

# ANXIETY REACTION

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## Anxiety Reaction: A Review of the Literature

Anxiety is a common emotion that can range from a mild feeling of unease to a debilitating disorder. Anxiety is a natural response to danger or stress, and it can be beneficial in certain situations. However, when anxiety becomes excessive and out of proportion to the situation, it can become a disorder and cause significant problems in functioning. This review aims to provide an overview of anxiety reactions and discuss current research and trends in the field.

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) defines anxiety as "an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure" (American Psychiatric Association, 2013, p.200). Anxiety reactions can be triggered by both real and imagined threats. Common triggers include physical or emotional danger, unfamiliar situations, or unexpected events. Anxiety reactions can range from mild to severe, and they often involve physical symptoms such as increased heart rate, sweating, trembling, and difficulty breathing (Gorman, 2019).

Research has suggested that anxiety is shaped by both biological and environmental factors. Biological factors include genetic influences, brain chemistry, hormones, and neurotransmitters (Gorman, 2019). Environmental factors include traumatic experiences, stressful events, or other life circumstances. Anxiety reactions can also be exacerbated by substance use, including alcohol or drugs (Gorman, 2019).

Current research is exploring the efficacy of various treatments for anxiety reactions. Cognitive-behavioral therapy (CBT) is one of the most popular approaches and involves changing thought patterns and behaviors to reduce anxiety (Gorman, 2019). Medication is another option, including selective serotonin reuptake inhibitors (SSRIs) and benzodiazepines (Gorman, 2019). Other treatments include relaxation techniques, mindfulness practices, and exercise.

In conclusion, anxiety is a common emotion that can range from mild to severe, and it is shaped by both biological and environmental factors. Current research is exploring various treatments, including cognitive-behavioral therapy, medication, and lifestyle interventions. With an increasing emphasis on mental health, it is important to understand the various anxiety reactions and the treatments that can help manage them.

## References

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