養和精神健康門診
HKSH Mental Health Clinic

Anxiety Disorders

Moderate anxiety and worry can heighten our alertness and protect us from danger. However, if prolonged and excessive, they can be debilitating to our well-being and cause illness.

Common Symptoms

Emotional symptoms:
Persistent, intense, and irrational worry or anxiety, irritability, mood swings, and difficulty controlling these feelings; anticipating that something bad is about to happen

Physical symptoms:
Rapid heartbeat, shortness of breath, dry mouth, sweating, trembling, chest tightness, dizziness, headaches, muscle tension, gastrointestinal discomfort, etc.

Cognitive symptoms:
Catastrophic thinking, difficulty concentrating, memory problems, and indecisiveness

Causes

Risk factors include family history, brain chemical imbalances, childhood trauma, family environment, life stress, and lack of resources.

Treatment

Proper use of medications such as sedatives can help alleviate symptoms. Patients can also learn stress management techniques from psychological counselling, and ease their nervousness with relaxation exercises.

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Patient feedback is incorporated

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MHC.007I.H/B-02-092026