Business Model Canvas Application Task

Your Name

Institution

Anxiety

Anxiety is an emotional state in which a person feels unease. This can be due to some worry or fear. These feelings may result into increased heart rate, high blood pressure, nausea, troubled breathing, and headache. These symptoms also effect person’s daily life as it may cause trouble in sleeping or loss of appetite (Chris, 2014).

# Generalized Anxiety Disorder

Generalized Anxiety Disorder (GAD) is caused by persistent worry about anything. Main cause of GAD can be related to work, family issues, health, and money. Person diagnosed with GAD worry more and even expect worse when there is no apparent reason. (Treanor, 2010)

## Question 1. Choose two (2) reference sources. What type of reference sources did you use (encyclopedia, dictionary, handbook, manual, etc.)? List the article title and the name of the source from which you obtained it.

Credo Reference is used to get this information. Article title and name of the source is also mentioned in the reference section.

|  |  |  |
| --- | --- | --- |
| **Source** | **Article Title** | **Name of source** |
| 1 | Anxiety  | Credo Reference |
| 2 | Generalized anxiety disorder | Credo Reference |

## 2. Does your selected source provide sufficient, detailed information to answer your research topic or is the information insufficient/too brief (Go beyond a “Yes”/”No” response and write the amount of pages or paragraphs you see)?

Yes, the information provided was sufficient. It gave brief introduction of anxiety, its causes, and ways to overcome it. There were 13 paragraph present in the first source with three headings. In second source there were 16 paragraphs, two headings, and 7 subheadings.

# Data from other sources

Anxiety is an emotional state that comprised of feelings of nervousness, tension, apprehension, and worry. It is prevalent in most psychiatric disorder. Self-assessment scale for measuring anxiety should be introduced in general hospital practice (Snaith, 1983).

Usually Generalized Anxiety Disorder (GAD)is diagnosed when the feeling of worrying last for six months. It is the most common anxiety disorder found in general medicine. 1.6 % to 5.0% people experience GAD (Robert L. Spitzer, Kurt Kroenke, & Williams, 2006).

# EBSCO Research Data Base

## 5. **What keywords did you use in your database search? What subject headings did you use? Which yielded better results?**

**Keywords:** Anxiety disorder

**Subheadings:** CINAHL Database, Biological Abstracts Archive 1926-1968

**Better Result:** CINAHL Data base yielded better result

# References

Chris, S. (2014). *Anxiety.* Teresa L Thompson, Encyclopedia of helth communication. Thousand Oaks, CA. Retrieved from https://search.credoreference.com/content/topic/anxiety

Robert L. Spitzer, M., Kurt Kroenke, M., & Williams, J. B. (2006). A Brief Measure for Assessing Generalized Anxiety Disorder. *The GAD-7*, 166. Retrieved from https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/410326

Snaith, A. S. (1983, June). The Hospital Anxiety and Depression Scale. *Acta Psychiatrica Scandinavica*. Retrieved from https://doi.org/10.1111/j.1600-0447.1983.tb09716.x

Treanor, M. T. (2010). *Generalized anxiety disorder.* In W. E. Craighead, & C. B. Nemeroff (Eds.), The Corsini encyclopedia of psychology and behavioral science (4th ed.). Hoboken, NJ. Retrieved from https://search.credoreference.com/content/topic/generalized\_anxiety\_disorder