Mental Health: Anxiety Disorders

Anxiety disorders affect over 57 million adults in America – more than 26 percent of the U.S. population.

About Anxiety Disorders
Commonly occurring along with other mental or physical illnesses, anxiety disorders last at least six months and can get worse without treatment. There are six types of anxiety disorders: panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, social phobia, specific phobia, and generalized anxiety disorder.

Panic Disorder
This condition affects about 6 million U.S. adults – and is twice as common in women. It is characterized by sudden attacks of terror – known as panic attacks – which are usually accompanied by a pounding heart, sweating, dizziness and/or weakness. During these attacks, sufferers may flush or feel chilled, their hands may tingle or feel numb, and nausea or chest pain may occur. Panic attacks usually produce a sense of unreality, a fear of impending doom, or a fear of losing control. They can occur at any time – even during sleep. About one-third of people who experience panic attacks become so fearful that they refuse to leave home. When the condition progresses this far, it is called agoraphobia – a fear of open spaces.

Obsessive-Compulsive Disorder (OCD)
OCD sufferers have persistent, upsetting thoughts or obsessions, and use rituals to control the anxiety these thoughts produce. Most often, the rituals end up controlling the person with OCD. For example, if someone is obsessed with germs and dirt, he/she may develop a compulsion for excessive hand washing. OCD is estimated to affect over 2 million adults in the U.S.

Post-Traumatic Stress Disorder (PTSD)
PTSD develops after a horrifying ordeal that involved physical harm or the threat of it. PTSD was first brought to the public’s attention in relation to war veterans, but it can result from a variety of traumatic incidents, such as kidnapping, abuse, or a car accident. People with PTSD may startle easily, become emotionally numb (especially to people with whom they used to be close), lose interest in things they used to enjoy, become irritable or aggressive, or even become violent. They avoid situations which remind them of the original incident, and anniversaries of the incident are usually very difficult. PTSD affects nearly 8 million adults in the United States, but can occur at any age – even childhood.

Social Phobia
Also called social anxiety disorder, social phobia is diagnosed when people become overwhelmingly anxious and excessively self-conscious in everyday social situations. People with this phobia have an intense, persistent and chronic fear of
being watched and judged by others and of doing things that will embarrass them. They can worry for days or even weeks before a dreaded situation. Many with social phobia realize that their fear is unwarranted, but are unable to overcome it. This phobia affects about 15 million American adults.

**Specific Phobias**
A specific phobia is an intense, irrational fear of something that actually poses little or no threat – such as heights, escalators, dogs, spiders, closed-in places, or water. These types of phobias affect over 19 million adults in the U.S. and affect women twice as often as men. Like social phobia, sufferers understand that these fears are irrational, but feel powerless to stop them. The causes of these phobias are not well understood, but symptoms usually appear in childhood or adolescence and continue into adulthood.

**Generalized Anxiety Disorder (GAD)**
People with GAD go through the day filled with exaggerated worry and tension, even when there is little or nothing to worry about. An estimated 6.8 million American adults have GAD, and it also affects women twice as often. GAD is diagnosed when a person worries excessively about a variety of everyday problems for at least 6 months. Physical symptoms accompanying this condition include fatigue, headaches, irritability, nausea, frequent urination, and hot flashes.

**Diagnosis and Treatment**
In general, anxiety disorders are treated with medication, specific types of psychotherapy, or both. Before treatment begins, a doctor must conduct a careful diagnostic evaluation to determine whether a person’s symptoms are caused by an anxiety disorder or a physical problem. Sometimes alcoholism, depression, or other coexisting conditions have such a strong effect on the individual that treating the anxiety disorder must wait until those conditions are brought under control. Those with anxiety disorders usually must try several different treatments or combinations of treatment before finding the one that works for them.

**How to Get Help**
If you think you have an anxiety disorder, the first step to take is to visit your physician. He/she can determine if the symptoms which alarm you are caused by an anxiety disorder, another medical condition, or both. If an anxiety disorder is diagnosed, you will be referred to a mental health professional. The practitioners who are most helpful with anxiety disorders are those who have training in cognitive-behavioral therapy and/or behavioral therapy, and who are open to using medication if it is needed.

For more information, contact the National Institute of Mental Health (NIMH) at [www.nimh.nih.gov](http://www.nimh.nih.gov) or (866) 615-NIMH (6464).

**Source: NIMH**

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**Did you know...?**
Each anxiety disorder has different symptoms, but all the symptoms cluster around excessive, irrational fear and dread. It is important to seek treatment if fear is a daily component of your life.