

AGORAPHOBIA

SYMPTOMS, CAUSES & TREATMENT



Agoraphobia impacts an estimated 1.9% of adults.

(American Psychiatric Association, 2013)



Agoraphobia is an anxiety disorder that causes intense fear in situations from which you can't easily escape.

MENTAL SYMPTOMS

- Intense anxiety around a feared situation or place
- Fears of having a panic attack, losing control or making a fool of yourself in public
- Reduced confidence and self-esteem
- Feelings of shame and guilt

PHYSICAL SYMPTOMS

- Racing heart
- Trembling
- Sweating
- Nausea
- Dizziness
- Shortness of breath
- Tightness in the chest

POTENTIAL CAUSES

- Complications from panic disorder
- Physical or sexual abuse
- Anxious or inhibited personality
- Death of a loved one
- Sheltered upbringing

TREATMENT

- Cognitive Behavioral Therapy
- Exposure Therapy
- Medication
- Regular Exercise
- Avoiding drugs, caffeine and alcohol



Biology Of Agoraphobia

N Colangelo



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