

Editorial note for Generalized Anxiety Disorder

Sarilla Gowthami*

Editorial Note

We all feel anxious in our lives at some point or for a specific event be it a job interview, an exam, making an important decision or eagerly waiting for the final results which is perfectly normal because it is temporary worry but anxiety disorders are more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

There are several types of anxiety disorders, and generalized anxiety disorder (GAD) is one of them. A person with generalized anxiety disorder feels anxious about a wide range of situations and issues, rather than 1 specific event, most days they often struggle to remember the last time they felt relaxed. As soon as one worry is resolved another may appear about a different issue. The Generalized anxiety disorder (GAD) is a long-term condition.

GAD affects 6.8 million adults, or 3.1% of the U.S. population, in any given year. Women are twice as likely to be affected. The disorder comes on gradually and can begin across the life cycle, though the risk is highest between childhood and middle age. Although the exact cause of GAD is unknown, there is evidence that biological factors, family background, and experiences, particularly stressful ones, play a role.

There are treatment options available for GAD which include psychological therapies like cognitive behavioral therapy (CBT) or Short-term medications which can relax some of the physical symptoms of anxiety, called anti-anxiety medications.

Many people find lifestyle changes such as regular exercise, a healthy diet, and a plenty of sleep, yoga and meditation or talking to a trusted friend spouse, or family member about fears and worries to help ease the symptoms of GAD. Most people can manage GAD with a combination of therapy, medication, and lifestyle changes.

Department of Biochemistry, Osmania University, India

*Correspondence: Sarilla Gowthami, Department of Biochemistry, Osmania University, India; E-mail: gouthamianand285@gmail.com

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