

Anxiety Disorder: General Overview and Treatment

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ABSTRACT

In recent years, with the acceleration of social rhythm and the increase of various kinds of pressure, the incidence rate of anxiety disorder is increasing, which seriously affects people's quality of life. In this thesis, we studied the causes of several major anxiety disorders: generalized anxiety disorder, separation anxiety disorder, and social anxiety disorder, as well as their music therapy. At present, the treatment of anxiety disorder is mainly drug therapy, psychotherapy, and physical therapy. Relaxation therapy and biofeedback therapy in physical therapy have been widely reported with good results. Music therapy is rarely reported. Therefore, this study aims to explore the impact of music therapy on the quality of life and curative effect of patients with different anxiety disorders through the practical application of music therapy in the nursing of generalized anxiety disorders.

Keywords: *Generalized Anxiety Disorder, Social Phobia,,Separation Anxiety Disorder, Music Therapy, 5,application.*

1. INTRODUCTION

With the progress of the times, more and more people have begun to pay attention to mental health. According to the World Health Organization statistics, one in 13 people in the world is suffering from an anxiety disorder [1]. Moreover, the 19-year data in the report on nutrition and chronic diseases of Chinese residents (2020) showed that the prevalence of anxiety disorder was 4.98% [2]. The Lancet published a report entitled "global prevalence and burden of depression and anxiety disorders in 204 countries and territories in 2020 due to the covid-19 pandemic" The paper quantified novel coronavirus pneumonia's impact on the prevalence and burden of major global depression and anxiety in 2020, and the researchers estimate that in 2020, the number of new 76 million patients with anxiety disorders increased by 25.6%. The prevalence of major depression and anxiety disorder in young people changed more in terms of age group [3]. The first batch of main results of the "China mental health survey" published by Huang Yueqin's team in the lancet psychiatry shows that anxiety disorder is the highest, with a lifetime prevalence of 7.57% and a December prevalence of 4.98% [4]. Anxiety disorder has gradually become one of the main reasons for the global health burden.

At present, many domestic clinical reports focus on drug treatment, and the clinical application of music therapy as natural therapy is attracting attention [5]. However, there are few studies on anxiety disorder treatment by music. Through a literature search, we found that most of the previous studies focused on the causes and effects of anxiety disorder or drug treatment, We ignored the unique role of music in medicine, so in our research, we made a detailed introduction to different aspects of anxiety disorder from the perspective of music therapy. We have carried out interdisciplinary integration, eager to see innovation in the treatment of anxiety disorders. In life, many people use music to relieve tension or negative emotions. Music does have the effect of improving mood and reducing stress. Physiologically, music can increase the release of happiness hormones and polyphenols and reduce the secretion of the stress hormone cortisol. Psychologically, it can help participants improve their emotions, express themselves, and provide participants with social opportunities to obtain social support [6].

Thus, the purpose of our research is to give the role of music in treatment, hoping to bring inspiration to future researchers in clinical research to better help patients with anxiety disorder.

2. LITERATURE REVIEW

2.1. Current Background

According to DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition) [7], there are several different anxiety disorder symptoms as follows. The first is General Anxiety Disorder (GAD) is having excessive anxiety and worries occurring more days than not for at least six months about some specific events. The second is the patient can't control the concern itself and. Also, being easily fatigued, restlessness, difficulty concentrating, irritability, muscle tension, or sleep disturbance are anxiety disorder symptoms. GAD needs to associate with three or more of these six symptoms to be justified. Another sign is the disturbance is not better explained by another mental disorder as feeling anxiety are usual to lots of different mental illness. Therefore the patient can only be justified as anxiety disorder as the sign of disturbance doesn't better suit other mental illnesses. The last symptom that DSM-5 has given is that the disruption is not attributable to a substance's physiological effects or other medical conditions. For example, hyperthyroidism and drugs might also cause anxiety, but that doesn't count as anxiety disorder as it's not a mental issue but more a chemical reaction [8].

These symptoms that DSM-5 has given are an essential criterion for determining whether a person has an anxiety disorder. However, the patient's clinical presentation may also vary as there is a massive amount of other anxiety disorder that belongs to anxiety disorder. For example, Social anxiety disorder, separation anxiety disorder, Specific Phobias, panic disorder, and a lot more. The symptoms will have slightly change between different anxiety disorders, and it might be more specific. Different symptoms vary by the patient's age. Younger kids' symptoms are mainly harder to detect as they don't know how to express their feelings, and feeling anxiety is a usual reaction in some situations for children.

Anxiety disorder will also affect patients' general performance, as they cannot control their worries. Therefore they might be afraid of being at school or working or even usual conversation, which might lead to some difficulties of doing something independently. Therefore, with serious anxiety disorders, patients will always need help from people they feel are reliable.

2.2. Etiology

According to the World Health Organization (WHO), 1 in 13 globally suffers from anxiety. The National Alliance on Mental Illness (NAMI) and WHO both report that anxiety disorders are the most common mental disorders worldwide. It has There are many different etiology, mainly separated by biological influence, environmental, psychological issues, drugs, and medical [1].

2.2.1. Biological Factors

According to different studies, anxiety disorder is hereditary, which means there are probabilities that it will run through the family. Other than genetic issues, they also found that anxiety disorders may be linked to faulty circuits in the brain that controls fear and emotions. If the brain area cannot work correctly or is hurt, then there will be a high chance that the patients will not be able to control their anxiety and contract anxiety disorder. Biological influence is less likely to be the leading cause than psychological problems. It is not that usual to get the specific area in the brain hurt, and the chance to be anxiety disorder caused by inheritance is also tiny [9].

2.2.2. Environmental Factors

Others than biological influence, an anxiety disorder can also be caused by environmental issue. If the patient can not adjust to the new environment or feel nervous because of some points of the environment, then the patient might have anxiety disorder caused by this. For example, suppose a student changes to school and feels stressed, which he cannot adapt to this amount of stress. In that case, as time passes, the student might have an anxiety disorder as they could not accept the environment and be afraid and nervous about it. As there is interdependence between people and the environment, we can change the environment easily, so as the environment. Without a suitable environment, it will easily cause mental illnesses like Anxiety disorder or a lot of different ones.

2.2.3. Psychological Factors

The psychological issue is the leading cause that leads to anxiety disorder. A significant event or a buildup of more minor stressful life situations may trigger excessive anxiety. Family members' death, unfortunate encounters, the experience of being bullied, and many others are all included as psychological issues that might lead to anxiety disorder. A significant event that is unusual in daily life tends to upset the daily balance, which will cause anxiety and fairness. If the event brings psychological damage, that will be a high chance, which leads to anxiety disorder. In conclusion, this kind of big event might cause physical harm, mental harm, or spiritual harm that the patient could not recover independently [10].

2.2.4. Drugs and medication' Factors

In addition, both drugs and medication can cause different side effects in some people, and some of them mainly target the part in the patient's body that plays a role in anxiety symptoms. Caffeine is one of the examples, and it could be used in medicines to help stimulate a patient's nervous system and increase the

patient's heart and blood pressure, which is usual in Aspirin to help reduce pain. Although it can reduce painfulness, it also has a side effect which the patient might feel anxiety, and with inappropriate use of medication, it might lead to anxiety disorder. Another example of drugs and medication that might cause anxiety disorder is ADHD drugs. These are stimulants that rev up the brain and change the way nerve cells send messages. These kinds of drugs have a common side effect of mood change, which the patient will not be able to control its anxiety and motion, which will also lead to anxiety disorder.

2.3. Music Therapy for Social Anxiety Disorder

Pure music relaxation therapy can be used for phobias. If horror is related to childhood trauma, music therapy techniques related to psychoanalytic techniques should be used, such as musical imagination therapy, musical psychodrama therapy, etc. The most commonly used technique is "music system desensitization". This method can treat both phobias and stage fears of performance anxiety [10]. We will describe the operations of music system desensitization in detail below

2.3.1. Music Relaxation Training

Use music to gradually relax. Use music to gradually relax, perform 1 to 2 weeks of training, and perform desensitization treatment after basic mastery.

2.3.2. Establish the level of anxiety (horror) events

According to the patient's subjective assessment of the horror situation, in the descending order of "unpleasant subjective units", that is, from the smallest threat to the largest, a plot spectrum is established, and the score for each unit is determined (the following is defined as each unit 10 points). Usually, this kind of plot spectrum has two forms, namely "time" and "space" levels, but the two levels can be combined to continuously change the distance between the patient and the anxiety-causing stimulus in time or space. This level starts with imagining the items that generate the slightest anxiety.

2.3.3. Implement Desensitization

Choose appropriate music as the background during the implementation process.

First, guide to relax for 3 to 5 minutes: make the head, forehead, neck, shoulders, arms, chest, back, abdomen, buttocks, legs, and feet feel "relaxed or warm." Second, finger gesture: agreed with the subject to "raise the right hand to show the finger is relaxed", "raise the left hand to show the finger to be still tense". Then, implementation

of imaginary desensitization, it include seven steps: ① Guide the object to be treated to imagine the lowest level of anxiety events (anxiety event tables are formulated according to different objects to be treated with instructions); ②The object to be treated reports whether they feel nervous, such as raising their left hand if they feel nervous Indicating fingers; ③require the subject to stay in a stressful and anxious situation for 20 seconds; ④ require the subject to stop imagining; ⑤require the subject to report anxiety scores; ⑥guide the subject to relax; ⑦require the subject to lift when they feel relaxed Right-hand index finger (such as raising the left-hand index finger to continue to guide relaxation) [11].

After three reports of anxiety scores below this level (under 5 points), it is proved that this anxiety event has disappeared. You can proceed to the next anxiety event. Can do 2 to 3 anxiety events each time.

In the process of treatment, the therapist should give the patient two homework assignments. The first is to write about the feelings of training every day, and the second is to do at least 15 minutes of relaxation training every day to consolidate the skills learned.

2.4. Music Therapy for Generalized Anxiety Disorder

Many people listen to music to relieve tension or negative emotions. Indeed, music does have the effect of elevating mood and reducing stress. Physiologically, music can increase the release of the happy hormone and polyphenols and reduce the secretion of the stress hormone cortisol. Psychologically, it can help participants improve their emotions and express themselves, and provide social opportunities for participants to get social support [6]. Here are some examples of music therapy methods:

2.4.1. Singing

Singing can increase the release of the happy hormone and polyphenols and reduce the secretion of the stress hormone cortisol, to improve mood and reduce stress. With lyrics analysis and counseling skills, it can help patients express themselves. Caregivers can also participate, improve relationships by participating in music activities together, and learn positive ways of getting along with each other.

2.4.2. Improvisation

Patients express themselves through musical instruments. The music therapist finds out the connection between music and life from the patient's playing style, rhythm, speed, and timbre, and uses verbal and non-verbal methods to help patients express their hearts and emotions.

2.4.3. Music listening

Music listening In the process of treatment, patients with depression can use specific music to relieve their emotions and regulate the physical effects of emotions, such as muscle tension and rapid breathing. Patients can also cooperate with Guided Imagery Music Therapy (GIM) to enhance self -understanding by listening to music, relaxing guidance, drawing, and counseling, and achieving the effect of relieving emotions and reducing stress.

2.4.4. Composition and lyrics

The music therapist will assist the patient in composing music. Even if the depressed patient does not have any musical background, he can still express his feelings and thoughts, such as feelings of illness or opinions about himself, through lyrics. Participants can also use their strengths (such as creativity, knowledge, musical sense) to enhance self-confidence [12].

2.5. Music Therapy for Separation Anxiety Disorder

Dissociative Anxiety (Dissociative Anxiety), also known as parting anxiety, is a kind of infantile anxiety, that is, the anxiety, uneasy or unpleasant emotional response of infants and young children caused by separation from their relatives, mostly in the preschool period. Usually, at the beginning of the kindergarten, the change from the family to the kindergarten environment causes the children to enter the psychological weaning period, causing anxiety, which directly affects the children's feelings of entering the kindergarten, if not handled properly, it will cause the children's physiological stress response and induce diseases, Reduce the rate of admission to kindergarten, affect the quality of children's education in the preschool stage, and even the development of life.

Given the separation anxiety problem of new children entering kindergarten, improvisational music therapy can be adopted, and good results have been achieved [13]. Child separation anxiety is the excessive anxiety that occurs when children are separated from their attachment objects, which manifests as fear, anxiety, and nervousness, which mostly occur in the preschool period. Music therapy can satisfy children's emotional experience to the greatest extent and diversification, especially the application of the "consistent principle" in therapy. By playing the scene of small animals leaving their mothers to hunt, and playing a proper musical instrument, can help children face separation. Reality, and express the inner negative emotional experience to the greatest extent, cultivate children's active adaptation to the environment and promote the harmonious development of body and mind [14].

Body rhythm is more suitable for implementation in nursery school than language music activities because kindergarten children are young, they have limited mastery of vocabulary and sentences. Therefore, when implementing music intervention, try to avoid language-based music activities, such as word rhythm solitaire, recitation of rhythm sketches, and so on. In comparison, body rhythm and percussion instruments are more suitable for kindergarten children. In addition to training children's physical coordination and the development of small muscle groups, they can also vent their bad emotions through stomping, high-fiving, and slapping in the rhythm.

3. LIMITATIONS AND FUTURE IMPLICATION

Several limitations of the current study need to be considered. Firstly, from the perspective of music, we actively explore the role of music in the treatment of anxiety disorders. In terms of causes, we know why music plays a role in treating anxiety disorders. However, due to the focus and length of this chapter, we rarely mention the impact of music therapy on the treatment of anxiety disorders, such as social anxiety disorder. The effect of generalized anxiety disorder and dissociative anxiety disorder in music therapy is the deficiency of this article. It is expected that researchers can expand this limitation in the future.

Secondly, although this article makes a series of theoretical assumptions about the possible causes of music in the treatment of anxiety patients after consulting a large number of materials, we have not carried out clinical research and specific treatment tracking; that is, we only stay in the stage of theoretical exploration without data support. It is hoped that future researchers can conduct empirical research on the theory of this article to verify the effect of music therapy on patients with anxiety disorder in different aspects.

Even though many data show that music plays a significant role in health, we should choose music correctly when we face patients with anxiety disorders in different aspects. Music prescription should be determined according to different disease types, combined with the patient's educational level, condition, hobbies, and appreciation level, and select appropriate music to stimulate physiological and psychological changes. [5] such as the rhythm, melody, and harmony of music. Moreover, people who treat patients with an anxiety disorder also need to have good music literacy to select the treatment music more suitable for different patients and truly achieve the effect of using music to promote rehabilitation.

4. CONCLUSION

This article demonstrates why music can play a positive role in the treatment of anxiety disorder. Through a unique perspective, this paper expounds on a series of social anxiety disorders, generalized anxiety disorder, and separation anxiety disorder; that is, music can play a role in different aspects of anxiety disorder. For patients with social anxiety disorder, we can use "music system desensitization technology" to treat phobia and stage phobia of performance anxiety through the combination of music and psychoanalysis technology. For generalized anxiety disorder, we can consciously use the effect of music in improving mood and reducing stress. We can maximize children's emotional experience and diversity through music therapy for patients with separation anxiety. Music can increase the release of happiness hormone and polyphenols and reduce stress hormone cortisol. To help participants improve their emotions and express themselves. We hope to achieve the effect of music in disease rehabilitation in treating anxiety disorders to achieve a breakthrough in various ways of treatment for anxiety patients.

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