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Nota di contenuto	1. Perspective Chapter: Panic Disorder - A Real-World Case Due to Covid -- By Robert W. Motta 28 -- 2. Perspective Chapter: Prevalence and Management of the Panic Disorder in Nepal -- By Bhupendra Singh Gurung 35 -- 3. Pediatric Panic Disorder, Review of Art Therapy as Supportive and Palliative Intervention -- By Kaveh Moghaddam 31 -- 4. Panic Disorder and Burnout in the Workplace: Review of the Evidence and Recommendations for Future Research-- By Olga Lainidi, Eva Tzioti, Maria Spiliou, Panagiota Koutsimani and Anthony Montgomery 72 -- Article has an altmetric score of 4 -- 5. Psychotherapy of Panic Disorder: Revisiting Past and Present Research and Moving toward Future Directions -- By Behrooz Afshari 47 -- 6. The Effect of Physical Activity Intervention on Panic and Anxiety Symptoms in Children, Adolescents and Early Adulthood: A Meta-Analysis -- By Lin Wang and Yihao Liu 51 -- 7. Evidence-Based Pharmacotherapies for Panic Disorder -- By Seth Davin Norrholm 68.
Sommario/riassunto	Panic disorder is often confused with elevations of anxiety and what is often described as "anxiety attacks." However, panic is qualitatively different from these phenomena. Panic disorders or panic attacks are intense and usually brief episodes that have often come upon the sufferer as an extreme dread and fear of annihilation. Panic attacks are startling and often produce a sense of impending doom and fear of imminent disaster. They are associated with heart palpitations, dizziness, tingling of extremities, disorientation, and the urge to flee

the present environment. During a panic attack, it is not unusual for the sufferer to act in ways that seem completely irrational and beyond the realm of sanity. Imagine sitting quietly in a darkened room and being intensely engrossed in a book that you cannot put down. Suddenly you feel someone's hands grasp your neck and begin choking you. That level of startled and life-threatening fear is like what many report during a panic attack. It is difficult to know what causes this disorder. In many cases, sufferers report having endured traumatic experiences, especially in childhood. However, in an equal percentage of cases, there is no prior trauma history, and the origins of the panic disorder are unknown, although they do tend to run in families. This book elucidates the nature of panic, the factors that contribute to the disorder, and describes psychological, physiological, and medical interventions that have been useful in ameliorating the suffering brought on by panic attacks.

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