



# The Effects of Psychological Stress and Prognosis of Patients with Brain Aneurysms

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## DESCRIPTION

Aneurysms in the brain's blood vessels are weak or bulging spots in the blood vessel walls. In the event that they burst and bleed, they may result in fatal complications such as a stroke, brain damage, coma, or death. Brain aneurysms do not always burst, though. Some are still intact and might not show any signs of being damaged. Actually, unruptured brain aneurysms occur in roughly 3% of persons in the United States of America.

A person's psychological health and behavior can be significantly impacted by the presence of a brain aneurysm, whether it has ruptured or not. According to studies, those who have brain aneurysms are more likely to develop stress, anxiety, depression, Post-Traumatic Stress Disorder (PTSD), cognitive decline, and personality changes. The quality of life, functional rehabilitation, and risk of aneurysm recurrence or rupture can all be impacted by these psychological aspects.

For patients with brain aneurysms, it is crucial to recognize and control stressors, as well as to develop coping mechanisms. An undesirable or difficult situation can cause stress, which is characterized as a condition of mental or emotional pressure or tension. The techniques people employ to manage their stress and lessen its negative effects are known as coping mechanisms. Techniques for stress relief, physical activity, social support, Cognitive-Behavioral Therapy (CBT), and Mindfulness-Based Stress Reduction (MBSR) are a few examples of coping mechanisms.

Inducing a feeling of tranquility and relaxation through the use of relaxation techniques can assist lower bodily and mental arousal. They can consist of biofeedback, guided imagery, yoga, tai chi, progressive muscle relaxation, and breathing exercises. Muscle tension, blood pressure, heart rate, and cortisol levels—all of which are elevated under stressful situations—can all be reduced using relaxation techniques. Mood, sleep, and cognitive function can all be enhanced by them.

Patients with brain aneurysms can also benefit from exercise as a coping mechanism. Exercise can improve blood flow to the brain, lower inflammation, improve cardiovascular health, and

boost neurogenesis and neuroplasticity. Additionally, endorphins and other neurotransmitters are released during exercise, which can enhance mood, lessen pain, and reduce stress. Exercise can be anaerobic or aerobic, such as strength training or high-intensity interval training. Aerobic exercise includes activities like walking, running, cycling, and swimming.

Another significant component that can impact individuals with brain aneurysms' psychological health and recovery is social support. Social support is the availability and caliber of interpersonal connections that offer support in the form of emotions, knowledge, skills, or opinions. Through the development of self-esteem, coping mechanisms, a sense of belonging, and social integration, social support can mitigate the consequences of stress. Adherence to treatment advice and healthy behaviors can also be helped by social support. Family members, close friends, coworkers, medical experts, or support groups can all provide social support.

The goal of Cognitive-Behavioral Therapy (CBT), a type of psychotherapy, is to change unhelpful ideas and actions that cause psychological suffering. CBT entails recognizing and disputing false or unreasonable ideas, swapping them out for truer or more constructive ones, and developing fresh coping mechanisms and behaviors. CBT can aid those who have experienced a brain aneurysm in managing their emotional responses, such as fear, anger, guilt, or despair, as well as adjusting to changes in their physical capabilities or way of life. It can also help them manage pain or exhaustion, boost their self-confidence and self-efficacy, and avoid relapse or the return of symptoms.

## CONCLUSION

In conclusion, brain aneurysms present as fragile bulges in blood vessel walls, with potential for life-threatening rupture. Psychological impacts are profound, affecting mental health, behavior, and quality of life. Coping mechanisms like stress management, exercise, social support, and therapies such as CBT play vital roles in enhancing emotional well-being and aiding recovery.

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