

Anxiety Is Very Serious And Here's The Proof

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Introduction

Anxiety is a pervasive experience. When severe, it can point toward a psychiatric problem. Anxiety is a broad term that is used for numerous disorders that cause depression, fear, nervousness, and worry. These conditions have a huge impact on how we behave and act and can even be a source of physical symptoms. Anxiety is unsettling and vague, and it can seriously affect our everyday routine. Anxiety is considered one of the major mental illnesses in the United States and can nearly affect close to 40 million people. Out of those people with the anxiety condition, only 36.9 percent received proper treatment (Bob, Funk. 2016).

Anxiety is as serious as Depression, But most people don't know about it at all. Anxiety disorders aren't taken very seriously, and they are not talked about much either. The research conducted by the Anxiety and Depression Association of America (ADAA) found that 90% of Americans know the link between suicide and depression. When the pollsters asked about anxiety disorders, only 50% of respondents knew there was a link between anxiety disorders and death from suicide. The poll found that depression and bipolar disorder are seen as serious illnesses by the majority of Americans. The same cannot be said for anxiety disorders. That's troubling for a couple of reasons (Bob, Funk. 2016).

Discussion

The Psychological Association of America describes anxiety as "a feeling categorized by worrying thoughts, state of tension and even conditions similar to increased blood pressure." When confronted with possibly damaging or disturbing triggers, feelings of anxiety are not only considered normal but also essential for survival. A study done by the National Institutes of Health concluded that nearly 70% of people had a very diagnosable anxiety disorder and reported a history of suicide. Anxiety disorders and depression can be an especially dangerous combination when co-occurring (Bob, Funk. 2016). Ignoring this link between anxiety and suicide is literally dangerous.

Anxiety disorders have a key and momentous impact on a person's lifestyle, which shows the stature of this huge problem. Anxiety disorders cost Americans a lot of money, nearly \$42 billion a year, which is calculated to be almost one-third of the total health costs of the United States (Bob, Funk. 2016). According to the research conducted by the Anxiety and Depression Association of the United States of America, nearly \$22.84 billion of health expenditures are associated with the everyday use of healthcare facilities; individuals with anxiety syndromes pursue relief for indications that impersonate physical illnesses. The Research also concluded that individuals with anxiety are nearly five times more likely to visit a doctor and nearly six times to be hospitalized for psychiatric disorders

than those who do not face the issues of anxiety disorders (Bob, Funk. 2016). Before assuming that anxiety is only developed from psychological issues, a doctor should also evaluate the patient to rule out the occurrence of these conditions. Anxiety is occasionally the solitary indication of a severe medical issue (White, S. 2017).

Anxiety disorders can be really severe for health, but no one identifies them as a potential threat to their health until they are turned into a fatal disorder. Out of all those having diagnosable anxiety disorders, only one person out of three people receives proper treatment and follows the medication process, which is certainly a very alarming situation (Bob, Funk. 2016). People are mocked and ridiculed if they even talk about anxiety issues (Beck, A. T., Emery, G. & Greenberg, R. L, 2005). It is considered taboo nowadays in modern civilization.

People don't receive proper treatment for anxiety disorder, and the reasons behind this could be numerous and complex. Cost can be considered one of the primary reasons that people are hesitant to receive the proper treatment for anxiety disorder (Beck, A. T., Emery, G. & Greenberg, R. L, 2005). The cost of receiving a proper treatment of anxiety from a reputable hospital requires some serious money. Location is also an aspect of people not receiving proper anxiety treatment, as people living in rural areas don't have the proper facilities and access to professional health treatment. People generally avoid traveling great distances in order to receive proper health treatment (Bob, Funk. 2016). Another obstacle to anxiety treatment is society and culture. This is especially true for men. Men, due to their huge egos, generally don't accept easily that they might have a disorder or disease. They generally don't want to treat their disorders, and according to them, society would interpret them as less "manly" if they accept they might have a mental disorder and need treatment. Many social standards and norms also discourage men from talking about their mental health and issues to a doctor. According to research, an increase in the number of suicide deaths is linked to the issue that people don't generally talk about their mental state and issues with doctors and even their family members (Beck, A. T., Emery, G. & Greenberg, R. L, 2005). Stigma and the fear of stigma can be catastrophic. The rate of suicide in men is almost 3.5 times more than in women.

Females are estimated to be nearly twice as likely to suffer from anxiety and panic disorders. Females are also more likely to develop a state of depression, which is considered even more severe than anxiety syndrome (Bob, Funk. 2016). Anxiety during pregnancy is also one of the growing issues in females. The sense of anticipation and fear during pregnancy creates a sense of depression and anxiety. According to research, nearly every woman goes through a state of anxiety and depression during the pregnancy period (Kate, Rope. 2010). Sometimes, women are also reserved about talking about their mental and health issues. In underdeveloped countries, women are not given their due status, and due to various cultural and social norms, they are not even allowed to talk about their issues with anyone. As a result, they suffer and suffer even more but no one knows until something bad has happened to them.

We need to treat anxiety as quickly as possible before its symptoms turn into a fatal disease that couldn't be treated at that time (Bob, Funk. 2016). The key to treating anxiety disorder is "patience."

Anxiety is not a kind of disease that can be treated very quickly (Beck, A. T., Emery, G. & Greenberg, R. L, 2005). It takes a proper process and proper medication to get rid of the symptoms of anxiety completely. Rest assured that if a person properly follows the proper treatment process of anxiety, it can be treated. The final hindrance to receiving treatment may be ignorance (Beck, A. T., Emery, G. & Greenberg, R. L, 2005).

Ignorance could also be a hindrance to receiving proper health treatment, as many Americans are not conscious of the causes and symptoms of anxiety. People are often left feeling depressed and confused whenever a person or their close family member has an anxiety disorder. They are not aware of the symptoms, and they certainly don't know how to react to their condition. On the Other hand, If someone has a common sickness like stomach disorder or flu, they know all about it because they are familiar with all the symptoms and causes of the disease. That's why people need to have a complete awareness of anxiety issues, and they should have an idea about the symptoms of an anxiety disorder(Beck, A. T., Emery, G. & Greenberg, R. L, 2005).

Conclusions

Anxiety can seriously interfere with employment, academics, and personal relationships with a person in a negative way. It can eventually hurt a person's life both physically, mentally, and emotionally. The fact that most people with anxiety disorders don't receive treatment is very discouraging since these disorders are generally exceedingly remediable. Therapy has been found to be a very effective form of treatment. We have made great advancements in combating mental health issues, but we still have a long road in front of us in terms of treating anxiety disorders in an appropriate way. The topmost priority should be to create awareness among people, and they should realize the ruthlessness of anxiety disorders. Most people having anxiety disorders can be helped with professional care. Good nutrition, proper diet, and a healthy lifestyle can assist a human being to avoid anxiety issues and stimulate a healthy lifestyle. Proper physical activity, proper diet, and nutrition decrease the risk of anxiety, depression, heart disease, and cancer and improve your health to a great degree.

References

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