

SYMPTOMS OF ANXIETY

**COURSE: PSYCHOPATHOLOGY
Paper III (PGDCP; SEM I); Unit I**

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Anxiety

Anxiety is a “normal” phenomenon, which is characterized by a state of apprehension or unease arising out of anticipation of danger. Anxiety is often differentiated from fear, as fear is an apprehension in response to an external danger while in anxiety the danger is largely unknown (or internal).

Symptoms of Anxiety

Anxiety is an emotion often accompanied by

various **Physical symptoms**, including:

□ **Motoric Symptoms:**

- Tremors
- Restlessness
- Muscle twitches
- Fearful facial expression

Symptoms of Anxiety

□ Autonomic and Visceral Symptoms:

- Flashes (Person skin face becomes red and hot)
- Palpitation (rapid strong heart beat)
- Headaches
- Sweating
- Dry mouth
- Difficulty swallowing
- Abdominal pain (may be the only symptom of stress especially in a child)

Symptoms of Anxiety

□ Autonomic and Visceral Symptoms:

- Tachycardia (fast and irregular heart rate)
- Constriction in the chest
- Dizziness (feeling of faint, weak, spinning)
- Diarrhoea
- Dyspnoea (difficult or laboured breathing)
- Hyperventilation (exhaling more than inhale)

Symptoms of Anxiety

Psychological Symptoms

- ❑ Cognitive Symptoms
 - **Poor Concentration**
 - **Distractibility**
 - **Hyperarousal (A state of high alert)**
 - **Vigilance or scanning**
 - **Negative automatic thoughts**

Symptoms of Anxiety

- Perceptual Symptoms
 - Derealisation
 - Depersonalisation

THANK YOU