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Psychology 215

**Panic Disorder Symptoms, Cause, and Effects**

Source:

Gorman, Jack M., et al. "Neuroanatomical hypothesis of panic disorder, revised." American Journal of Psychiatry 157.4 (2000): 493-505.

Various symptoms characterize the panic disorder. Most of its symptoms result to physical reaction with no obvious reason. They include an experience of intense anxiety, and this will instill a panic attack into oneself. The other symptom is shown by experiencing fear for no apparent reason. It is not just assumed that anyone experiencing these symptoms suffers from panic disorder. These actions must be experienced repeatedly in that their recurrence will satisfy the fact that it is a panic disorder. These signs are always frightening and problematic since they might comprise of certain ill motives. The person experiencing constant fear can have fears of having a heart attack, going crazy or even dying. Those are among the fears that those suffering from panic disorder can experience. All of them are frightening and can inconvenience the person’s daily life. However, those suffering from this condition can overcome the symptoms and attain their healthy living back. Panic disorders can be classified into the following groups, Phobias, Obsessive-Compulsive Disorder (OCD), Social Anxiety Disorder, General Anxiety Disorder (GAD) and Post-Traumatic Stress Disorder (PTSD) (Gorman, et al. 498).

Source:

McNally, Richard J. "Anxiety sensitivity and panic disorder." Biological Psychiatry 52.10 (2002): 938-946.

The specific course of the panic disorder is not fully determined. However, there are other factors identified that can lead to the disorder. This entails the psychological and physical factors. These factors include Genetics, Neurotransmitters, Traumatic Life Experiences, Catastrophic Thinking and Increased Sensitivity to Carbon Dioxide. In genetics, there is the notion that if a family member suffers from panic disorder, then the other members can risk being affected. Neurotransmitters are certain chemicals believed to be present in the brain naturally. Hence certain scientific thoughts suggest that if the chemicals get imbalance, panic disorder may arise (McNally 941).

People can experience trauma from certain happenings like bereavement. This act can trigger the feeling of anxiety or panic attack. The effects can be observed instantly or after some time. Catastrophic thinking is based on the fact that those who experience panic disorder always interpret certain physical events to a catastrophic form. Through this, the nervous system can have some alterations leading to panic experience. Finally, increased sensitivity to carbon dioxide can bring panic attacks. Breathing air containing high carbon dioxide can affect the body system and thereby lead to anxiety. Hence, it should be noted that breathing techniques can be applied as a solution for panic disorder (McNally 941).

Source:

Bouton, Mark E., Susan Mineka, and David H. Barlow. "A modern learning theory perspective on the etiology of panic disorder." Psychological review 108.1 (2001): 4.

Without treatment, panic disorder can be very dangerous to the health of a person. The immediate effect of this disorder is that it can lead to a phobia. This situation where a person will try to avoid the event that led to the panic experience. An example can be of a person who experienced an attack while driving. The person might start avoiding driving up to a point where there is a phobia towards it. There can be long-term and short-term effects of panic disorder. There is a scenario where one can experience a panic disorder for even ten minutes. In this case, there can be emotional and physical short-term effects associated. They include discomfort, lightheadedness, and headache among others. In another case, panic disorder can be accompanied by certain chronic effects leading to long-term conditions. These include lack of sleep, acquisition of tension, and there can be an ineffective immune system. These effects can have negative effects in the body especially the kidney and heart, and as a result, one may experience difficulty in eating and depression. There are as well other side effects of panic disorder. Those affected with panic disorders often experience certain effects in the quality of their lives. This includes, many of them are always prone to attempt suicide, many spend most of the time in emergency rooms, many of them are used to alcohol and other drugs abuse, some spend less time on hobbies like sports and other satisfying habits (Bouton, et al. 4).

Panic disorders can as well have some economic effects like there are some people who have lost their jobs because of phobia. After some time this, people are reported to be in need of the family or public assistance. There are certain cases where panic disorder can be unavoidable. There can be a general prevention measure of eating balanced food and daily exercise to lessen the probability of acquiring panic attack. Certain beverages and herbal substances are as well recognized to be helpful. Comprehensive treatment of this effect comprises of behavioral and cognitive therapies besides medication. The first part of therapy is informational whereby people will be shown how this disorder comes by and its treatment mechanism. By changing the people’s thinking, they are more careful about what they go through. Through this, many people can emphasize on positive and realistic views. Cognitive therapy can help patients to determine the main cause of certain negative thoughts that can trigger the panic attack. Interoceptive exposure can help in dealing with the symptoms of the disorder. This therapy is intended to help in preventing the attack before it reaches the full-blown stage. It can help do away with the phobia effect. In that one can learn to prevent certain act before it develops into a phobia (Bouton, et al 4).

Works cited

Bouton, Mark E., Susan Mineka, and David H. Barlow. "A modern learning theory perspective on the etiology of panic disorder." Psychological review 108.1 (2001): 4.

Gorman, Jack M., et al. "Neuroanatomical hypothesis of panic disorder, revised." American Journal of Psychiatry 157.4 (2000): 493-505.

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