

ANXIETY: MULTIDISCIPLINARY MANAGEMENT: A SYSTEMATIC REVIEW

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ABSTRACT

Background: Anxiety of any kind can be the root cause of serious consequences, if it gets resolved at a very primary stage, we might prevent society from deteriorating and serve the noble purpose of harmony and peace. The review includes studies done on various ways to manage anxiety situation. **Objectives:** To see what is the scope to manage the stage of anxiety and its consequences using alternative medicines and therapies. **Eligibility criteria:** Research papers including studies that are related to a) Anxiety, b) Various Co-morbid anxiety conditions, c) Management of anxiety conditions, d) Application of alternative modes for management of anxiety situations, e) full-text articles, f) articles should be on Randomized control trials. **Sources of evidence:** A variety of electronic databases, including MEDLINE (through PubMed), Google Scholar, ScienceDirect, Research Gate, Elsevier, and Scopus, were searched for relevant material. The keywords utilized for the search were anxiety, generalized anxiety disorder, the prevalence of anxiety, signs and symptoms of anxiety, management of anxiety and anxiety-related disorders, alternative therapies, complementary and alternative medicine, and traditional treatments for anxiety. As literature, practical medical texts were presented. Information on anxiety's indications and symptoms was found through books on psychological explanations of anxiety, homoeopathic ideologies, and homoeopathic repertoires. **Charting methods:** Prisma checklist. **Results:** Middle-aged African-American women with GAD often use emergency rooms, experiencing a lower quality of life compared to other Axis I disorders. Anxiety disorders affect 45% of patients, leading to worse pain, psychological, and HRQL tests. A study of 3092 senior citizens aged 65 and over found that both intervention groups had lower total expenditures per patient compared to conventional care. The auriculotherapy intervention showed a statistical difference in anxiety for G3, with superior outcomes in the final assessment. G3 patients experienced 36% pain reduction and 13% improvement in mental quality of life. The disease management paradigm for diabetes patients with co-morbid depression and anxiety improves the quality of life, reduces distress, and improves glycemic control. **Conclusions:** The review evaluates interdisciplinary treatment for anxiety conditions, focusing on elderly patients with mild to moderate depression, nurse-led medication prevention (MPI), auriculotherapy, and guided visualization. It highlights the importance of addressing anxiety disorders in emergency rooms but suggests more studies to compare cost-effectiveness and value for money.

KEYWORDS: Anxiety, mental management, randomized controlled trial, review.

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INTRODUCTION

Rationale: A negative emotional condition known as anxiety is characterized by emotions of tension, dread, and worry [1]. It has been suggested to manage it to prevent potential dangers.[2] Anxiety is a prevalent and incapacitating condition in the general population. According to epidemiological research, anxiety disorders are among the most common mental health conditions, affecting over 30%

of people in the US throughout the course of their lifetimes. [3] anxiety disorders are linked to severe suffering, functional impairment, and a decreased quality of life. A major public health concern is detecting and treating anxiety disorders because of the high expenses associated with anxiety (dupont et al., 1996).[4] [5]

Mental health is a significant issue in the 21st century, with 30% of metropolitan residents experiencing anxiety, behavioral changes, and substance abuse. In So Paulo, adult mental problems are more prevalent than globally, with 20% experiencing anxiety.[6]

Healthcare practitioners often overlook the significant psychological issues faced by teenagers and young adults, including anxiety, depression, and self-harm. However, the alarming increase in these issues among girls and young women is particularly concerning, with a 68% increase in self-harm incidence between 2011 and 2014. [7]

Of course, there is no one explanation for this, but the convergence of several factors shows that millennials are less content than older generations. There is no question that anxiety and depression in young adults and adolescents is a serious public health issue.[7] for example, Anxiety and depression are indicators of future hypertension occurrence and the need for medication to treat it. [9]

Due to a fast-evolving epidemiology, the health care system and larger society must change to participate in future risk reduction measures and be more responsive to present needs. Anxiety is a complicated emotion that has been connected to many different aspects of personality [8].

Self-esteem and impulsivity have shown their influence on the relationship in the current investigation between social behavior and anxiety.[10] When introduced as a covariate, depression also seemed to moderate the impact of anxiety. In light of the strong link between these. In future research, it might be required to use additional grouping criteria for psychological assessments. This review is conducted to determine the evidence from published data on the multidisciplinary management of various anxiety conditions.

Objectives:

To assess the potential for employing complementary and alternative medicine, therapies to treat the current stage of anxiety and its effects. To determine whether available data is in favor of treating diverse anxiety problems in a multidisciplinary manner.

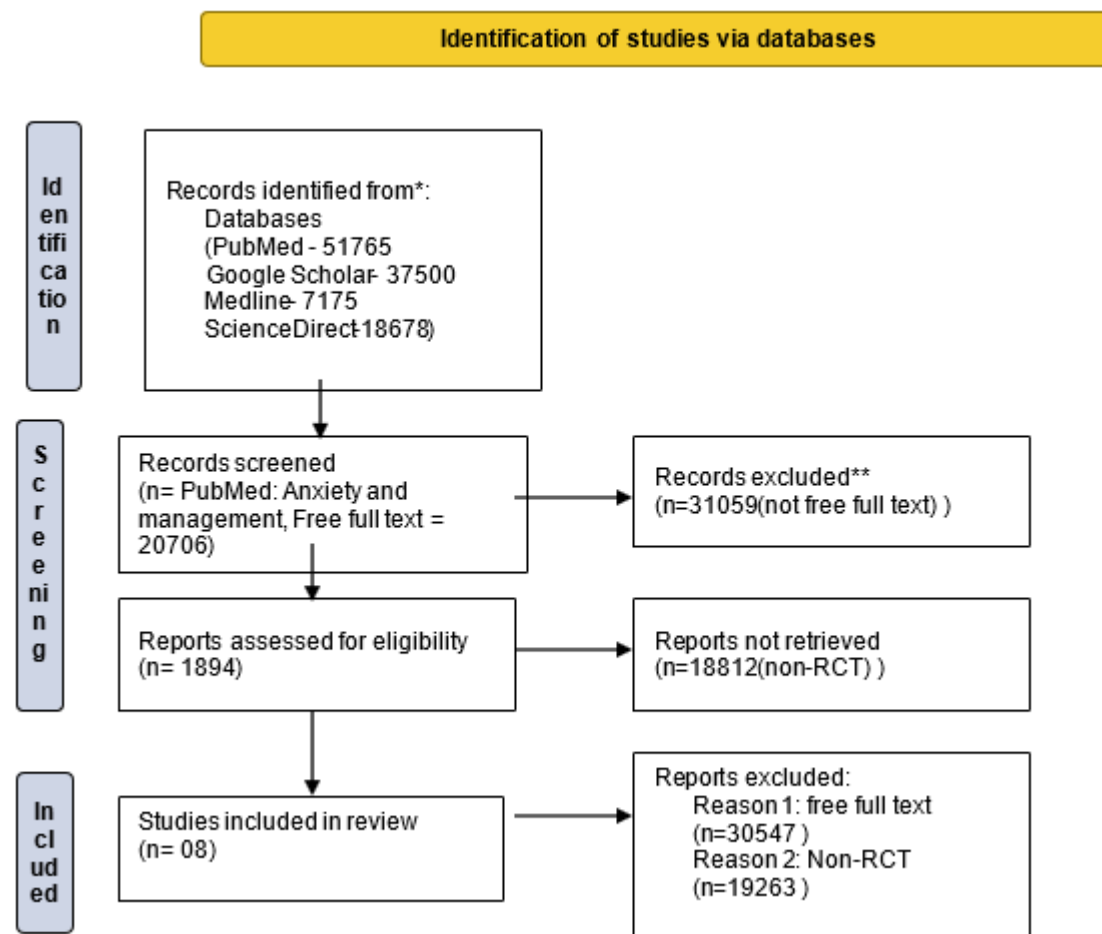
METHODS:

Eligibility criteria:

Research papers including studies that are related to a) Anxiety, b) Various Comorbid anxiety conditions, c) Management of anxiety conditions, d) Application of alternative modes for management of anxiety situations, e) full-text articles, f) articles should be on Randomized control trials.

Information sources: A variety of electronic databases, including MEDLINE (through PubMed), Google Scholar, ScienceDirect, Research Gate, Elsevier, and Scopus, were searched for relevant material. The keywords utilized for the search were anxiety, generalized anxiety disorder, the prevalence of anxiety, signs and symptoms of anxiety, management of anxiety and anxiety-related disorders, alternative therapies, complementary and alternative medicine, and traditional treatments for anxiety. As literature, practical medical texts were presented. Information on anxiety's indications and symptoms was found through books on psychological explanations of anxiety, homoeopathic ideologies, and homoeopathic repertoires.

Selection of sources of evidence: ^[19]



RESULTS:

Sr. No.	Article name	Author / publishing year	Type of study	Sample size	Intervention	Methodology	Result	Conclusion	Jaded score (20)
1	Utilization of medical services and quality of life among low-income patients with generalized anxiety disorder attending primary care clinics*	Glenn n. Jones, ph.d./ 2001	Randomized controlled trial	431	medical services and quality of life	Participants from primary care clinics were randomly selected and given demographic, stress, and health-related questionnaires. A structured psychiatric interview was conducted, and patients received health-related quality-of-life measures every three months. Medical records were abstracted for chronic illnesses and outpatient visits.	Middle-aged African-American women with GAD frequently use emergency rooms, experiencing a lower quality of life compared to other Axis I disorders.	Low-income individuals with GAD frequently visit emergency rooms, resulting in lower quality of life compared to those without psychopathology. Detection and treatment programs can improve quality of life.	3

2	Association between anxiety, health related quality of life and functional impairment in primary care patients with chronic pain	Kurt Kroenke, M.D., Samantha Outcalt / Accepted 25 March 2013	Randomized controlled effectiveness trial	250	Baseline interviews	The Stepped Care to Optimize Pain Care Effectiveness trial involved 250 primary care patients with five prevalent anxiety disorders. Data was collected from baseline interviews, and bivariate analyses examined correlations between pain, psychological, and HRQL outcomes and the number of screen-positive anxiety conditions. Multivariable models controlled for depression and other covariates.	45% of patients had anxiety disorders, causing worse pain, psychological, and HRQL tests compared to 136 who had negative screening results. Increased frequency led to worse BPI interference, MCS scores, and disability days.	Over half of primary care patients with chronic pain have anxiety disorders, negatively impacting HRQL domains; addressing anxiety is crucial.	3
3	A Minimal Psychological Intervention in Chronically Ill Elderly Patients with Depression: A Randomized Trial	Femke Lamers, Catharina C.M. Jonkers / Published online: April 29, 2010	A Randomized controlled Trial	361	Minimal Psychological Intervention	A randomized controlled trial compared MPI to standard treatment in 361 primary care patients aged 60+, with type II diabetes or chronic obstructive pulmonary disease, and mild to moderate depression.	MPI patients experienced reduced depression symptoms, a 50% drop in symptoms, and a higher quality of life compared to diabetic controls.	Nurse-led MPI is a practical and successful strategy for managing mild-to-moderate depression in elderly people with chronic illnesses. However, attention-placebo effects and economic study results need further assessment.	3
4	Effect of guided imagery on anxiety, muscle pain, and vital signs in patients with COVID-19: A randomized controlled trial	Naser Parizad, Rasoul Goli / Available online 20 February 2021	A randomized controlled trial	110	guided imagery	110 COVID-19 patients enrolled in two control and intervention groups; data collected using McGill Pain Questionnaire, Spielberger Anxiety Inventory, Visual Analogue Scale.	The intervention significantly reduced state, trait anxiety, pain quality, intensity, heart rate, systolic blood pressure, and oxygen saturation scores.	COVID-19 patients advised to use guided imagery for pain and anxiety relief.	5
5	Cost Effectiveness of a Proactive Primary Care Program for Frail Older People: A Cluster-Randomized Controlled Trial	Nienke Bleijenberg RN, PhD, Irene Drubbel MD, PhD / 2017	A Cluster-Randomized Controlled Trial	3092	Proactive Primary Care	A 12-month study in 39 Netherlands general practices compared electronic frailty screening with conventional GP treatment, nurse-led care, or standard care. Data on healthcare resource usage and associated costs were gathered, and incremental costs per quality-adjusted life year were computed.	A study of 3092 senior citizens aged 65 and over found that both intervention groups had lower total expenditures per patient compared to conventional care. The cost-effectiveness probabilities were 87% and 91% for screening plus GP care and 55% for nurse-led treatment versus usual care.	Proactive screening intervention is more affordable than standard care, but less value-for-money.	3

6	Auriculotherapy to reduce anxiety and pain in nursing professionals: a randomized clinical trial	Leonice Fumiko Sato Kurebayashi Ruth Natalia Teresa Turrini / Accepted: Sept. 23rd 2016	Randomized clinical trial	180	Auriculotherapy	A randomized clinical trial involving 180 professionals in four groups was conducted, using State-Trait Anxiety Inventory, Pain Visual Analogue Scale, and Quality of Life instrument for evaluation. Results were analyzed using descriptive statistics, ANOVA, and Cohen's d Index.	ANOVA showed a statistical difference in anxiety for G3, with superior outcomes in final assessment. G3 experienced 36% pain reduction and 13% improvement in mental quality of life.	Nursing staff's anxiety decreased after ten sessions with APPA procedure; further research needed.	5
7	Disease management for comorbid depression and anxiety in diabetes mellitus: design of a randomized controlled trial in primary care	Corinne H Stoop, Viola RM Spek / Published: 15 December 2011	Randomized controlled trial	160	Stepped interview and monitoring	A randomized controlled trial evaluated the effectiveness of a disease management program in managing anxiety and depression symptoms in Type 2 diabetes patients in primary care.	Disease management paradigm for diabetes patients with co-morbid depression and anxiety improves quality of life, reduces distress, and improves glycemic control.	Model aids in identifying depression and anxiety symptoms, improving wellbeing, and potentially reducing diabetes complications and mortality rates.	3
8	Virtual reality and hypnosis for anxiety and pain management in intensive care units: A prospective randomized trial among cardiac surgery patients	Floriane Rousseaux, Nadia Dardenne / Published online 15 November 2021	Prospective randomized trial	100	Virtual reality and hypnosis	A study of 100 patients with heart surgery received 20 minutes of interventions before and after surgery. Physiological measures, opioid use, anxiety, pain, weariness, and relaxation were assessed before and after each session.	Primary findings show no significant differences between groups, with anxiety decreasing and pain increasing. Relaxation increased preoperatively and postoperatively, but no significant differences in weariness or opioid use.	No statistically significant differences were found between groups; more research is needed to compare and assess the cost-effectiveness of different techniques for critical care patients and carers.	3

DISCUSSION

Various ways to manage anxiety studied in randomized controlled trials is discussed in this review. As anxiety if left unnoticed and untreated can lead to various disastrous effects on one's health; it is very important to manage it in its primary stage. This review article has tried to find out whether the treatment of anxiety with complementary methods and therapies is beneficial. After a systematic search, 8 randomized controlled trials has been selected for this review which suggest the following methods in the management of anxiety.

CONCLUSIONS:

In order to assess the published data's support for multidisciplinary treatment of various anxiety problems, this review was undertaken. Low-income individuals with GAD often visit emergency rooms, affecting their quality of life. Addressing anxiety disorders is crucial for chronic pain patients.

Nurse-led medication prevention (MPI) is effective for managing mild-to-moderate depression in elderly people. Auriculotherapy is effective in the management of anxiety. Guided imagery can alleviate pain and anxiety. Proactive screening is more affordable than standard care but less value for money. Further research is needed to compare and assess the cost-effectiveness of different techniques for critical care patients and carers.

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