**Anxiety Disorders**

**Anxiety disorders** involve a condition characterized by intense feelings of apprehension or nervousness, which is long-standing and disruptive to normal functioning

**Types of anxiety disorders**

1. **Generalized anxiety disorder**, also called free-floating anxiety, is characterized by nonspecific, unexplainable apprehension and tenseness that accompany most situations and circumstances
2. **Panic disorders** are characterized by sudden bouts of intense, unexplained panic attacks that are similar to a symptoms of a heart-attack
3. **Phobias** are characterized by disruptive, irrational (should not be afraid of) fears of objects or situations
4. **Obsessive-compulsive disorder** (OCD) is characterized by unwanted, repetitive thoughts (obsessions) accompanied by unwanted actions (compulsions)
5. **Posttraumatic stress disorder** (PTSD)- characterized by reliving a severely upsetting event in a unwanted recurring memory or dream

Causes: *Heredity*- some people have a genetic predisposition that could lead to the development of an anxiety disorder

*Brain*- people who have anxiety disorders experience heightened activity in frontal lobes- the thinking area, the autonomic nervous system, and have an amygdala- that is not functioning properly

*Neurotransmission*- deficiency or low levels of serotonin and GABA, while also having excessive Norepinephrine