

Psychopathophysiology of anxiety disorder

- Activation of hypothalamo-pituitary-adrenal axis causes release of noradrenaline and adrenaline causes sympathetic over activity that leads to somatic anxiety symptoms and psychic anxiety symptoms
- Perceptual feedback causes negative thoughts and feelings increases further both types of anxiety
- Persistency of the anxiety and possible psychosocial stressors initiates stress reaction and rerelease of stress hormones mainly cortisol and its effects over body and mind. add more and more symptoms.
- Progressive heightened anxiety caused distorted cognition
- Increasing functional impairment added more insult to the overall process and make the situation worse.