

Anxiety

Anxiety is an [emotion](#) characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination.

It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death.

Anxiety is not the same as fear, which is a response to a real or perceived immediate threat; whereas anxiety is the expectation of future threat.

Anxiety is a feeling of fear, worry, and uneasiness, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing.

It is often accompanied by muscular tension, restlessness, fatigue, and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an [anxiety disorder](#).

Anxiety Disorder

[Anxiety Disorder](#)

Postoperative anxiety

see [Postoperative anxiety](#).

Preoperative anxiety

see also [Preoperative anxiety](#).

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