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Contribution of neuroimaging methods in anxiety disorders

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Abstract

Anxiety and anxiety related disorders often considered as under-recognized and under-treated clinical problems because of their high prevalence rates and unknown etiology. According to worldwide statistic almost 75% of people with mental disorders remain without treatment in developed countries with apporoximately 1 million people lose their lives each year. In addition,World Health Organization (WHO) alerts that, 1 in 13 people in the world suffers from anxiety disorders. The WHO also reports that anxiety disorders are the most common mental disorders as a world-wide disease with specific phobia,major depressive disorder and socialphobia being the most common anxiety disorders. The role of neuroimaging methods in anxiety disorders, with a particular focus on posttraumatic stress disorder (PTSD), panic disorder, specific phobias,and social anxiety disorder has became very attractive by researchers in recent years.Neuroimaging studies on anxiety disorders has become consistently important, particularly in the previous decade, because of the opportunity to prove neurobiological assumptions for anxiety disorders. The improvement of neuroimaging techniques in the previous decades has contributed greatly to predict, to diagnose and to treat anxiety disorders, as well as helped researchers to put a map on the neurobiological side of anxiety.

Since the 1980, the early period and onset of usage of neuroimaging techniques,variety of neuroimaging studies which conducted in order to study anxiety disorders have increased constantly. (Damsa C et al).These include high-resolution magnetic resonance imaging (MRI), functional magnetic resonance imaging (fMRI), positron emission tomography (PET), or single photon emission tomography (SPECT) which contributed greatly to the biology and the structural and functional neuroanatomy of anxiety disorders.

Biography

Aygun Badalova has completed her BSc with Honor at the age of 25 years from Azerbaijan University,Baku Azerbaijan. She has also sought to learn how to study attention control and brain activity in anxiety disorders in detail. Plus, in order to understand the interconnectivity of the brain's systems, she investigated the structure and function of neuronal circuits as part of her honours dissertation project, focussing on the amygdala and prefrontal cortex region thought to be involved in anxiety and attention control.She is now doing a Master's degree in Cognitive Neuroscience and Neuropsychology at the University of Birkbeck London,with the aim to acquire the necessary advanced computational and mathematical skills to complement her expertise in neuroscience.

Publications

1. Psychological Stress and Immune system
2. Anxiety and prevention

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