



3<sup>rd</sup> International Conference on  
**PSYCHOLOGY AND MENTAL HEALTH**  
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## **TITLE: Prevalence and management of panic disorder in Nepal**

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### **ABSTRACT**

The quality of daily life can be significantly impacted by panic attacks, even if they are not life-threatening conditions. Treatment, on the other hand, can be highly beneficial. A panic attack is a sudden onset of intense dread that manifests in substantial bodily symptoms when there is no real risk or clear cause. Panic attacks can be terrifying. Many people only have one or two panic attacks in their lives, and the condition fades away after the stressful situation is past. People in such situations complain of tingling, numbness, palpitation, sweating, dizziness, fainting episodes, being scared, having difficulty breathing, tremors, fear of death, and fear of loss. Bio-psychosocial variables may contribute to panic disorder. Research has indicated an increase in panic disorder during the armed conflict, major earthquakes, and COVID pandemic. Aside from interpersonal pressures, it has been discovered that panic disorder is triggered by environmental factors. Academic difficulty, corporal punishment, bullying, family conflict, and life-threatening incidents are all significant contributors to panic disorder in children and teenagers. Unemployment, divorce and marital conflict, natural calamities, and extramarital affairs, to name a few, cause panic condition in adults. In Nepal, panic disorder is treated with pharmaceutical, psychotherapy, and counseling. People in such situations seek traditional healers before seeking expert services in hospitals. It is common in Nepalese culture. Pharmaceuticals, psychotherapy, and counseling have all been shown to be beneficial in the treatment of panic disorder.

### **BIOGRAPHY**

Bhupendra Singh Gurung received his MPhil in Clinical Psychology from Tribhuvan University's Institute of Medicine. He has vast expertise working in the mental health profession. Gurung has worked in hospitals, community-based organizations, and academic institutions, among other places. He has also done study on a variety of mental health topics.



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He has presented his findings and written papers that have been published in publications. He was awarded for the best poster presentation at the International Conference on Child and Adolescent Mental Health Nepal, 2022. In addition, he has worked extensively with government agencies and non-governmental organizations in Nepal to develop mental health policies and services. In addition, he is dedicated to raising public awareness about mental health concerns in Nepal and improving mental health literacy among the general community.

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**Mode of Presentation:** Oral/Poster.

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