

Short Note on Alcohol and Anxiety

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DESCRIPTION

Anxiety is an emotion characterized by an unpleasant state of inner turmoil and includes subjectively unpleasant feelings of dread over anticipated events. It is often accompanied by nervous behavior such as pacing back and forth, somatic complaints, and rumination. Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue, inability to catch one's breath, tightness in the abdominal region, nausea and problems in concentration. Anxiety is closely related to fear, which is a response to a real or perceived immediate threat (fight or flight response). Anxiety disorders and alcohol use disorders (AUDs) co-occur often and are linked with a complicated clinical appearance. Clinicians must have a comprehensive grasp of the developmental pathways and history of this comorbidity to order to make accurate diagnoses and treatment plans. Furthermore, normal anxiety disorder or AUD therapies may need to be adapted and integrated into specific ways to meet the requirements of persons who have both diseases. The best way to combine evidence-based therapies is to use a comparative analysis that weighs the benefits and drawbacks of sequential, parallel, and integrated methods.

Researchers and clinicians are interested in co-occurring anxiety disorders and alcohol use disorders (AUDs). The prevalence and clinical effect of this comorbidity have been emphasized by cumulative data from epidemiological and clinical investigations over the last few decades. Investigations exploring the distinct links between particular anxiety disorders and AUDs have revealed that this link is broad and complicated, emphasizing the significance of thorough diagnostic inspection.

Symptoms and types of anxiety

Anxiety affects almost everyone at some time in their lives. In truth, anxiety is a natural (and very human) reaction to a

stressful event, such as how someone would feel before a doctor's appointment or an exam. In an ideal world, anxiety would fade when an upsetting circumstance or stressor was overcome. When anxiety persists, someone may have persistent fear or concern that doesn't go away and doesn't appear to be impacted by unpleasant external situations. Anxiety disorders can present in a variety of ways, depending on the individual, but they all have the symptoms of excessive concern and dread. Anxiety disorders come in a variety of forms.

Generalized Anxiety Disorder (GAD): Chronic, excessive anxiety and concern about general, daily things that interfere with their capacity to perform are the major symptoms. To qualify for this diagnosis, the sensations must occur on a daily basis for at least 6 months.

Panic disorder: Recurrent panic attacks, which are abrupt, acute experiences of terror and dread that are typically debilitating and can seem life-threatening, characterize this condition. Some people get the sensation of having a heart attack. Chest discomfort, difficulty breathing, thoughts of impending doom, heart palpitations, and a sense of being out of control are all possible symptoms.

Specific claustrophobia (fear of enclosed areas) or agoraphobia (fear of open spaces) are associated with severe phobias or aversions. Users have a strong aversion to some items or locations that is out of proportion to the circumstances.

Social anxiety disorder: This condition, previously known as social phobia, is characterized by excessive anxiety about social or performance circumstances, such as public speaking. Visitors may be concerned that people will evaluate their moods and act harshly, or may be terrified.

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Received: 01-Mar-2022, Manuscript No. JALDD-22-16723; **Editor assigned:** 03-Mar-2022, PreQC No. JALDD-22-16723 (PQ); **Reviewed:** 17-Mar-2022, QC No. JALDD-22-16723; **Revised:** 23-Mar-2022, Manuscript No. JALDD-22-16723 (R); **Published:** 30-Mar-2022, DOI: 10.35248/2329-6488.22.10.360

Citation: Fraser G (2022) Short Note on Alcohol Anxiety. J Alcohol Drug Depend.10: 360.

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