



ANXIETY DISORDERS IN COLLEGE STUDENT

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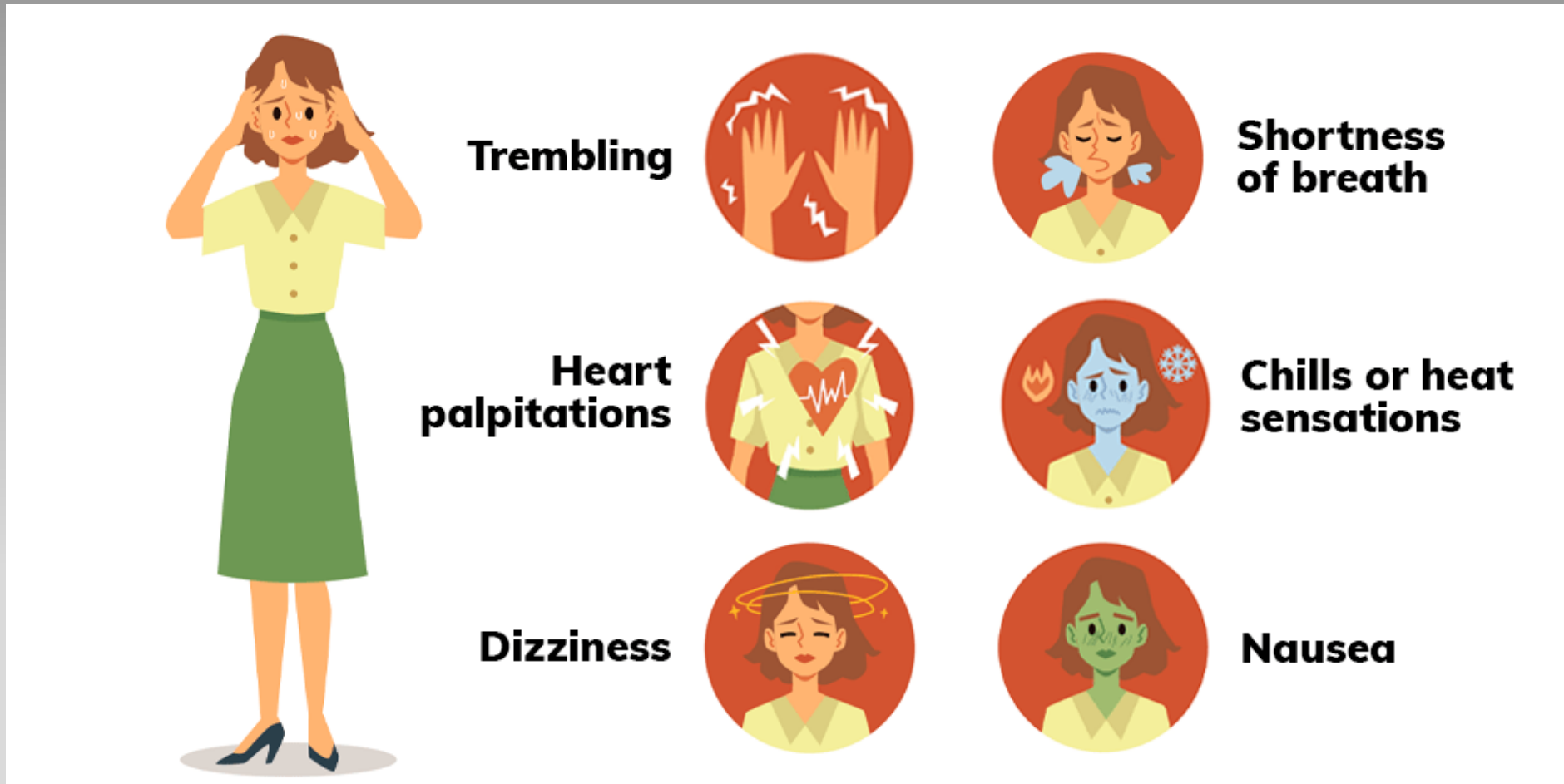
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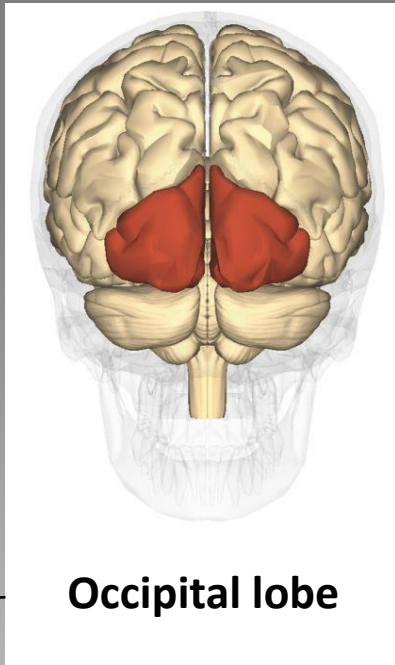
OBJECTIVES :

- Define the anxiety disorder
- Discuss the difference between normal anxiety and anxiety disorder
- List the types of anxiety disorder
- Outline the causes of anxiety disorder
- Discuss the prevalence of anxiety disorder in collage student
- Outline the treatment of anxiety disorder

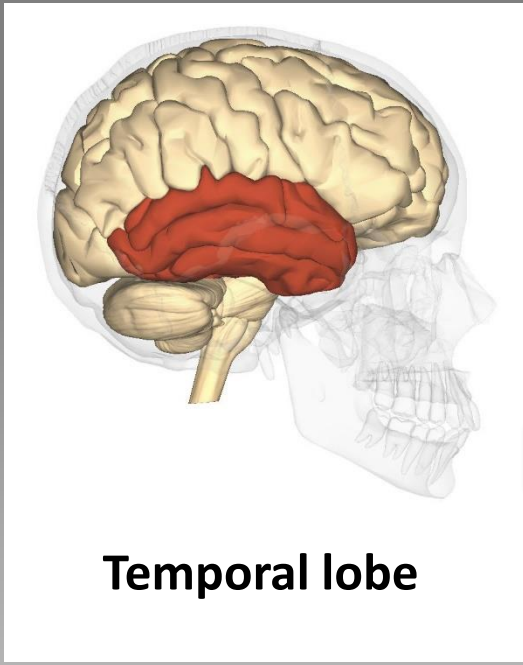
THE ANXIETY DISORDER :

It is a type of mental health disorder , the people with anxiety have intense , persist and excessive worry and fear about everyday situation .

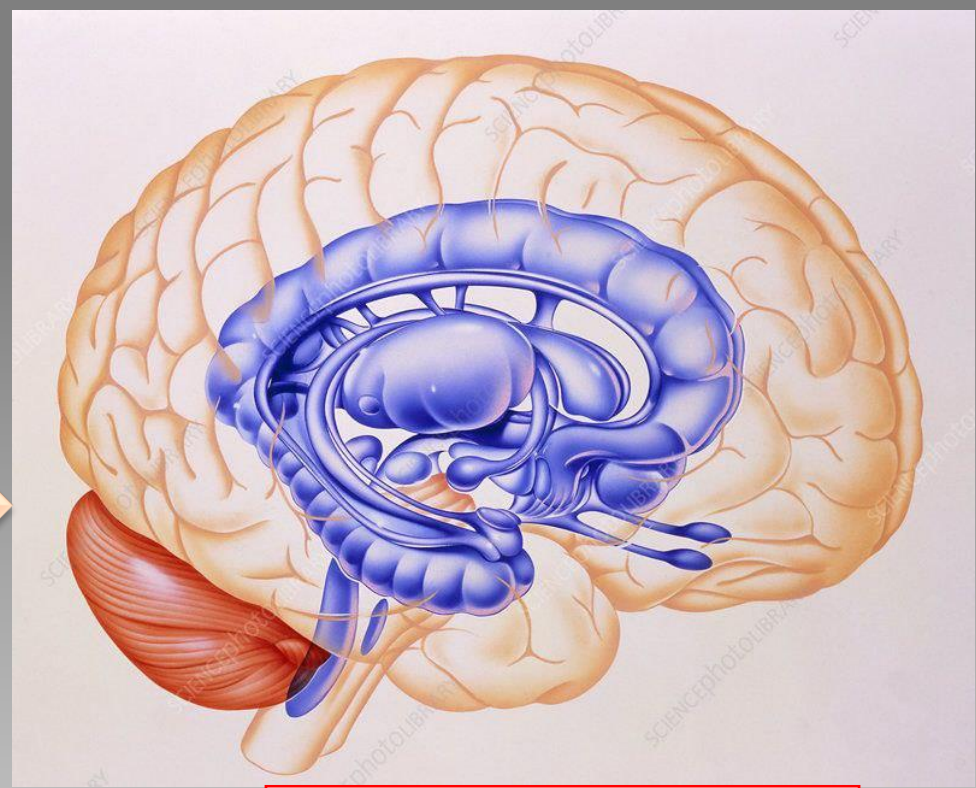




Occipital lobe



Temporal lobe

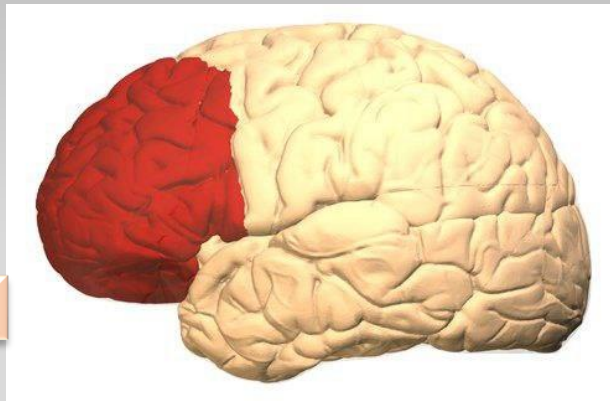


Limbic system

- Thalamus
- Hypothalamus
- Amygdala
- Hippocampus

Emotional response

Decision making

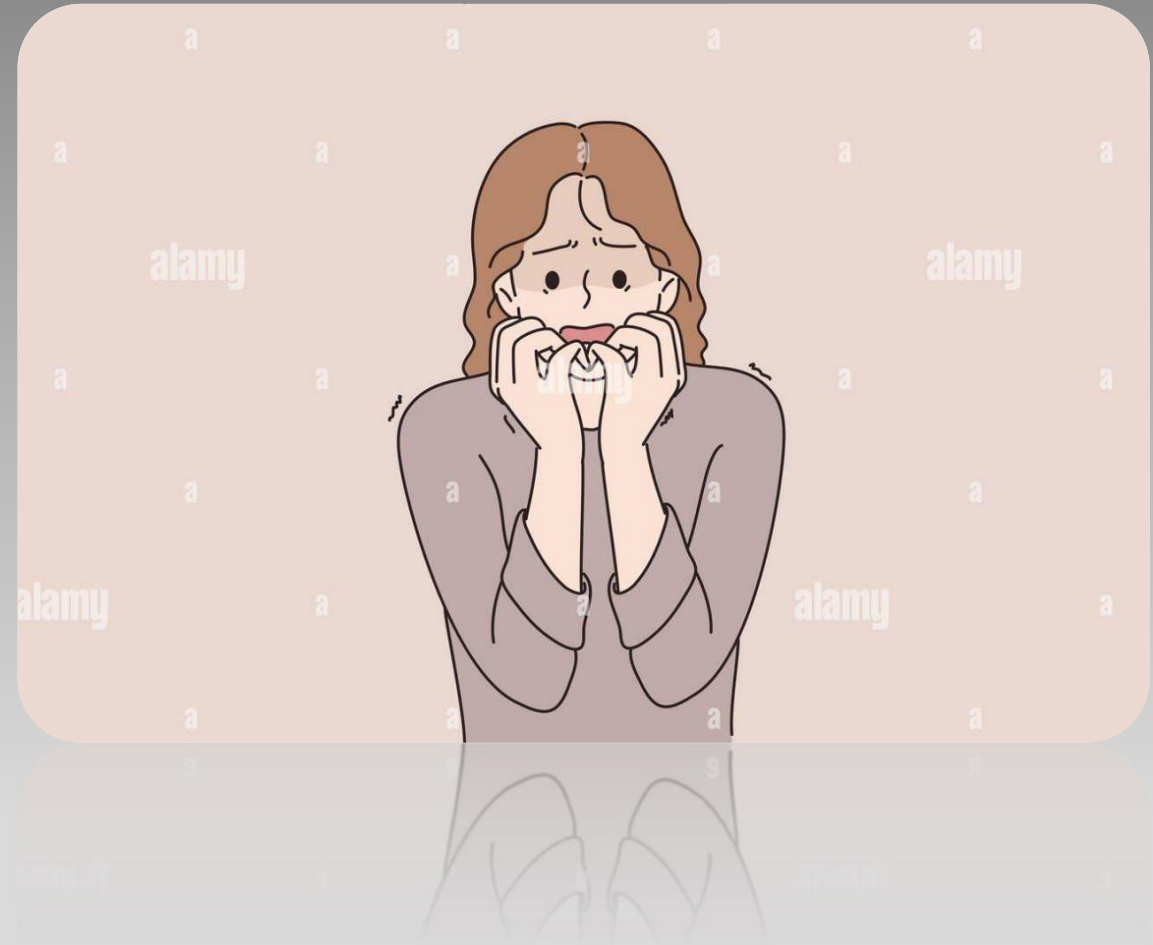


Prefrontal cortex

Into our

THE TYPES OF ANXIETY DISORDER

- Generalized anxiety disorder
- Separation anxiety disorder
- Agoraphobia
- Social anxiety disorder
- Phobia disorder



THE CAUSES OF ANXIETY DISORDER

*The causes are not fully understood
but may it is due to medical problem*

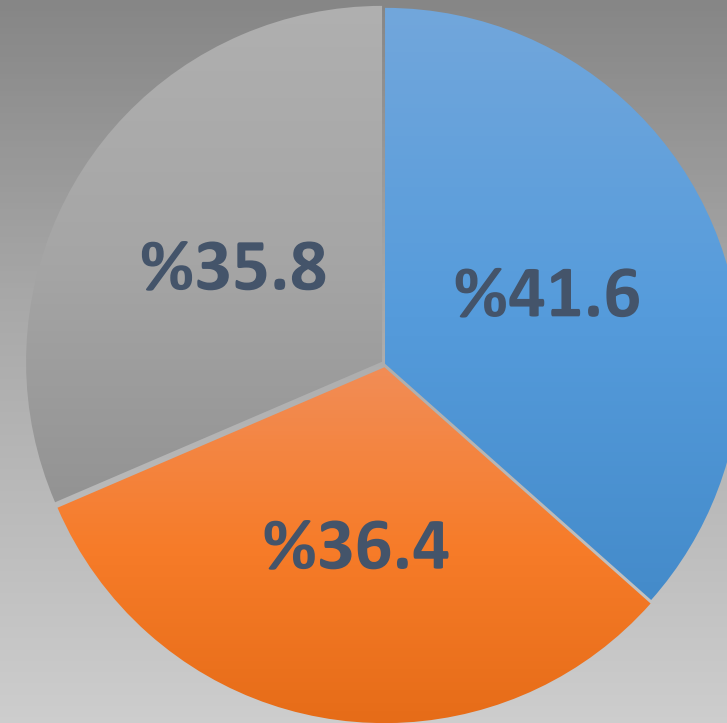
THE RISK FACTORS ARE

- Trauma
- Stress buildup ←
- Drugs use / withdrawal
- Alcohol
- other mental health disorder

THE PREVALENCE OF ANXIETY DISORDER IN COLLEGE STUDENT

In 2013 according to latest association of university and college counseling center directors survey

In 2017 the U.S Census Bureau report more than 18 million students were enrolled in college in the U.S According to figures by statistia found nearly 3 out of 4 of these student have experience with anxiety disorder



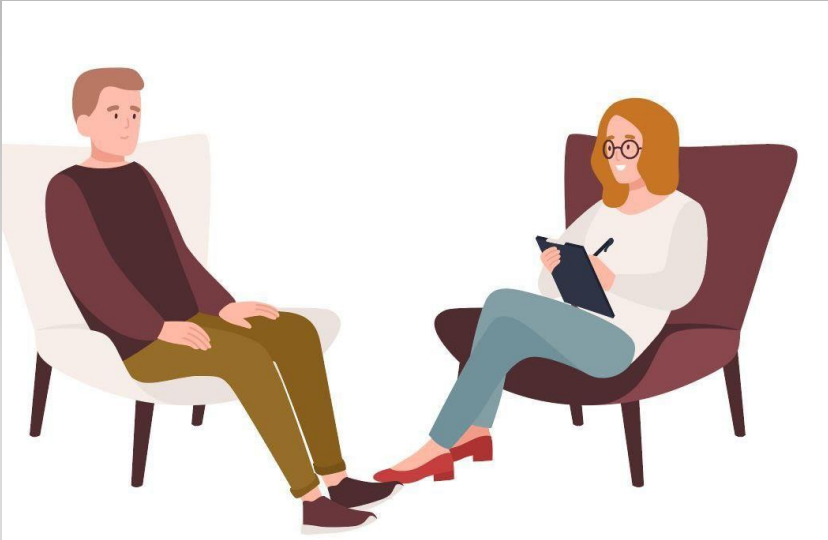
■ anxiety disorder ■ depression ■ relationship problems

THE TREATMENT OF ANXIETY DISORDER

The two main treatment for anxiety disorders are :

Psychotherapy

Medication



- Certain anti-depressants
- Anti-anxiety (buspirone)
- Others like : beta blocker / benzodiazepine)

CONCLUSION

-The anxiety disorder is hyperactive of normal anxiety mechanism , it has a types and it is one of the most common type of mental health disorder in the collage student .

- The treatment of anxiety disorder select by the doctor depend on the degree of the anxiety disorder.

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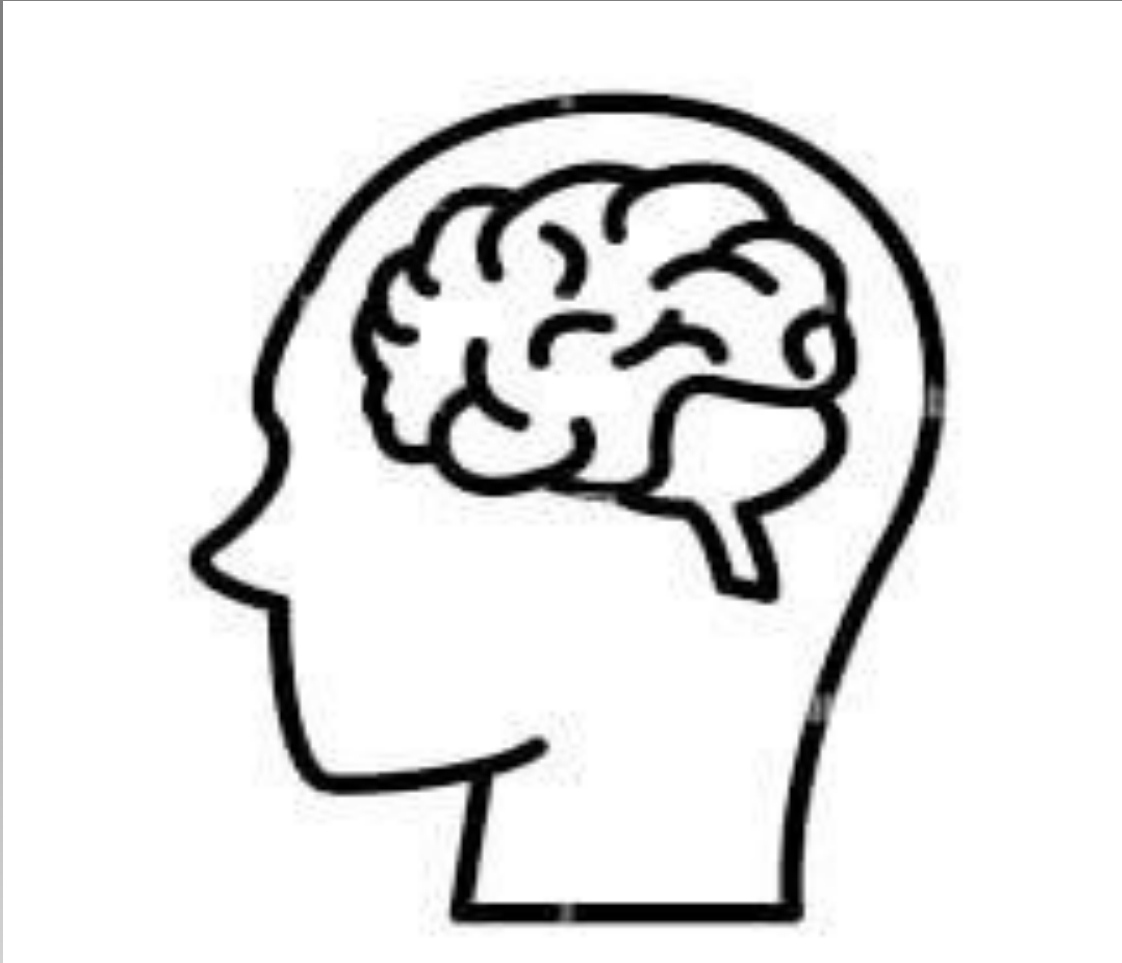
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THANK YOU