

Agoraphobia Nhs Choices

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Agoraphobia Nhs Choices

Agoraphobia is a fear of being in situations where escape might be difficult or that help wouldn't be available if things go wrong. Many people assume agoraphobia is simply a fear of open spaces, but it's actually a more complex condition.

Agoraphobia - NHS

The physical symptoms of agoraphobia can be similar to those of a panic attack and may include: rapid heartbeat. rapid breathing (hyperventilating) feeling hot and sweaty. feeling sick. chest pain. difficulty swallowing (dysphagia) diarrhoea. trembling. dizziness. ringing in the ears (tinnitus)

Agoraphobia - Symptoms - NHS

Agoraphobia can sometimes develop if a person has a panic

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attack in a specific situation or environment. They begin to worry so much about having another panic attack that they feel the symptoms of a panic attack returning when they're in a similar situation or environment.

Agoraphobia - Causes - NHS

Agoraphobia can be very debilitating and normally people with agoraphobia typically suffer from a 'cluster' of phobias. Generally they will find it very difficult or impossible to carry out certain activities, these could be going into crowded or public places, lifts, public transport or simply anywhere away from home where 'escape' or immediate access to [...]

Agoraphobia - NHS Adult Psychological Therapies

take regular exercise- exercise can help relieve stress and tension and improve your mood. have a healthy diet - a poor diet can make the symptoms of panic and anxiety worse. avoid

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using drugs and alcohol- they may provide short-term relief, but in the long term they can make symptoms worse.

Agoraphobia - Treatment - NHS

Agoraphobia - NHS. Source: NHS website. Read about agoraphobia, a fear of being in situations where escape might be difficult or that help wouldn't be available if things go wrong. More: Information for the Public. Generalised ...

Agoraphobia | Evidence search | NICE

Agoraphobia is a fear of being in situations where escape might be difficult, or help wouldn't be available if things go wrong. ... Speak to your GP to find out if talking treatments would be suitable for you and whether they are available on the NHS in your area. Desensitisation.

Phobias | NHS inform

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Work through a self-help guide for panic that uses cognitive behavioural therapy (CBT).

Panic self-help guide | NHS inform

Agoraphobia can begin in childhood, but usually starts in the late teen or early adult years — usually before age 35 — but older adults can also develop it. Women are diagnosed with agoraphobia more often than men are. Risk factors for agoraphobia include: Having panic disorder or other phobias

Agoraphobia - Symptoms and causes - Mayo Clinic

What Is Agoraphobia? Agoraphobia is a rare type of anxiety disorder. If you have it, your fears keep you from getting out into the world. You avoid certain places and situations because you think ...

Agoraphobia: Symptoms, Causes, and Treatments

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Agoraphobia can make it difficult for a person to leave their house. Physical symptoms include chest pains, dizziness, and shortness of breath. Agoraphobia is often treated medically with...

Agoraphobia: Symptoms, causes, diagnosis, and outlook

The Contraception Choices website provides honest information to help weigh up the pros and cons. Contraception choices. Condoms. Combined Pill. Patch. Injection. Implant. Copper Coil. IUS. The Ring. Diaphragm. Fertility Awareness. View all methods . How effective is contraception? Choose a method:

Contraception Choices

Agoraphobia generally is treated with a combination of specific medication and individual psychotherapy. Cognitive behavioral therapy (CBT), a form of individual psychotherapy, also appears to be effective in the treatment of panic disorder; its

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combination with medication may be even more powerful.

Agoraphobia | psychology | Britannica

My only experience of agoraphobia was when my father got older, he had a major heart operation and somehow lost his confidence along the way. My mother used to drive him to a local park and he would walk around the cricket pitch, resting on each park bench in turn, gradually extending the distance each time they went.

agoraphobia: hiii :P any tips with getting... - Weight ...

The fear or anxiety must occur in two of five situations to meet criteria for agoraphobia. According to the DSM-V, if the individual fears only one situation, the specific phobia is the diagnosis.

What is Agoraphobia? - News-Medical.net

Agoraphobia. Agoraphobia is an anxiety disorder where a person

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has anxiety about a lot of situations in which they may feel that they lack control. It is commonly known as the “fear of open places” but this is too simplistic an explanation of the concerns. A person fears unsafe or unfamiliar ...

Agoraphobia - Symptoms, Causes, Diagnosis, Treatments

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Agoraphobia treatment usually includes both psychotherapy and medication. It may take some time, but treatment can help you get better.

Agoraphobia - Diagnosis and treatment - Mayo Clinic

Treating agoraphobia. Lifestyle changes may help, including taking regular exercise , eating more healthily , and avoiding alcohol, drugs and drinks that contain caffeine, such as tea, coffee and cola.

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Agoraphobia - [sheringhammedical.nhs.uk](https://www.sheringhammedical.nhs.uk)

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