it justifies the reason for higher occurrence of anxiety disorders in the urban areas as compared to rural (Chandrashekhar & Reddy, 1998).

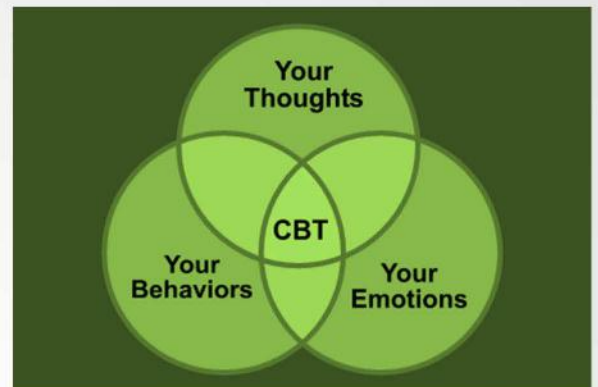
According to the research by Trivedi and Gupta the results of the second meta-analysis by Ganguli coincide with that of Reddy and Chandrashekhar where the 'anxiety neurosis' was noted to be **16.5 (in per thousand)** and **the rural urban ratio being 100:106.**

According to an analysis of 10 Indian studies, the prevalence rate of anxiety neurosis on psychiatric morbidity is said to be **18.5 per thousand (Madhu, 2001).** These meta analysis focus on demographic details, background, recognize the cause with the help of questionnaires followed by an examination and then clinical diagnoses (Trivedi & Gupta, 2010).

An article "Anxiety disorders in ancient Indian literature" describes the mythological characters and their response to anxiety and traces the effects of it back in 5000 BC before the word 'anxiety' was recognised. It talks about King Kansa, from the epic Shrimad Bhagavatam by Maharshi Ved Vyasa, according to the article the demon seems to have developed the symptoms of GAD when Lord Krishna threatens to kill him after having destroyed all the other demons. The symptoms discussed are 'excessive worry about the attack, difficulty in falling asleep and lack of concentration'. This seem to be surprising but the article also emphasises on how the symptoms similar to that of GAD were first described in India in the Epic Ramayana in 5000 BC and then later in the western literature by Homer's Iliad in 720 BC (Sheth, Gandhi, & Vankar, 2010).

TREATMENT

1. Cognitive Behavioural Therapy (CBT) is said to work best with anxiety disorders. The Treatment focuses on the thoughts (cognition) and actions (behaviour) of the individual and aims at altering the thoughts process that in turn is said to have an effect on the emotions and actions. With the help of 'cognitive restructuring', CBT helps in bringing the negative automatic thoughts to the client's awareness, which is followed by an analysis on five areas, Bhaumik (Jha, 2014)



<https://socialanxietyinstitute.org>

2. Mindfulness based Cognitive Therapy

is a different approach that can also be used for anxiety, the therapy focuses on bringing the awareness about the negative thought and feeling without attaching any reaction to it so that acceptance and in turn change becomes easier. Research has come up with new medication that is said to have helped 60 to 90% of people affected with anxiety. It is proven that these medications have less side effects and when combined with psychotherapy and counseling, can help the affected person lead a normal life.



Image source: <http://www.psicologaregina.com.br>

3. Exposure therapy clubbed with Systematic Desensitisation

is another form of treatment for anxiety.

The therapy exposes individual to the situation and events of fear. The therapy works on the basis of 'more the exposure, lesser the anxiety' where the therapist helps the client get familiar with the situation. This is either done through imagination or actual exposure of the situation. In either ways, it is not directly imposed on the client but the client is first taught what is known as

Systematic Desensitization in which they are exposed to the least threatening situation and moving up to the most threatening and gradually challenging the fear while relaxing the self at the same time.



<http://www.psicologaregina.com.br/>

EXPERT EXPERIENCE

After having dealt with more than 3,000 individuals, it is seen that anxiety is taken more seriously than even depression. In the due course of the author's experience with YourDOST, it has been seen how words play an important role in the way we interpret and deal with certain circumstances and feelings. If the word 'disorder' is associated with anxiety, it is given much more importance by the client. Even small worries are termed as one having an 'anxiety disorder'- which is not true. Labeling general anxiety as a disorder puts the locus of control outside of oneself, and the person experiencing it feels helpless in the face of such feelings. Given the multitasking, overload of information and the high pace of living styles; anxiety, stress and nervousness has become more or less a constant and consistent experience for a lot of people. The eustress, or good nervousness, which keeps us going, is now overridden by constant burnout and mental fight and flight symptoms as mentioned in the article, some amount of stress acts as a push to be able to perform better and it is important that we realise not to label ourselves. Anxiety is said to be one of the most treatable phenomenon and with proper guidance can be taken care of.

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About the Authors



Shruti is a practicing psychotherapist with 11 years of experience in the field of clinical psychology. She has worked with clients of different age groups, dealing with a wide variety of psycho-social & life adjustment problems that people face in everyday lives. She is currently associated with YourDOST - an emotional wellness coach. Through YourDOST, she is touching the minds and souls of people to make a positive difference in their lives.



Swekriti is a Counseling Psychologist and has an experience in handling adolescent and relationship related issues. She has worked as a school counselor in St. Joseph Girls School/PU College and Aradhana Academy in the past. She has also done a study on "Relationship of Religiosity and Spirituality with Mental Health. Through YourDOST, she wants to help people vent out their worries and wishes to make a difference in the lives of people.

About the Company

YourDOST

At YourDOST, we provide an online counselling and emotional support platform designed to foster mental health. The platform on yourdost.com connects you with the right expert consisting of psychologists, psychotherapists, counsellors, life coaches, career guides and people with rich and deep life experience, who understand you and guide you through completely confidential individual sessions (through free online chats).

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