

# *Causes and Treatment of Anxiety Disorder*

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**Abstract:** Now, on campus, teenagers are very afraid of depression and anxiety, and their ignorance of mental illness will aggravate the symptoms of patients. This paper focuses on what is anxiety disorder, what is the cause of anxiety disorder (both external and internal factors), and the treatment of anxiety disorder. Different factors require different treatment methods, such as drug treatment and non-drug treatment, and the target is to find out the best treatment for people. Now public's understanding of anxiety disorder is not enough. The goal of the paper is to make people's understanding of anxiety disorder clearer. It will not cause secondary damage to those with mental disorders and avoid aggravation of symptoms. Looking forward to future research, hope that researchers will study more about the causes of anxiety disorders, find the most suitable treatment plan by studying the causes of anxiety disorders, and prevent the disease opportunities of some patients with potential anxiety disorders through understanding the causes.

**Keywords:** anxiety disorder, external/internal effect, treatment of anxiety

## **1. Introduction**

Anxiety disorders include a series of phobias. Pathological anxiety is persistent tension without specific causes, while realistic anxiety is anxiety that disappears with the resolution of the event [1]. Pathological anxiety is classified into different types such as generalized anxiety disorder, panic disorder, and specific phobia. The symptoms patients experienced may include fear, tension, shyness, loneliness, inferiority, and worry, among others.

The cause of anxiety disorder is very important, because only after fully understanding the cause of anxiety disorder people can use correct methods to treat it. The past research has not fully explored the cause of anxiety disorder. External factors such as family and friends may also contribute to anxiety disorder in teenagers.

This paper explores the causes and impact of anxiety disorders among adolescents. In the second part, this paper will discuss what anxiety disorder is. Only when a certain definition is determined can the latter part be valid for all people. In the third part, this paper will discuss the factors that cause anxiety disorder, and in the fourth part, it will discuss how to treat anxiety disorder.

## **2. The Definition and Diagnosis of Anxiety Disorders**

Anxiety disorders include a series of phobias. Anxiety can be divided into two types: real anxiety and pathological anxiety. Pathological anxiety refers to persistent tension without specific causes, or unfounded premonition of disasters and threats. Realistic anxiety is different from pathological

anxiety. People will feel uneasy in the face of possible events, but this anxiety will disappear with the end or resolution of the event.

## **2.1. Pathological Anxiety**

Pathological anxiety develops from adaptive fear. Fear reactions, such as freezing, shock, changes in heart rate and blood pressure, and increased vigilance are functional adaptive behaviors and perceptual responses triggered during the danger period to promote appropriate defensive responses, thus reducing the risk or injury, such as escape and avoidance. Pathological anxiety is conceptualized as an exaggerated fear state, in which the overexcitation of the fear circuit, including the amygdala and the extended amygdala, is manifested by excessive vigilance and increased behavioral responsiveness to fear stimuli [2]. The threshold reduction of activation and overexcitation in the fear circuit is caused by sensitization or kindling-like processes involving neuropeptides, hormones and other proteins. Over-excitation in the fear circuit is manifested as pathological anxiety and various anxiety disorders.

## **2.2. The Symptoms and Diagnosis of Anxiety Disorder**

The types of anxiety disorders are generalized anxiety disorder, panic disorder, square phobia, social phobia, dissociative anxiety disorder and specific phobia. [3]In DSM-5, the first criterion for anxiety disorder is obvious fear or anxiety in one situation or another. Subsequent criteria emphasize that these conditions almost always cause fear or anxiety, which are avoided or tolerated through strong fear or anxiety. At the same time, there will also be situational criteria, which may notice that the actual threat posed by fear and circumstances is not directly proportional to the socio-cultural situation. In specific phobias and social anxiety disorders, people over the age of 18 no longer need to realize that their anxiety is excessive or unreasonable, which is consistent with the fact that more and more people realize that the insight of anxiety and related diseases may be impaired or missing, which is more and more like publicly recognized anxiety disorders.

Teenagers with anxiety disorders are different from teenagers with “adolescent anxiety disorders”. Adolescent anxiety disorder is because with the development and expansion of secondary sexual characteristics, individuals will question them self about their physical changes and are at a loss. These will have a huge impact on the teenagers’ mind, emotion and behavior of teenagers. Curiosity and lack of understanding of physical changes usually lead to emotional reactions, such as fear, tension, shyness, loneliness, inferiority and worry, as well as dizziness and headache, insomnia and dreams, dizziness and fatigue, dry mouth and anorexia, palpitations and shortness of breath, tension, emotional instability, weight loss and anxiety [4]. Teenagers suffer from anxiety because their brains develop quickly. In this process, they will be sensitive to the things around them and experience more anxiety than before, but they don't know how to face these correctly, which will lead to anxiety disorders.

## **3. Influence Factors**

### **3.1. External Effect**

#### **3.1.1. Peers**

Anxiety can be learned through the behavior of peers. People can be influenced by the behaviors and attitudes of those around them, including their peers. When someone observes their peers exhibiting anxious behaviors or attitudes, it can normalize or reinforce those behaviors, leading to the development of anxiety [5]. For example, if someone is part of a social group where others are often

anxious or express anxiety in certain situations, they may start to feel anxious in those same situations, even if they did not previously experience anxiety in those contexts. This is because they are observing and internalizing the anxious behavior of their peers, and their brains are learning to associate those situations with anxiety. Similarly, if someone has a close friend or family member who experiences anxiety, they may begin to adopt similar patterns of anxious thinking and behavior over time, as they learn from the example of the person close to them. Social pressure can also contribute to anxiety in students. This can include factors such as fitting in with peers, making friends, and dealing with bullying or harassment.

It's important to note that while peer influence can contribute to the development of anxiety, it is not the only factor. Genetics, life experiences, and environmental factors can also play a role in the development of anxiety [6]. If people know that people are close to them is struggling with anxiety, seek help from people who have made achievements in this field, such as psychologists or mentors help identify potential contributing factors and develop a treatment plan.

### **3.1.2. Family Factors**

Relationship problems is an important factor. Conflicts, misunderstandings, or breakdowns in communication between family members can create a lot of stress and anxiety. When there is tension between family members, it can create an environment of constant worry and unease [7]. Family members who have experienced trauma or abuse can develop anxiety as a result of their experiences. This can be particularly true if the trauma or abuse was perpetrated by a family member [7].

When a family is struggling financially, it can lead to anxiety in everyone involved. This can be especially true for children who may not fully understand the situation but can feel the stress and tension [7]. Health issues going to cause anxiety. When a family member is dealing with a health problem, it can create a lot of anxiety for the entire family. This is particularly true if the health issue is serious or life-threatening [8].

Any significant changes in the family dynamic can cause anxiety, such as divorce, remarriage, or the birth of a new child. These changes can disrupt routines and create uncertainty, which can be difficult for some people to handle [9]. It's important to note that not all family issues will lead to anxiety in everyone involved, and the severity of the anxiety will vary from person to person. However, it's clear that family issues can be a significant source of stress and anxiety for many people. If individual is struggling with anxiety related to family issues, it may be helpful to seek support from a therapist or counselor who can help navigate these challenges [9].

### **3.1.3. School Factors**

The pressure to perform well academically can cause students to feel overwhelmed and stressed. This can be due to factors such as high expectations from parents or teachers, the need to maintain good grades to get into a good college, or the fear of failure.

When students feel that they do not have the support they need from teachers or counselors, it can contribute to anxiety. This could be due to a lack of resources, lack of understanding, or a lack of time. Many students experience anxiety around tests and exams, which can be due to fear of failure, fear of disappointing parents or teachers, or pressure to perform well [10]. Students may also feel anxious about their future, especially if they are unsure about their career path or college choices. Students may also feel overwhelmed and anxious when they are given an excessive amount of homework or projects to complete, which can lead to a lack of sleep and increase stress levels.

Overall, school can be a stressful and anxiety-provoking environment for many students, and it's important for educators and parents to be aware of these factors and take steps to support students in managing their anxiety.

## **3.2. Internal Effect**

### **3.2.1. Inheritance of Anxiety Disorder**

Anxiety disorder is affecting many people around the world. The condition is characterized by excessive and persistent worry or fear, which can lead to physical and emotional symptoms such as restlessness, tension, sweating, and rapid heartbeat. While the causes of anxiety disorder are complex and varied, studies have shown that genetic factors play a significant role in the inheritance of the disorder [11]. Research has shown that the risk of developing an anxiety disorder is higher among individuals with a family history of the condition [11]. Studies have identified several genes that may be associated with the development of anxiety disorders, lays a decisive role in human emotional change and emotional transmission [12].

One particular gene that has been implicated in anxiety disorders is the serotonin transporter gene (5-HTT) [13]. The 5-HTT gene is responsible for producing a protein that transports serotonin, a neurotransmitter, from the synaptic cleft back into the presynaptic neuron. This process is essential in regulating the amount of serotonin available in the brain, which plays a critical role in mood regulation. Some studies have shown that certain variations in the 5-HTT gene may be associated with an increased risk of developing anxiety disorders [13].

Another gene that has been associated with anxiety disorders is the catechol-O-methyltransferase (COMT) gene [14]. The COMT gene is responsible for producing an enzyme that breaks down dopamine in the prefrontal cortex of the brain. Some studies have suggested that individuals with a particular variation of the COMT gene may be more prone to anxiety disorders due to a lower level of dopamine in this area of the brain.

In addition to genetic factors, environmental factors such as stress and trauma can also contribute to the development of anxiety disorders. However, studies have shown that genetic factors may be more important in the inheritance of anxiety disorders than environmental factors [14].

Overall, while the causes of anxiety disorders are complex and multifaceted, genetic factors play a significant role in the inheritance of the disorder. Understanding the genetic basis of anxiety disorders can help researchers develop more effective treatments and interventions for individuals affected by the condition. It can also help clinicians better identify individuals who may be at increased risk of developing an anxiety disorder, allowing for earlier intervention and prevention efforts

### **3.2.2. Congenital of Anxiety Disorder**

Anxiety is caused by multiple stresses in reality. Anxiety disorders are mostly acquired and not hereditary diseases, so they are usually not hereditary. Anxiety disorder is a disease caused by many causes and factors. The occurrence and development of this disease, including the return to normal, are related to many factors to varying degrees, and genetic factors are one of them. However, this does not mean that family members with a history of anxiety will not affect the next generation. Parents with a history of anxiety disorders may learn their behavior from their children, and their education may also affect the next generation.

## **4. Treatment of Anxiety**

### **4.1. Drugs for the Treatment of Anxiety**

There are five mainstream drugs for the treatment of anxiety disorders: buspirone hydrochloride tablets, alprazolam, clonazepam, lorazepam, and oxazepam [15]. These five drugs can only be purchased after the diagnosis of neurological anxiety is approved by the doctor. The first is buspirone

hydrochloride tablets, which is a new type of anti-anxiety drug and belongs to non-benzodiazepine anti-anxiety drugs. It mainly changes anxiety by activating the serotonin receptor in the brain. Compared with the previous anti-anxiety drugs, buspirone hydrochloride tablets have no withdrawal reaction, no drug dependence, and no side effects after sudden withdrawal. Next is alprazolam. The most common benzodiazepine drug used for panic attacks is alprazolam. Panic disorder is a major symptom of anxiety disorder. They can quickly prevent panic attacks. Usually within a week or two, they can be used as needed, with fewer side effects than anti-anxiety drugs. Of course, his withdrawal reaction will also be stronger. The efficacy of clonazepam is used to control various types of epilepsy, especially for absentia seizures, infantile spasms, myoclonic seizures, and dyskinesia seizures. Its side effects are drowsiness, dizziness, abnormal excitement, nervousness, irritability, and muscle strength reduction. Lorazepam has sedative, hypnotic, anti-anxiety and anticonvulsive effects. One of its main side effects is drug addiction. The remaining side effects are sedation, dizziness and fatigue. At the same time, people can't drink alcohol during the medication. Oxazepam tablets belong to benzodiazepine drugs, and the main component is oxazepam, which is generally an auxiliary drug for the body. It has the effects of anti-anxiety, sedation, hypnosis, and anti-convulsion by inhibiting the function of the central nervous system. Its side effects include unconsciousness, drowsiness, dizziness, dyspnea, and general fatigue. At the same time, the patient has the probability of having an addictive reaction to him.

#### 4.2. Non-Drugs Treatment of Anxiety Disorder

There are many ways to treat anxiety disorder with non-drugs. The most important are on-site exposure therapy, rational emotional therapy, autonomous training and cognitive behavior therapy [16]. Exposure therapy is a behavioral therapy that exposes patients to scenes they are afraid of. The purpose of this treatment is to reduce the patient's pain, anxiety and loss in some cases, especially the patient's physical reactions, emotions and feelings in real situations. Rational emotional therapy is to transform people's irrational beliefs into rational beliefs, thus reducing the pain caused by irrational beliefs. The core of this treatment is to help people by changing their perceptions. Self-direction training is to change patients by assigning tasks to them. Patients can find ways to help themselves from the core of these problems, but the lecturer needs to observe and understand the feelings of nearby patients, which requires the high degree of cooperation of patients. Cognitive behavioral therapy is very similar to rational emotional therapy, but their ultimate focus is different. The focus of cognitive behavior therapy is to change people's behavior and cognition together, not just to change cognition.

#### 5. Conclusions

Anxiety disorders include a series of phobias. Teenagers suffer from anxiety disorders because their brains develop quickly and they are sensitive to their surroundings. The purpose of this paper is to discuss the cause of anxiety disorder and the treatment. Anxiety disorders can also be learned through the behavior of others and can be caused by family or school factors. The treatment of anxiety disorders includes drugs such as buspirone hydrochloride tablets, alprazolam, clonazepam, lorazepam, and oxazepam. These drugs can only be prescribed by a doctor after the diagnosis of neurological anxiety is approved.

The research significance of this paper is to let people correctly understand what anxiety disorder is, the symptoms and causes of anxiety disorder, and the treatment methods. Looking forward to future research, hope that researchers will study more about the causes of anxiety disorders, find the most suitable treatment plan by studying the causes of anxiety disorders, and prevent the disease opportunities of some patients with potential anxiety disorders through understanding the causes.

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