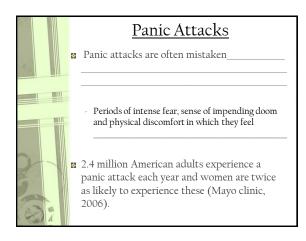


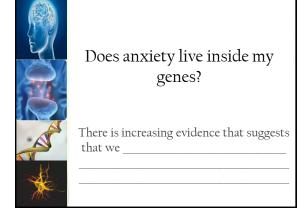
Are anxiety and fear the same?
No, fear and anxiety sometimes look alike, but they are not the same.
- Anxiety is a
- Fear is to current danger with the desire to escape the situation.

"OK, try not to panic!!" Fear is closely associate with panic which is a sudden overwhelming fright or terror. When panic is experienced, the intense fear and discomfort can produce a number of physical symptoms.



Panic Disorder This diagnosis requires the experience of panic attacks on a recurrent basis. Or, continued apprehension about the possibility of a panic attack for at least one month following a panic attack

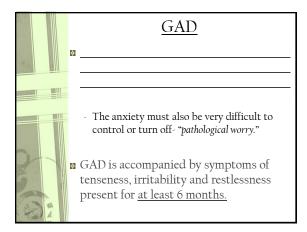




	Biological Perspective
	As with almost all psychological disorders, no
	It is more likely that a combination of genetic factors influence this disorder.
2	- Biological relatives of persons with Panic Disorder are
2	

		Is my BRAIN to blame?!
2	A1	nxiety is also associated with
	-	such as depleted levels of <u>GABA</u> .

Medical Treatment
Such growing biological support for Panic Disorder has resulted in the use of anti-anxiety medications.
are very effect in treating this disorder because they bind to GABA. Librium, Valium, Tranxene and Xanax Since these can lead to





How can we assess this disorder?

Screening tools for GAD

GAD Screening Quiz Do you feel irritable or easily angered frequently? Do you have difficulty controlling your worries or anxieties? Do you feel restless or keyed up or own edge much of the time? Do you have headaches and/or other aches and pains for no apparent reason? Do you have difficulty falling or staying asleep? Does your worrying interfere with your normal routines, work or school, and/or social activities?

