

# TYPES OF ANXIETY DISORDERS, CLINICAL PRESENTATION AND DIAGNOSIS

**Ismailov Bakhromiddin Zakhriddinovich**

*Assistant of the Department of Pediatrics, Fergana Public Health Medical Institute*

**Annotation.** Occasional anxiety is a normal part of life. Many people worry about things such as health, money, or family problems. But anxiety disorders involve more than temporary worry or fear. For people 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, schoolwork, and relationships.

**Keywords:** anxiety, social, mental health, agoraphobia, panic, serotonin, epinephrine.

## Introduction

According to the Centers for Disease Control and Prevention, 11.4% of children aged 3–17 years were diagnosed with anxiety between 2019 and 2023. The incidence is undoubtedly higher when we consider those who suffer from anxiety disorders but remain undiagnosed. The most common subtypes are GAD and SAD. Separation anxiety, panic attacks or PD, overanxious disorder (OAD), and specific phobias are also common. The prevalence is higher in females with a 2–3:1 female-to-male ratio by adolescence. Functional MRI demonstrates hyperactivation of the amygdala, the ventrolateral prefrontal cortex (VLPFC), and other pathways. The VLPFC functions to reduce feelings of anxiety and likely becomes hyperactive as a compensatory mechanism. Interestingly, fluoxetine and CBT also increase VLPFC activity. We note that while such studies elucidate the neurobiology of anxiety, imaging studies are rarely required or helpful in diagnosis or treatment.

### Types of anxiety disorders

There are several types of anxiety disorders according to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-5). This is the standard reference manual for diagnosing mental health conditions. Types of anxiety disorders include:

Generalized anxiety disorder (GAD) is a mental health condition that causes fear, a constant feeling of being overwhelmed and excessive worry about everyday things. It can affect children and adults, and is manageable with talk therapy and/or medications.

Agoraphobia. This condition causes an intense fear of becoming overwhelmed or unable to escape or get help. People with agoraphobia often avoid new places and unfamiliar situations, like large, open areas or enclosed spaces, crowds and places outside of their homes.

Panic disorder: this condition involves multiple unexpected panic attacks. A main feature of the condition is that the attacks usually happen without warning and aren't due to another mental health or physical condition. Some people with panic disorder also have agoraphobia.

Specific phobias: a phobia is when something causes you to feel fear or anxiety that's so severe it consistently and overwhelmingly disrupts your life. There are hundreds of different types of phobias, and there's one diagnosis for almost all of them: specific phobia. Only one phobia, agoraphobia, is a distinct diagnosis.

Social anxiety disorder: this condition (formerly known as social phobia) happens when you experience intense and ongoing fear of being judged negatively and/or watched by others.

Selective mutism: this condition happens when you don't talk in certain situations because of fear or anxiety. It usually affects young children, but it can also affect adolescents and adults.

### Clinical features

Patients with anxiety disorders present with a variety of symptoms. Children and adolescents with panic attacks or

PD (which is simply the experience of recurrent panic attacks) often present with fainting, dizziness, shortness of breath, blurred or darkened vision, chest pain, tachycardia, and paresthesias of the hands, feet, and perioral region. Intense or prolonged hyperventilation results in generalized high amplitude slowing on the electroencephalogram (EEG) due to hypocapnia and hypoperfusion of the brain, sometimes with clinically evident encephalopathy such as decreased responsiveness or confusion. Hyperventilation also causes carpopedal spasm, in which the limbs stiffen, arms flex, and the hands assume a dystonic, clawed position. Carpopedal spasm can be misinterpreted as seizure, particularly in a patient who is poorly responsive due to panic or hyperventilation-induced encephalopathy. Younger children may present with tantrums, meltdowns, irritability, or crying when trying to avoid the anxiety-provoking situation. Caregivers often misinterpret these behaviors as oppositional or disobedient. Many children and adolescents present with nausea which may evolve into recurrent vomiting; in severe cases this can lead to food refusal, weight loss, and dehydration. It is not unusual for a child to undergo multiple invasive gastrointestinal evaluations for undiagnosed anxiety-induced vomiting. Most patients with anxiety experience disrupted sleep. Older children who can verbalize their feelings will tell you that their mind “never shuts down” and may endorse racing or unpleasant thoughts that prevent them from falling asleep. Younger children may appear unable to “settle” and repeatedly cry or get out of bed. Such symptoms must be differentiated from sleep disruption secondary to hyperactivity, restless legs syndrome, or other sleep disorders. Anxiety disorders in children and adolescents are potentially fatal and increase the risk of suicide attempts and illicit substance use and dependence.

#### Diagnosis

The GAD-7 (Generalized Anxiety Disorder 7-item (GAD-7)) is a validated tool for the diagnosis of anxiety in pediatric patients ages 11–17; however, we also find it helpful to detect traits in younger children. The final score provides the probability of minimal, mild, moderate, or severe anxiety. Other tools such as the multidimensional anxiety scale for children, the screen for child anxiety and related emotional disorders, and the Spence children’s anxiety scale are also available.

SSRIs (Selective Serotonin Reuptake Inhibitor) and SNRIs (Serotonin-Norepinephrine Reuptake Inhibitor) are the medications used most frequently. Buspirone, an azapirone drug, has become increasingly popular due to its efficacy and relatively low side effect profile. Its mechanism of action is not fully known but appears to be related to its strong affinity for serotonin 5HT<sub>1a</sub> receptors, as well as weak affinity for 5HT<sub>2</sub> receptors and weak antagonism against dopaminergic D<sub>2</sub> receptors. Unlike benzodiazepines, it has no effect on gammaaminobutyric acid. We do not recommend the long-term use of benzodiazepines due to the possibility of tolerance and dependence, but the short-term use is sometimes helpful for situational anxiety such as phlebotomy or during dental work. CBT with systematic exposure to triggers, gradual desensitization, and habituation is often favored by parents who may themselves have anxiety traits and an aversion to medications. Large, controlled trials are scarce, but available evidence shows that CBT probably has some effect. As in depression, the combination of medication and CBT has significantly better efficacy when compared with either therapy alone.

#### References:

1. Kamalovich, S. I. (2024). Congenital Esophageal Malformations in Children, Symptoms, Diagnosis and Treatment. *Miasto Przyszłości*, 53, 1241-1243.
2. Болтабаев, М. У. (2023). КОРОНАВИРУС (COVID-19) ХАМРОҶ КАСАЛЛИК БИЛАН КЕЧГАНДА КАСАЛЛИКДАН КЕЙИНГИ РЕАБИЛИТАЦИЯ ДАВРИДА АНИҚЛАНАДИГАН ЎЗГАРИШЛАР ВА УЛАРНИ БАРТАРАФ ЭТИШ ЧОРАЛАРИ. *Scientific Impulse*, 2(13), 178-182.
3. Zakhriddinovich, I. B. (2024, June). Migraine in Children and its Causes, Symptoms and Treatment. In *Interdisciplinary Conference of Young Scholars in Social Sciences (USA)* (Vol. 7, pp. 29-32).
4. Zakhriddinovich, I. B. (2024, May). Febrile Seizure Disease and its Symptoms, Treatment. In *International Congress on Biological, Physical And Chemical Studies (ITALY)* (pp. 121-124).
5. Алимова, И. А., Райимова, З. М., Бабаджанова, Х. М., & АКТУАЛЬНОСТЬ, В. (2022).

РАННЕГО ВМЕШАТЕЛЬСТВА В СЕМЕЙНЫЕ ПОЛИКЛИНИКИ ДЕТЯМ РАННЕГО ВОЗРАСТА. JOURNAL OF CLINICAL AND PREVENTIVE MEDICINE, 2, 5-11.

6. Alimova, I. (2021, January). BOLA TARBIYASIDA OTA-ONALARNING PSIXOLOGIK BILIMLARNI SHAKLLANTIRISHNING AHAMIYATI. In INTERNATIONAL CONFERENCES ON LEARNING AND TEACHING (Vol. 1, No. 1, pp. 131-132).
7. Анваровна А.И., Мелибаевна Б.Х., Максамаджоновна Р.З., Захриддинович И.Б., Исломкулович У.М. (2023). Актуальность внедрения службы комплексного раннего вмешательства в семейных клиниках. *БиоGecko Журнал новозеландской герпетологии*, 12 (03), 1139-1145.
8. Anvarovna, A. I., & Melibaevna, B. K. (2022). JUVENILE IDIOPATHIC ARTHRITIS. *SCIENTIFIC JOURNAL OF RESEARCH IN MEDICINE (SJRM)*, 1(4), 6-8.
9. Melibayevna, B. X. (2023). Measures to Improve the Quality of Life of Patients with Comorbid Heart Pathology and Increase the Effectiveness of Their Treatment. *Scholastic: Journal of Natural and Medical Education*, 2(3), 34-36.
10. Kamalovich, S. I. (2024, May). CONGENITAL HEART DEFECTS IN CHILDREN. In *Proceedings of International Conference on Modern Science and Scientific Studies* (Vol. 3, No. 5, pp. 65-71).
11. Rayimov, G. N., Tillaboldiyev, A. R., Saloxiddinov, N., & Sh, D. S. (2022). Actical Errors in Surgical Treatment of Strengthened Abdominal Hernias. *The Peerian Journal*, 5, 130-135.
12. Mahmudov, U. I. (2024). MANAGEMENT OF THYROID NODULES. *JOURNAL OF INNOVATIONS IN SCIENTIFIC AND EDUCATIONAL RESEARCH*, 7(4), 1-7.
13. Isakjonovich, S. M. (2024). Effectivness of Aromatherapy in Post-Covid Syndrome. *Miasto Przyszłości*, 49, 1239-1242.
14. Mahmudov, U. I. (2023). COMPARATIVE CHARACTERISTICS OF CLINICAL AND LABORATORY PARAMETERS OF PATIENTS OF THE DIABETIC FOOT DEPARTMENT, DEPENDING ON THE PRESENCE OR ABSENCE OF DIABETES MELLITUS. *SO 'NGI ILMIY TADQIQOTLAR NAZARIYASI*, 6(12), 355-360.
15. Nazirtashova, R. M. (2023). XALQ TABOBATIDA MAKKAJO „RINING O „RNI. *Journal of Chemistry of Goods and Traditional Medicine*, 2(1), 210-216.
16. Mamadaliyevna, N. R. (2023). INSONIYAT O'ZINI O'ZI ZAHARLAMOQDA. " GERMANY" MODERN SCIENTIFIC RESEARCH: ACHIEVEMENTS, INNOVATIONS AND DEVELOPMENT PROSPECTS, 9(1).
17. Nazirtashova, R. M., & Kirgizov, S. M. (2021). Research Of Pentosal Hydrolysis Products Of Plant Waste. *The American Journal of Applied sciences*, 3(04), 126-130.
18. Matyakubov, R., & Nazirtashova, R. M. (2021). Valuable Raw Materials For Producing Furfural. *The American Journal of Interdisciplinary Innovations and Research*, 3(06), 159-165.
19. Назирташова, Р. М. (2022). ДИНАМИЧЕСКОЕ ИССЛЕДОВАНИЕ КАРДИОРЕСПИРАТОРНОЙ СИСТЕМЫ УЧЕНИКОВ СПОРТИВНЫХ ШКОЛ К ОБУЧЕНИЮ В УСЛОВИЯХ ПОВЫШЕННОЙ СЛОЖНОСТИ. *BARQARORLIK VA YETAKSHI TADQIQOTLAR ONLAYN ILMIY JURNALI*, 90-94.
20. Анварова, З. (2024). СПИД/ВИЧ ИФИЦИРОВАНИЕ И ДЕТИ. *THEORY AND ANALYTICAL ASPECTS OF RECENT RESEARCH*, 2(22), 41-45.
21. Анварова, З. (2024). ЗАДЕРЖКА ВНУТРИУТРОБНОГО РАЗВИТИЯ ПЛОДА КАК ФАКТОР НАРУШЕНИЯ ГАРМОНИЧНОГО РАЗВИТИЯ ДЕТЕЙ. *THEORY AND ANALYTICAL ASPECTS OF RECENT RESEARCH*, 2(21), 234-237.
22. Qosimovna, A. Z. (2023). Factors that lead to asphyxia in babies. *American Journal of Pediatric Medicine and Health Sciences* (2993-2149), 1(10), 740-743.
23. Абдуллаев, С. (2024). АКТУАЛЬНОСТЬ ПРОБЛЕМ РАЗВИТИЯ ОСТРЫХ ПНЕВМОНИЙ У

- ДЕТЕЙ. THEORY AND ANALYTICAL ASPECTS OF RECENT RESEARCH, 2(22), 29-33.
24. Mukhtarzhanovna, I. G. (2024, May). Development of Principles of Study and Treatment of Vaginal Dysbiosis During Pregnancy. In International Congress on Biological, Physical And Chemical Studies (ITALY) (pp. 112-115).
  25. Mukhtorjonovna, I. G. (2024). Modern Surgical Methods of Placental Aggregation. Web of Semantics: Journal of Interdisciplinary Science, 2(5), 412-416.
  26. Solijon o'g'li, A. S. (2024). BACTERIAL, VIRAL AND MUCOPLASMA PNEUMONIA IN CHILDREN. American Journal of Pediatric Medicine and Health Sciences (2993-2149), 2(1), 273-280.
  27. Абдуллаев, С. (2024). ПСИХОЛОГИЧЕСКИЕ ОСОБЕННОСТИ УЧЕБНЫХ ИГР В ПОДГОТОВКЕ СТУДЕНТОВ МЕДИЦИНСКИХ ИНСТИТУТОВ. FORMATION OF PSYCHOLOGY AND PEDAGOGY AS INTERDISCIPLINARY SCIENCES, 2(25), 222-224.
  28. Александровна, А.Е. (2023). ОСНОВНЫЕ АСПЕКТЫ РЕСПИРАТОРНОЙ РЕАБИЛИТАЦИИ ПОСЛЕДСТВИЙ НОВОЙ КОРОНАВИРУСНОЙ ИНФЕКЦИИ У ДЕТЕЙ С БРОНХОЛЕГОЧНЫМИ ЗАБОЛЕВАНИЯМИ. Всемирный бюллетень социальных наук , 18 , 81-83.
  29. Abdullaev, S. S. (2023). TO THE QUESTION OF COMMUNITY-ACCOMPANIED PNEUMONIA IN YOUNG CHILDREN. Journal of Social Sciences and Humanities Research Fundamentals, 3(05), 51-53.
  30. Худайназарова, С. Р., Курьязова, Ш. М., & Охунова, М. Ж. (2023). ОСОБЕННОСТИ БРОНХООБСТРУКТИВНОГО СИНДРОМА ПРИ ВНЕБОЛЬНИЧНОЙ ПНЕВМОНИИ У ДЕТЕЙ РАННЕГО ВОЗРАСТА. Interpretation and researches, 1(6).
  31. Анварова, З. (2024). СПИД/ВИЧ ИФИЦИРОВАНИЕ И ДЕТИ. THEORY AND ANALYTICAL ASPECTS OF RECENT RESEARCH, 2(22), 41-45.
  32. Анварова, З. (2024). ЗАДЕРЖКА ВНУТРИУТРОБНОГО РАЗВИТИЯ ПЛОДА КАК ФАКТОР НАРУШЕНИЯ ГАРМОНИЧНОГО РАЗВИТИЯ ДЕТЕЙ. THEORY AND ANALYTICAL ASPECTS OF RECENT RESEARCH, 2(21), 234-237.
  33. Alexandrovna, A. E. (2023). Clinical and functional features of the bronchopulmonary system in chronic kidney disease. Texas Journal of Medical Science, 16, 57-59.
  34. Qosimovna, A. Z. (2023). Factors that lead to asphyxia in babies. American Journal of Pediatric Medicine and Health Sciences (2993-2149), 1(10), 740-743.
  35. Kamoldinovich, X. D. (2024). INTRAVENOUS ADMINISTRATION OF CONTRAST AGENTS AND ITS CHARACTERISTICS. Miasto Przyszłości, 48, 119-131.
  36. Kamoldinovich, X. D. (2024, May). MODERN CONTRAST AGENTS IN MEDICINE. In Proceedings of Scientific Conference on Multidisciplinary Studies (Vol. 3, No. 5, pp. 132-144).
  37. Kamoldinovich, X. D. (2024, May). ULTRASOUND LEVELING AND ITS ADVANTAGES. In Proceedings of International Conference on Modern Science and Scientific Studies (Vol. 3, No. 5, pp. 59-64).