



# ANXIETY FACT SHEET

a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.



## SYMPTOMS OF AN ANXIETY DISORDER

- excessive worrying interfering with daily life
- rapid pulse, sweaty palms, dry mouth; sympathetic system in overdrive
- feeling restless, fatigued, irritated
- difficulty concentrating on daily tasks
- tense muscles
- sleep disturbances or lack of sleep
- panic attacks
- avoiding social gatherings
- irrational behaviors fears



## AFFECTING 13.3% OF US

Anxiety Disorders are the most common mental illness in the U.S. with 19.1 million of the adult U.S. population affected. Anxiety is more likely to affect women, increasing around 9% compared to males.



## SMALL TREATMENT MARGIN

Only 36.9% of those suffering from a form of anxiety receive treatment, although they are highly treatable.



## MORE DOCTOR VISITS

People with an anxiety disorder are 3-5x times more likely to go to the doctor, and 6x more likely to be hospitalized for psychiatric disorders than non-sufferers.

## CO-CURRING ILLNESSES

People with anxiety are more likely to have depression, eating disorders, body dysmorphia, attention hyper/deficit disorder, and more. Anxiety can worsen symptoms both mentally and physically.

