



Anxiety Disorder And Its Management In Patients With Cardiovascular Disease

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INTRODUCTION

Anxiety is a complex reaction involving multiple bodily systems that is triggered by a perception of threat or danger. It is influenced by various factors, including biochemical changes within the body, the patient's personal history and memories, and social circumstances. (1).The anxiety disorders are said to be highly prevalent through other mental disorders in the world (2). Depression and anxiety are commonly observed in patients with cardiovascular conditions and are linked to negative cardiac outcomes independently (1) So it is said to be crucial to be able to diagnose these disorders as it can cause both the occurrence, and in certain instances the advancement of cardiovascular conditions (3). In this chapter we'll discuss the anxiety and its management in patients with cardiovascular diseases.

ANXIETY DISORDERS OBSERVED IN CARDIOVASCULAR DISEASES

Generalized Anxiety Disorder

DSM V defines generalized anxiety disorder as extreme worry and anxiety that are difficult to handle, cause notable distress and disability and symptom(s) that last for a minimum of six months and take place on more than half of the days in that period (4). Generalized anxiety disorder is common in patients with cardiac disease which is also associated with poor outcomes in all stages of cardiovascular diseases (5-7).

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