What other factors play a role in the body when experiencing anxiety?

1. Mallorquí-Bagué, Núria, et al. “Mind-Body Interactions in Anxiety and Somatic Symptoms.” Harvard Review of Psychiatry, vol. 24, no. 1, 2016, pp. 53–60

1.Harvard Review of Psychiatry is a peer-reviewed medical journal that focuses on psychiatric research, clinical practice, and education.

2.The article was published in the Harvard Review of Psychiatry, a scholarly journal,

in the January/February 2016 issue.

3. vol. 24, no. 1, 2016

4. pp. 53–60

5. Núria Mallorquí-Bagué, Antonio Bulbena, Guillem Pailhez, Sarah N. Garfinkel, and Hugo D. Critchley.

6. The article is about the relationship between psychological conditions, types of anxiety, and somatic

symptoms that have no obvious medical reason. It talks about the relationship between mental and physical

well-being, pointing out how anxiety can aggravate people's physical symptoms more. The article also

addresses a wide range of theories and research results that support the processes of these mind-to-body

connections. This highlights the general methods for controlling both the psychological and physical aspects

of health.

7.This article was published in The Harvard Review of Psychiatry. Given Harvard University's famous

reputation in mental health research, its connection with the school adds to its legitimacy. Its publication

in 2016 guarantees its reliability to the developed mental health knowledge and procedures. Being

associated with a well-respected university, and published in a well-respected journal is another reason

to show the publication's legitimacy and significance.

8. This article is important because it explains the importance of understanding how different factors

contribute to the symptoms of anxiety as well as how they can be maintained, which in the long run, can be

crucial to treatment. Similarly, the article talks about how mindfulness approaches and the benefits that come

with it.

9. I am planning on using this source to explain how different traits or genetics people are born with or have

developed can play a role in how anxiety can manifest in a person. Certain psychological traits can change

the body's response when anxiety is triggered. To complement this source, I can use the source that

discusses the psychobiology of anxiety. The psychobiological source explains how genetics and one's

environment can affect someone's anxiety which overlaps with this source. By using these two sources

together I can show how there are other important factors that affect anxiety and knowing these factors can

change how that anxiety can be treated.

10. I think this source will explain how anxiety can differ from person to person based on different traits they

may have. For example, some people may have different psychological traits or characteristics and therefore

this can have an effect on how anxiety shows up for them. I agree with what this source is saying and I think it

will strengthen my essay. It will help enrich my essay because it explains that it is important to take note of

predisposed traits one may have, which is another factor that can play a role when the body is experiencing

anxiety. This source can help me prove that other factors can influence how the body is affected by anxiety

and how it is important to know this in order to better treat anxiety.

2. Kim, Jean, and Jack Gorman. “The Psychobiology of Anxiety.” *Clinical Neuroscience Research*, vol. 4, no. 5-6, May 2005, pp. 335–347

1. ScienceDirect is a website operated by the Dutch publisher Elsevier. It serves as a vast

bibliographic database.

2. The article was published in a scholarly journal.

3. vol. 4, no. 5-6, May 2005

4. pp. 335–347

5. Kim, Jean, and Jack Gorman.

6. This article is about the psychobiological basis of anxiety disorders, and most people think it is a certain kind of

stress. It looks at how long-term stress, impacts the neurotransmitter system in your brain, which can cause

panic symptoms include palpitations, sweating, and sudden, overwhelming anxiety. The study findings are

from humans and animals that look at the brain regions involved in the stress response and how they affect

your overall attitude. They show you how to investigate how genetic and environmental variables affect a

person with panic disorder and how it develops in the human mind.

7. This article was published in the journal Neuroscience and Biobehavioral Reviews,It is well known for being

a reliable source of academic neuroscience and behavioral biology research. The paper being released in

2005 proves that it adds to the research and offers valuable insight on the mental processes behind panic

disorder. Its publication date also implies that it provides a description of panic disorder that is consistent with

what was known about the disease at that time.

8. This article is important because it talks about the study of the fear system. It goes through different

parts of the study in detail. For example, it covers the neuroimaging studies which outline the parts of the

brain, that are activated when anxiety is provokes as well as the amygdala which processes the emotions

you are feeling. The article also covers what the amygdala and neurotransmitters do. At the end of the article

it talks about how further research that will hopefully have a better understanding of medication and therapy

that can be used to combat anxiety.

9. I will use this source to talk about how stress impacts the neurotransmitters in our brains and what is caused by this impact. Additionally, how anxiety can affect your overall attitude. I can use the first source to compliment this one by talking about the mental and physical well being when anxiety and stress are present. When the neurotransmitters in our brain are impacted you can experience symptoms that affect your physical health (ex. Sweating, palpitations etc.)

10. I think the main point of this article is to discuss how chronic stress can have a significant impact on how your brain functions, specifically the neurotransmitter system in your brain. I believe this source will help me because I will talk about personal experiences; when I get stressed and anxious I start to sweat and experience palpitations that eventually lead to an overwhelming amount of stress. Additionally, I can elaborate on how stress and anxiety form in the brain in the first place and continue to elaborate on the different regions in the brain when anxiety is experienced.

3. Beck, Aaron T. “Theoretical Perspectives on Clinical Anxiety.” *Routledge eBooks*, 2019, pp. 183–96.

1. Theoretical Perspectives on Clinical Anxiety” is credible due to the author’s expertise, the reputable publisher, and the scholarly context of the book.

2. The article was published in a book called "Anxiety and the Anxiety Disorders”.

3. *Routledge eBooks*, 2019

4. pp. 183–96.

5. Beck, Aaron T

6. This article is about Aaron Beck, who is known for his contributions to the area of anxiety disorder treatment. In his discussion about the challenges of anxiety, Beck makes it clear that harmful thinking patterns and beliefs contribute significantly to the acts of anxious feelings. He explores the mental techniques used in CBT to challenge and

change these beliefs. To provide readers with a great understanding of the challenging nature of anxiety

disorders, it's important to discuss alternative methods and perspectives on anxiety, such as socio-cultural,

biological, and psychodynamic theories.

7. This article was published in the book Theoretical Perspectives on Clinical Anxiety by Aaron T. Beck.

He is Considered a leader in the area of psychology because he is well-known for his understanding

of anxiety disorders. Being the creator of CBT, Beck's ideas have had a major impact on research, helpful

practice, and our knowledge of mental health issues. Published in 2019, the book provides new insights into

concepts for understanding clinical anxiety, making it more relevant to discussions and treatments in the field

today.

8. This article is important because it focuses on data from early adulthood and the patterns that lead to

anxiety later in adulthood. The article explains how some symptoms may be seen as strategies for

dealing with anger, which leads to the constant mobilization of self-defense.

9. I will use this source to discuss other perspectives of anxiety like biological and psychodynamic theories. I

Can use the source abt the mind-body interactions of anxiety to compliment this one. I can use the first source

To really dive in to predisposed traits that can cause anxiety and then I can use this source to show different

Perspectives and lenses you can examine anxiety through. Together this will help strengthen my ideas about

The factors that play a role in anxiety and how these factors may change how we treat/handle it.

10. I think this source is trying to show the importance of looking at anxiety through different perspectives.

Anxiety affects so many people, but it also affects people very differently. This article helps explain that there

are other contributing factors to anxiety that people do not pay attention to. I agree with this article and it will

Help enhance my essay. Understanding that anxiety is complex and there are various methods to handling it

Based on the environment you are in or the traits you have help to explain other factors that can contribute to

anxiety.