



Effective Therapeutic Interventions for Patients Diagnosed with Anxiety Disorders

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ABSTRACT

The purpose of this research, is to study the proof of remedy interventions for victims identified with anxiety disorders. The writer searched PubMed, StillOne, and EBSCOhost for remedy interventions, specifically workouts and prescribed drugs. Eligible articles have been all applicable peer-reviewed articles that evaluated the treatment effectiveness of either exercise or pharmaceutical interventions for anxiety problems.

Conclusions found that exercise applications are possible treatment alternative for anxiety simply because they can be accessed without delivering bad side effects.

Keywords: *Anxiety disorders, Treatment, Exercise, Pharmaceutical interventions*

1.0 INTRODUCTION:

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. Signs of anxiety interfere with daily activities, including performance, schoolwork, and relationships. Numerous types of anxiety issues exist; however, the reason is unknown. The factors included in causes are thought to be genetics, stress, surroundings, and brain chemistry.

The most widely accepted mental health disorders are anxiety disorders, with an entire life prevalence of about 35% and approximately 364 million human beings globally suffering from the disorder. Furthermore, the worldwide burden of anxiety problems represents approximately 11.4% of years lived with adjusted incapacity (DALY), achieving 36,800,000 DALYs. Similarly, anxiety disorders are also the leading cause of incapacity among all psychiatric disorders, causing a bigger cost burden than other mental problems.

1.1 Background on treatments for anxiety

The most prescribed modern remedies for anxiety disorders are pharmaceuticals such as antidepressants, GABAs, or benzodiazepines, and antihistamines. However, only approximately one in five victims who are identified with anxiety disorders have a chance to receive a pharmaceutical remedy. Therefore, one treatment that needs to be mentioned more is exercise.

Exercise as a remedy for mental health disorders, which include anxiety, has come to be a topic of growing interest.

The current literature indicates that about 60% of victims or patients with anxiety disorders respond to pharmaceutical remedies, and new pharmaceutical treatments being developed are only modifications of existing remedies or treatments. Therefore, new remedies and treatment alternatives, including exercise, need to be sought out. Moreover, many victims and patients do not want to turn to pharmaceutical remedies or treatments because of the side effects and would rather make lifestyle modifications to lessen and control symptoms.

1.2 Exercise as a treatment for anxiety

It is not something new to use exercise as a treatment for anxiety disorders. Exercise as a treatment for anxiety has been researched for many years, indicating that exercise has been linked with reductions in anxiety scores. According to Aylett et al., workouts and exercises have been extraordinarily good for the treatment of anxiety disorders because of the changes in both physical and psychological pathways. Theories include that exercise results in extended self-efficacy, which leads to elevated abilities to deal with anxiety signs and symptoms and offers a break from each day's activities.

1.3 Pharmaceuticals as a treatment for anxiety

The most common remedy for anxiety disorders, irrespective of severity, is pharmaceutical control or management. In addition to being successful, pharmaceutical control also has a tendency to be more available than different treatment options. Several groups of pharmacological remedies exist for

anxiety disorders. Because of the nature of the different groups, pharmaceutical remedies have been discovered to be more tolerable, leading to extra effectiveness. The main reasoning behind this is that if an affected person does not respond to a remedy, practitioners are able to assess and make adjustments to their remedy, thereby increasing its effectiveness.

2.0 LITERATURE REVIEW:

Three specific search strategies were used in this literature review: databases used, keywords and search terms, and filters. The databases used in this literature review include the StillOne search by A.T. Still university libraries, PubMed, and EBSCOhost. Keywords used in searches included mental disorders, anxiety, treatment, symptoms, exercise, effective treatment, symptom relief, and diagnosis. Additionally, many combinations of keywords were used to find additional articles. Filters incorporated into the search strategy included searching for peer-reviewed journals containing full research articles. The years searched began in 2017, and to date, articles beyond these year parameters have been included to find the relevant articles needed to fill research gaps.

2.1 Inclusion and exclusion criteria

Inclusion criteria for this literature overview included complete journal articles that have been peer-reviewed and written in English, with exclusion standards that include all non-peer-reviewed articles, any articles now not written in English, and all articles that have been posted earlier than 2007 except those that are extraordinarily applicable to the topic or used to return to different sources.

3.0 EXERCISE AS THE MOST EFFECTIVE TREATMENT FOR ANXIETY

The usual treatment for anxiety disorders is medication. However, lower medication adherence and increased side effects have led physicians to search for alternative remedies for anxiety disorders. Furthermore, despite the fact that there are some established pharmacological remedies for patients with anxiety disorders, a large percentage of patients no longer respond properly to medication and discontinue use because of drug side effects and general disapproval of psychotropic medicines. Proof suggests that a few patients' general outcomes indicate a big reduction in anxiety after physical activity. This is applicable to patients with both high and normal levels of anxiety. Moreover, exercise and physical activity can be used alone or in combination with different remedies without increasing side effects. Additionally, a huge range of exercise protocols, including varying intensities, durations, and number of sessions, such as walks and strength training, can be used to efficiently deal with anxiety disorders.

3.1 Reduction of anxiety through exercise

Aylett et al. discovered that exercise is a vital treatment option for treating anxiety. Aylett et al. investigated previously published articles in a systematic assessment to assess exercising as a treatment for anxiety. Additionally, the authors investigated the intensity of exercise in terms of beneficial treatments. The purpose of this study is vital, as exercise is not often looked at in terms of an effective remedy for anxiety. Aylett et al. investigated 15 studies that had a total of 675 victims and discovered that exercise was effective as a remedy for anxiety, with excessively intense exercise having greater consequences than low-intensity exercise. Furthermore, consequences showed that there was not a tremendous difference among groups that had a diagnosed anxiety disorder versus individuals who just experienced anxiety signs and symptoms.

3.2 Response to existing treatment

A meta-analysis examining the effects of exercise on the treatment of anxiety and related disorders by Ramos Sanchez et al. showed similar results to those of Aylett et al. His 13 randomized controlled trials involving 731 adult participants were selected and divided into two groups: an exercise group and a control group. A search of the Ramos Sanchez et al. electronic database continued until February 2021, increasing the relevance of this study to include more recent studies. Ramos Sanchez et al. found that exercise had little effect. However, the reduction in anxiety was statistically significant compared to the control group. Conclusions suggest that existing evidence supports physical activity as a treatment. These conclusions were similar to those of Henriksson et al. He found that a similar 12-week guided exercise intervention was associated with reduced anxiety symptoms. There was a clear trend to reduce anxiety symptoms compared to the control group, reinforcing the view that exercise is an effective treatment and should be made available to patients.

3.3 Changes in physical and psychological pathways

Physical activity, or exercise, has been found to be effective in treating anxiety on both physiological and psychological levels. The psychological effects of exercise include increased anxiety. This makes people with anxiety reluctant to undertake exercise programs as a treatment. However, increased exercise tolerance has been shown to reduce anxiety levels. These effects include increased physiological arousal, increased heart rate, sweating, and increased muscle tone, all of which are caused by exercise. The reduction in anxiety levels exhibited by exercise leads to similar changes in the same systems targeted by drug therapy: the serotonergic and noradrenergic systems.

Treadmill running has been shown to increase tryptophan levels, which travel faster to the brain, increase serotonin levels, and reduce anxiety. In addition, exercise may also affect the noradrenergic system involved in panic disorder [18]. Studies show that increased physical activity increases adrenaline turnover. Furthermore, changes in GABA function due to exercise were also found, suggesting that increased GABA concentration alleviates exercise-related anxious behaviours.

4.0 PHARMACEUTICALS ARE THE MOST EFFECTIVE TREATMENT FOR ANXIETY

Numerous studies have shown the efficacy of medications for anxiety disorders. Although it is a highly effective treatment, it is also problematic due to the sheer number and dosage of drugs available. This is due to individual factors in each patient's treatment plan, as well as previous treatment attempts, disease severity, comorbidities, and treatment availability.

4.1 Pharmaceutical management for anxiety

A pharmaceutical drug that is mostly taken when a patient goes through anxiety disorder is selective serotonin reuptake inhibitors (SSRIs) and selective serotonin norepinephrine reuptake inhibitors (SNRIs). These are usually used as the first line of protection; the doses of SNRIs can vary from 10 to 150 mg, depending on the drug actually taken. Some of their consequences are nervousness, nausea, restlessness, headaches, fatigue, appetite, weight gain or loss, sweating, and many more.

One powerful pharmaceutical drug for anxiety disorders is a tricyclic antidepressant. However, the frequency of destructive occasions is better than that of SSRIs and SNRIs. Furthermore, tricyclic antidepressants may be dangerous due to their toxicity if taken in excess. A pharmaceutical drug referred to as Benzodiazepine is powerful as compared to Tricyclic antidepressants due to its anti-tension effects, which could take effect quickly after use but may be harmful if not followed as prescribed. Benzodiazepines can result in increased nervousness and insomnia if not used properly.

4.2 Efficacy of pharmaceuticals

Farach et al. We reviewed modern-day pharmacological remedies for anxiety disorders, which include efficacy, length, and drug combinations. This study was carried out to gain deeper information and knowledge of the pathophysiology of anxiety and treatment responses. A literature overview of current therapies was conducted to assess whether there are efficacy gaps and, in that case, what the next therapeutic steps are likely for those patients. In addition, a review was performed to check the evidence regarding the safety, tolerability, and efficacy of medicinal drugs for anxiety disorders. Results indicated that SSRIs and SNRIs are first-line treatments for most anxiety disorders. However, many sufferers do not respond, indicating that their current medications need to be changed or new medicinal drugs added.

This was consistent with Lampe, who was researching various drugs used to treat anxiety disorders. The authors classify medications into different categories, such as antidepressants, SSRIs, SNRIs, and benzodiazepines. The authors refer to literature that discusses the various neurotransmitter systems affected by therapy. In addition, Mr. Lampe discussed the efficacy of various categories, such as the specific drugs that fall into those categories, the usual dose levels, and the specific anxiety disorders treated with those categories. The authors also discuss tolerability between drug classes and why physicians choose one class over another. Finally, the lack of response to treatment and the steps taken to find effective alternative drug treatments are reviewed.

Finally, Garakani et al. Various treatment options were examined while summarizing current pharmacological treatments for anxiety disorders. In addition, this review also looked at new pharmacotherapeutic agents being studied for the treatment of anxiety disorders in adults. They found a significant paucity of randomized, double-blind, placebo-controlled studies of anxiety disorders, as well as a paucity of studies comparing new and existing treatments. Previous studies have found that existing medications for anxiety disorders can indeed help treat anxiety disorders, but many other neurotransmitters have been implicated that have not been studied with regard to treatment. I know Furthermore, Garakani et al. No new drugs have been approved since the FDA last reviewed the drug in 2014, he said.

5.0 RECOMMENDATIONS

Few studies of new treatments for anxiety disorders have produced the same results as many years ago. The field lacks data on treatments that go beyond typical medications and treatment options. Medications are easy to use and inexpensive, but they are not as easy or cost-effective as lifestyle changes such as diet. B. Physical activity Furthermore, exercise is a treatment option with significantly fewer negative side effects than drug treatment. Furthermore, patients with undiagnosed but elevated anxiety levels benefited from exercise as well as those with a formal diagnosis. This indicates that exercise is an effective treatment and should be more readily available to physicians.

6.0 CONCLUSIONS

Anxiety is a major health problem with high costs for individuals and society. In addition, many people who suffer from anxiety receive inadequate, ineffective, or ongoing treatments that require modification. Adding exercise to treat anxiety can help manage mental health disorders without the need

for prescriptions, side effects, or constant changes in treatment regimens. These results support the view that understanding and applying physical exercise as a treatment for anxiety can achieve significant advances in mental health.

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Author's Biography

Mr. Ayittey Elkanah Frederick is a Clinical Psychologist/Medical Counsellor at Aspen Medicals in Abu Dhabi and also in Todah Hospital, a global healthcare service provider in many parts of the world including Australia, USA, United Arab Emirate and some countries in Africa. He holds a Master of Philosophy Degree (MPhil) in Clinical Psychology, a Master of Science in Biological Science, a Bachelor of Science in Integrated Science Education, and a Certificate in Basic Life Support (BLS), Certificate in Advanced Care in ICU & ECMO, Certificate in Advanced Pulmonary Procedures in Critical Care(COVID-19), Certificate in Assessment and Interpretation(COVID-19), Certificate in Behavioural Competencies in ICU(COVID-19), Certificate in Invasive Procedures in ICU and Management of Common Emergencies(COVID-19), Certificate in Management of Cardiovascular and Respiratory Emergencies(COVID-19), Certificate in Pharmacology of ICU and AI(COVID-19), Certificate in Sepsis and COVID-19 UPDATE, Certificate in Special Concerns and Care Outside of ICU(COVID-19) and Certificate in Update on Essential Training and Infection Control(COVID-19). Mr Ayittey Elkanah Frederick was an Assistant Lecturer, Tutor, and a Teacher. He is also the C.E.O of a Physiotherapy unit in Todah Hospital.

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