# Fear

- Zileuton protects against arachidonic acid/5-lipoxygenase/leukotriene axis-mediated neuroinflammation in experimental traumatic brain injury
- Contextualizing India's Medicolegal Controversies Related to Brain Death/Death by Neurologic Criteria: Regulation, Religion, and Resource Allocation
- Effects of revision lumbar microdiscectomy and scarectomy versus scarectomy micro-surgery alone in pain perception: a retrospective pilot study
- Three-Dimensional-Printed Skull Models Improve Caregiver Understanding of Craniosynostosis: A Randomized Controlled Trial
- It's all in your head: Safety of weight-based, targeted enoxaparin prophylaxis in intracranial hemorrhage patients
- Ictal Fear in Children: Localizing Value and Insights Into the Mechanisms of Fear in the Developing Brain
- Testing Dental Anxiety and Self-Care Behaviours as Mediators of the Association Between Executive Functioning and Oral Health Among Young Adults
- Endogenous Recovery of Hippocampal Function Following Global Cerebral Ischemia in Juvenile Female Mice Is Influenced by Neuroinflammation and Circulating Sex Hormones

An unpleasant emotion caused by the threat of danger, pain, or harm.

#### Fear response

Natural and adaptive response to a perceived threat or danger. It's a basic human emotion that prepares the body to respond to situations that may pose a risk. The experience of fear involves a complex interplay of psychological and physiological responses. Here are some key aspects of fear:

Triggering Stimuli:

Fear can be triggered by various stimuli, including real and immediate threats, as well as situations, objects, or events that are associated with danger. Common triggers include loud noises, sudden movements, darkness, or situations that remind individuals of past traumatic experiences.

The fear response, often referred to as the "fight or flight" response, is a set of physiological and psychological reactions that occur in response to a perceived threat or danger. This response is a fundamental aspect of the body's adaptive stress response system, designed to prepare an individual to confront or escape from a potential threat. Here are the key components of the fear response:

Perception of Threat:

The fear response begins with the perception of a threat or danger. This can be a real and immediate threat, or it can be a situation, object, or event that is perceived as threatening.

#### Activation of the Amygdala

The amygdala, a region in the brain associated with the processing of emotions, particularly fear, plays a central role in initiating the fear response. It quickly assesses incoming sensory information for potential threats and activates the body's stress response system.

Release of Stress Hormones:

In response to the perceived threat, the body releases stress hormones, such as adrenaline (epinephrine) and cortisol. These hormones prepare the body for immediate action. Physiological Changes:

The release of stress hormones leads to various physiological changes aimed at enhancing the body's ability to respond to the threat. These changes include: Increased heart rate: to pump more blood to the muscles. Rapid breathing: to supply more oxygen to the body. Dilation of pupils: to improve vision and awareness. Increased blood flow to muscles: to prepare for physical activity. Heightened senses: to be more alert to potential threats. Activation of the Sympathetic Nervous System:

The sympathetic nervous system is activated, promoting the "fight or flight" response. This part of the autonomic nervous system prepares the body for quick action in response to stress. Cognitive Changes:

Fear also affects cognitive processes, leading to heightened attention and focus on the perceived threat. This narrowing of attention is designed to help individuals assess and respond to the danger. Behavioral Responses:

The fear response can lead to specific behaviors aimed at avoiding or confronting the threat. These behaviors may include freezing, fleeing, or preparing to fight, depending on the perceived level of danger. Termination of Response:

Once the threat is no longer perceived or has been successfully dealt with, the body's stress response system works to return physiological and psychological processes to a state of balance (homeostasis). While the fear response is crucial for survival in the face of genuine threats, problems can arise when this response is triggered inappropriately or excessively, leading to anxiety disorders or phobias. Understanding and managing the fear response are essential for maintaining mental and emotional well-being.

#### Fear avoidance

## Fear extinction

Fear extinction.

## Fear of progression

Fear of progression

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