

Mashruuca ka Kaalmaynta Qaxootiga Caafimaadka Maskaxda

Anxiety Disorders: Cudurka Walwalka iyoWalaaca

Waxaa jira cuduro badan oo maskaxda ku dhaca, waxaana ka mid ah jirrooyinkaas: Cudurka Walwalka iyoWalaaca “Anxiety Disorder” oo ah jiro saamaysa 19 milyan oo maraykanka qaangaarka ah. Jiradani waxay dadka noloshooda ka buuxin kartaa walwal iyo walaac iyo cabsi badan.

Waa maxay Cudurka Walwalka iyoWalaaca “Anxiety Disorder”?

Cudurka walwalka iyo walaaca dhacdo xun ka dib yimaadda (PTSD).

- Waa xaalad ku timaadda qofka ka dib marka uu la kulmo dhacdo argagax. Waxaa dhacdooyinkaas ka mid noqon karta: Cabsi galin, xoodig, jirdil, afduub, ilmo graacid daran, shil daran, iyo xaaladaha dabiiciga ah sida fatahaadda iyo dhulgariirka.. Dhacdada qofka kicisa PTSD waa wax qofka noloshiisa khatar galiya ama nolosha qof u dhaw. Waxaa kale oo ay noqon kartaa waxaa uu qofku indhihiisa ku arkay sida dhimasho ama burbur daran.

Astaamaha iyo Calaamadaha lagu garto

- Badanaa dadka cudurkan qabaa waxay leeyihiin xusuus joogta oo ah mashaakilaadkii soo maray iyo dareen kacsan. Waxay leeyihiin kurbo iyo welwel joogta ah iyo dib u xusuusasho maalinkii oo dhan.
- Qofka waxaa ku dhacaysa hurdo xumo, degdeg u xanaaq. Wuxuu luminayaa xiisaha uu u qabay nolosha iyo wixii ay horay u jeclaan jireen, dhibna kala kulmaan inayba wax jeclaadaan.
- Qofku wuxuu dareemaa caro, wuxuuna noqdaa qof xannaq badan oo dagaal badan.
- Xaaladaha iska caadiga ah ayaa qofka ku keeni kara xusuus, oo dareenkiisa kicin karta, isagoo sawiranaya xaalad khiyaali ah. Xusuustaas khiyaaliga ah waxay qofka ugu iman kartaa hab muuqaal, dhawaaq, urin iyo dareen keena inuu qofku xaqiiqada nolosha ka fogaado oo uu rumeeyo cabsi khiyaali ah oo joogta ah.
- Jirada PTSD waxaa lagu ogaan karaa haddii xaaladaha aan tilmaanay ay socdaan ama joogto noqdaan wax bil ka badan. Calamadahaas waxay badanaa si dhab u muuqdaan 3 bilood ka dib dhibka ama dhacdada qofka soo gaartay ka dib. Mararka qaarkood cudurkan ma soo baxo illaa ay sanado ka soo wareegto marka qofku dhibka ama dhacdada argagaxa leh soo gaartay.
- Jirada PTSD waxaaqaba in ka badan 5.2 milyan oo maraykan ah.

Jirada Saska. (panic disorder)

Dadka qaba cudurka saska waxay leeyihiin dareen argagax oo si kadis oo soo noqnoqda ugu dhac digniin la’aan. Ma qiyaasi karaan goorta uu ku dhici doono sasku, waxayna leeyihiin cabsi iyo welwel ay ka qabaan goorta ay nixi doonaan iyo waxa uu noqon doono waxa ka sasin doona.

Astaamaha lagu garto saska

- Wadnaha oo degdeg u garaaca, Qofka oo dareema tabar darri, madax wareer iyo dhidid badan
- Gacmaha oo qofka jiriricooda ama kabuubyooda, Qofka oo dareema caajis, tabar darri ama mirqaan badan
- Qofku wuxuu dareemi karaa labbalabbo ama yaqyaqsi iyo laab xanuun .
- Qofku wuxuu dareemaa halaag dhakhso ugu imanaya iyo inuu iskontorooli waayo
- Waxaa uu si dhab u dareemaa inuu wadna xanuun ku dhacay ama uu waashay
- Cudurka sasku wuxuu ku dhaca in ka badan 2.4 milyan oo mareykan ah.
- Cudurka sasku wuxuu qofka ku reebaa cabsi inuu ka baqo meesha uu sasku kaga dhacay oo dhan. Dadka qaarkood waxay noloshooda ku xadidaan meelo kooban ayagoo ka baqaya inay aadan meelaha ay is leeyihiin armaada sas ka qaadaan.

Noocyada kale ee cudurka welwelka iyo walaaca.

Cudurka Welwelka iyo walaaca guud ee joogtada ah (Generalized Anxiety Disorder): waa welwel xad ka badis ah iyo feejignaan xad dhaaf ah oo qofku maalin kasta ku jiro, ayadoo aysan jirin wax dhib oo sidaas u wayn.

Bulsho ka saska (Social phobia): waa walaac xad dhaaf iyo taxdar xad dhaaf ah oo qofku ka qabo dhexgalka bulshada caadiga ee maalin kasta ah. Waxaa qaba jiradan 5.3 milyan oo maraykan ah.

Saska xaaladaha gaarka (specific phobia): waa cabsi xad ka bax ah oo qofku ka qabo wax aan khatar ama dhib rasmi ah lahayn. Waxaa ka mid ah waxyaabahaas: eyda, biyaha, highway ga oo gaariga lagu wado, tanalada, meelaha dhaadheer ama gaagaaban ama xiran, dhiiga iwm. Waxaa jirada qaba 6.3 maraykan ah.

Daaweynta (Treatment)

Waxaa la hirgaliyey daaweyn rasmi ah oo loogu tala galay nooc kasta oo ka mid ah cudurada walwalka iyo walaaca ee kor ku xusan. Guud ahaan waxaa jira labo nooc oo daaweyneed: tan hore waa daawo la qaato tan labaadna waa daryeelka kale (therapy) sida latalinta, baxnaaninta, baanashada iwm ee ay dhakhaatiirtu bixiyaan.

Xaggeed kaalmo ka heli kartaa? (Getting Help)

La xiriir mid ka mid hay’adaha fuliya mashruuca Mental Health Access for Refugees (MHARI).

Somali Community Center of Nashville Tel (615) 366-6868, Centerstone/Luton Tel (615) 279-6700

Anxiety Disorders: What You need To Know

Anxiety disorders are serious medical illnesses that affect 19 million Americans adults. These disorders fill people's lives with overwhelming anxiety and fear.

What is an anxiety disorder?

Post-traumatic disorder (PTSD)

- A condition that can develop following a terrifying event. These can include violent attacks such as mugging, rape, or torture; being kidnapped or held captive; child abuse; serious accidents, and natural disasters such as floods or earthquakes. The event that triggers PTSD may be something that threatened the person's life or the life of someone close to him or her. Or it could be something witnessed, such as massive death and destruction.

Signs and Symptoms

- Often people with PTSD will have persistent frightening thoughts and memories of their ordeal and feel emotionally numb. They may relive the trauma in the form of nightmares or disturbing recollections during the day
- The person may have sleep problems, or be easily startled. They may lose interest in things they used to enjoy and have trouble feeling affectionate.
- The person may feel irritable, more aggressive than before, or even violent.
- Ordinary events can serve as reminders of the trauma and trigger flashbacks or intrusive images. Flashbacks can come in the form of images, sounds, smells, or feelings causing the person to lose touch with reality and believe that the traumatic event is happening all over again.
- PTSD is only diagnosed if the symptoms last more than one month. Symptoms usually begin within 3 months of the trauma. Occasionally, the illness doesn't show up until years after the trauma.
- PTSD affects about 5.2 million Americans

Panic Disorder

People with panic disorder have feelings of terror that strike suddenly and repeatedly with no warning. They can't predict when the next attack will occur, may have intense anxiety between episodes, worrying when the next one will strike.

Signs and Symptoms of a Panic Attack

- Heart pounding or racing
- Feeling sweaty, weak, faint or dizzy.
- Hands may tingle or feel numb.
- May feel flushed or chilled.
- Nausea, chest pain or smothering sensation.
- Fear of impending doom or loss of control.
- May genuinely believe that they are having a heart attack or losing their mind.
- Panic disorder affects 2.4 million adult Americans.
- Panic disorder may lead the person to avoid situations where panic attacks have occurred. Some people's lives become so restricted that they cannot drive or go places like the grocery store.

Other Anxiety Disorders

Generalized Anxiety Disorder: Exaggerated worry and tension every day even though there is little to provoke it. Affects 4 million adult Americans.

Social Phobia: Overwhelming anxiety and excessive self-consciousness in everyday social situations. Affects 5.3 million adult Americans

Specific Phobias: An intense fear of things posing little or no actual danger. Common phobias are closed in spaces, heights, tunnels, highway driving, water, flying, dogs and injuries involving blood. Affects 6.3 million US adults.

Treatment: Effective treatments for each of the anxiety disorders have been developed through research. In general, two types of treatment are available – medication and specific types of therapy/counseling. The type of treatment depends on the particular disorder.

Getting Help: Contact one of the participants in Mental Health Access for Refugees and Immigrants (MHARI):
Project Agencies: Somali Community Center 615-366-6868; Sudanese Community Association 477-2767; Central African Community Contact, c/o William Mwizerwa 430-5609; **Mental Health Treatment Provider:** Centerstone 279-6700 (1921 Ransom Place Nashville, TN 37217)