

## Prevalence of anxiety disorder among students nursing (Faculty of Technical Medical Sciences) 2018 -2021, in comorbidity alcohol use

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### Abstract

It's important to be mentioned that our study is the continuation of previous studies done years ago on Medical University of Tirana's students (April-May 2014). Panic disorder involves recurrent and unpredictable attacks of anxiety or panic<sup>1</sup>. The attacks start suddenly, are extremely distressing, and last for a few minutes, sometimes longer. In panic disorder the attacks are not restricted to specific and predictable circumstances but may occur in any situation<sup>2</sup>. These attacks may be followed by persistent concern about having another panic attack. Some symptoms of a panic attack include: shortness of breath, trembling or shaking, muscle tension, pounding heart, sweating, nausea, a fear of dying, losing control, or going mad, tingling finger or feet, feelings of unreality, a choking or smothering feeling, hot or cold flushes etc.<sup>3,4</sup>. During a panic attack, individuals will generally try to flee from the particular situation, in the hope that the panic will stop, or else they may seek help in case they collapse, have a heart attack, or go crazy. Therefore panic disorder can be classified as being without agoraphobia and according to the World Health Organization's (WHO) International Classification of Diseases (ICD) - 10 Edition, a definite diagnosis of panic disorder requires that the individual has experienced several panic attacks within a one-month period.

**Keywords:** Anxiety disorder, students nursing, Faculty of Technical Medical Sciences, alcohol use.

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