

SOME “KEY FACTS”

on

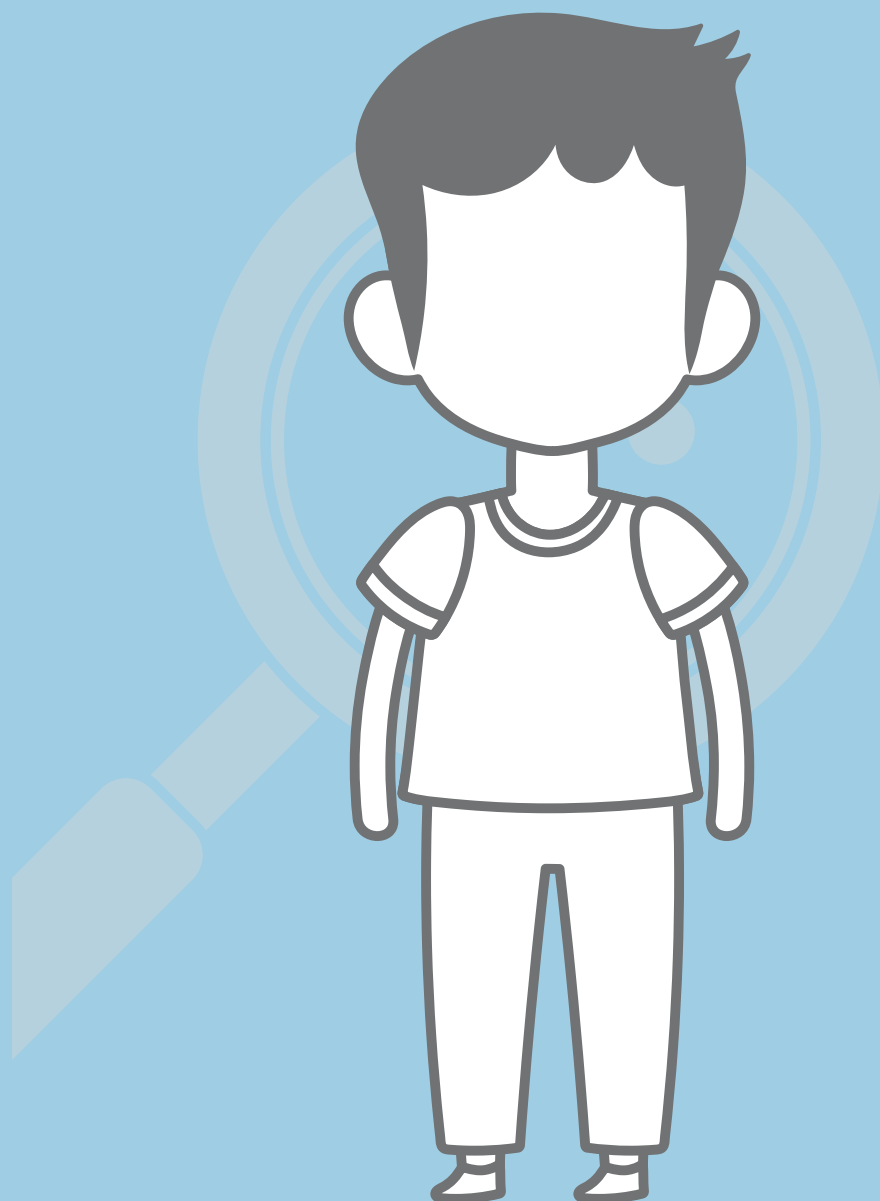


ANXIETY DISORDERS

AN INITIATIVE BY CONSULT ANIKET

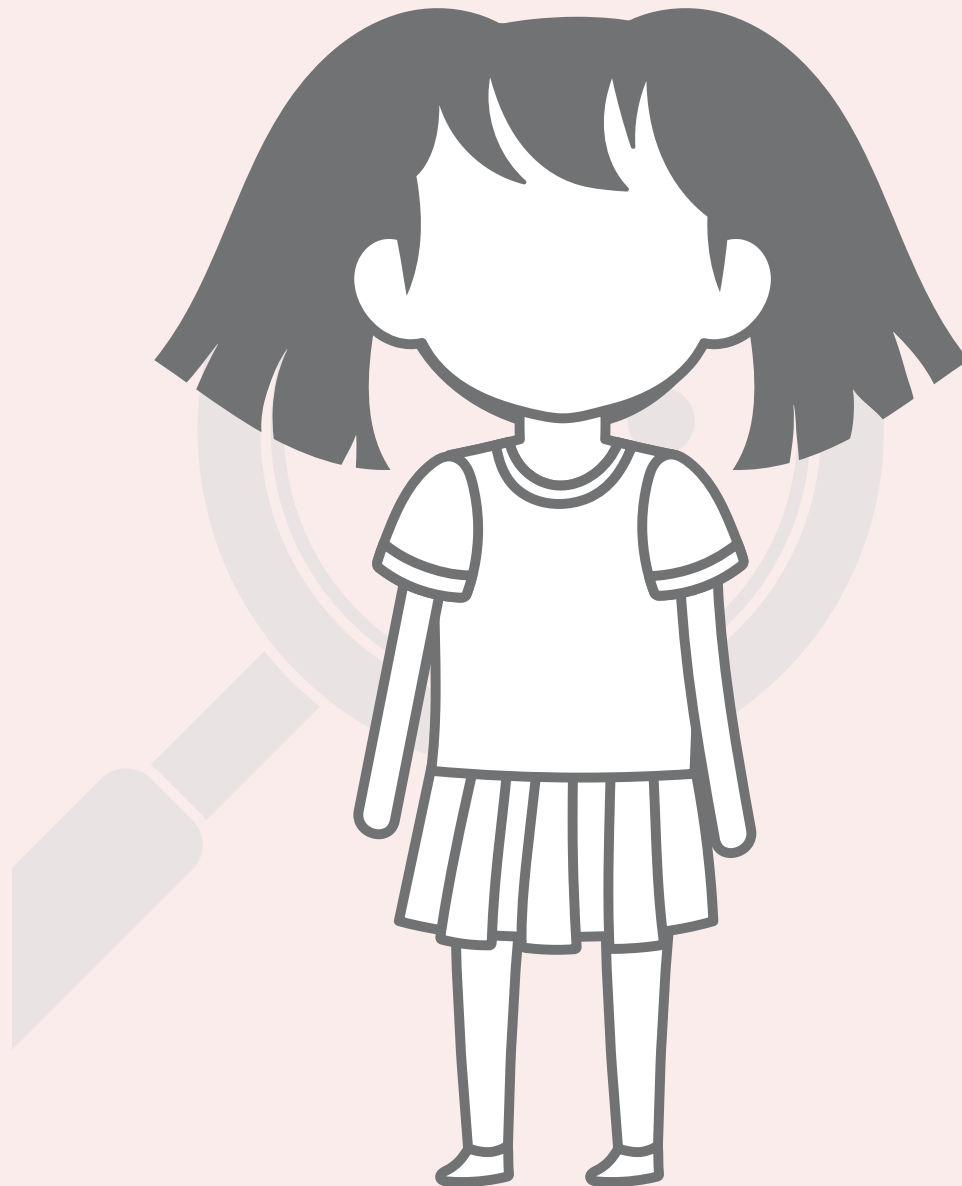
FACT #1

Anxiety Disorders are characterised by excessive fear and worry and related behavioural disturbances.



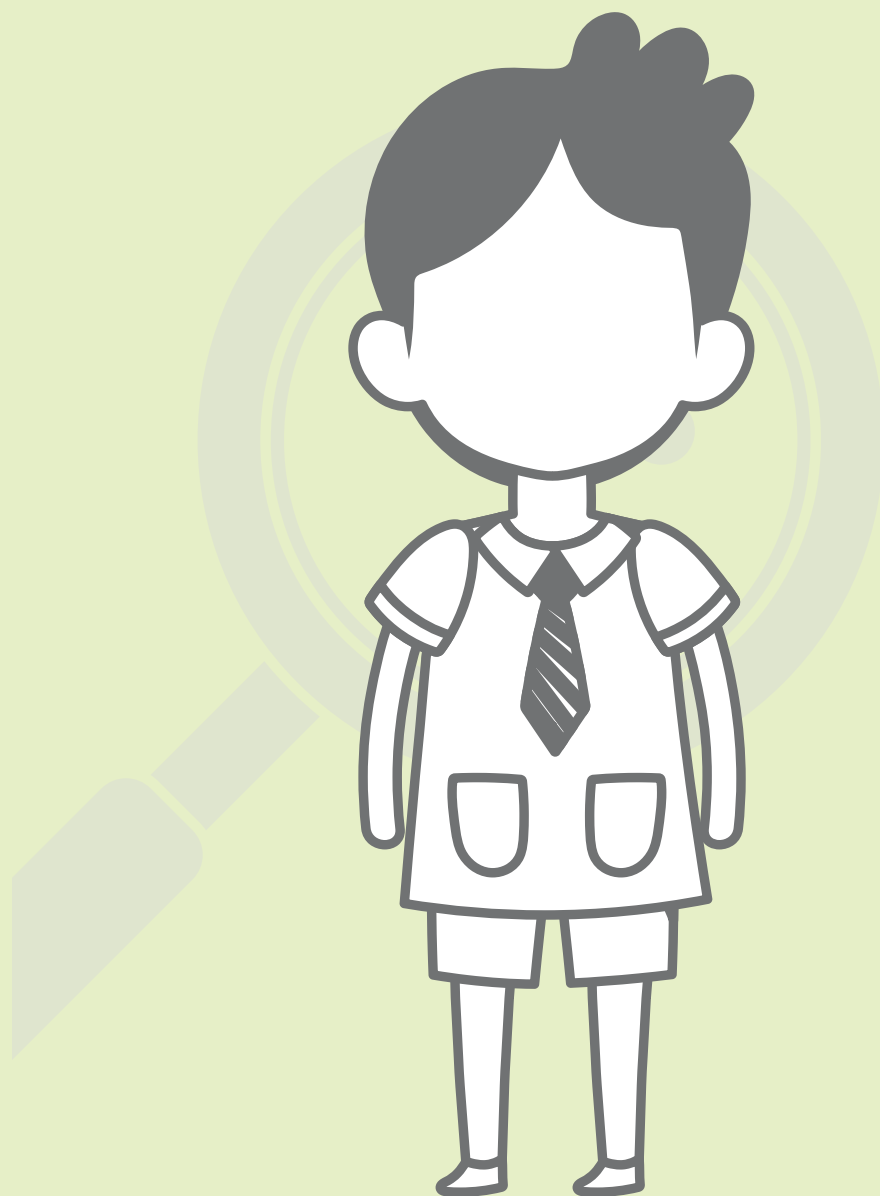
FACT #2

Symptoms are severe enough to result in significant distress or significant impairment in functioning.



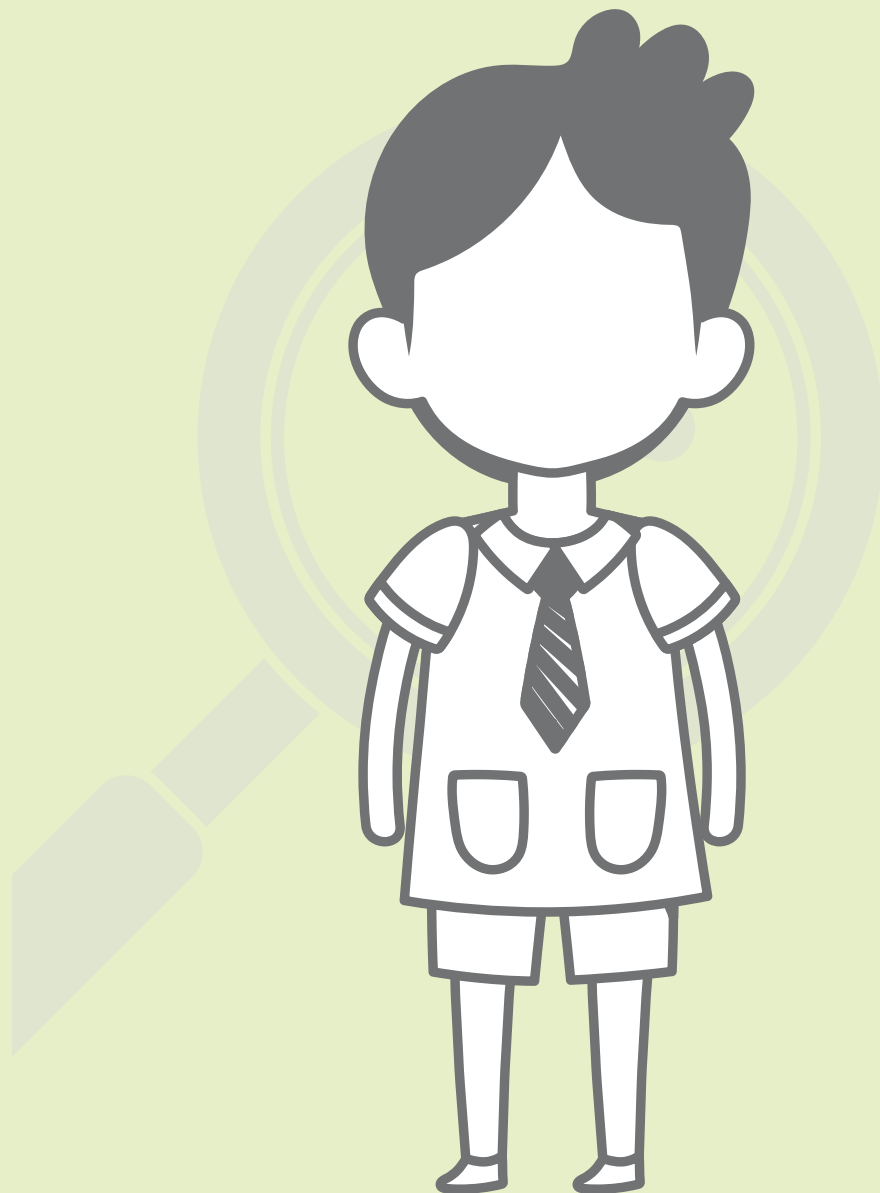
FACT #3

There are several kinds of anxiety disorders such as 'Generalised Anxiety Disorder (characterised by excessive worry)' ...



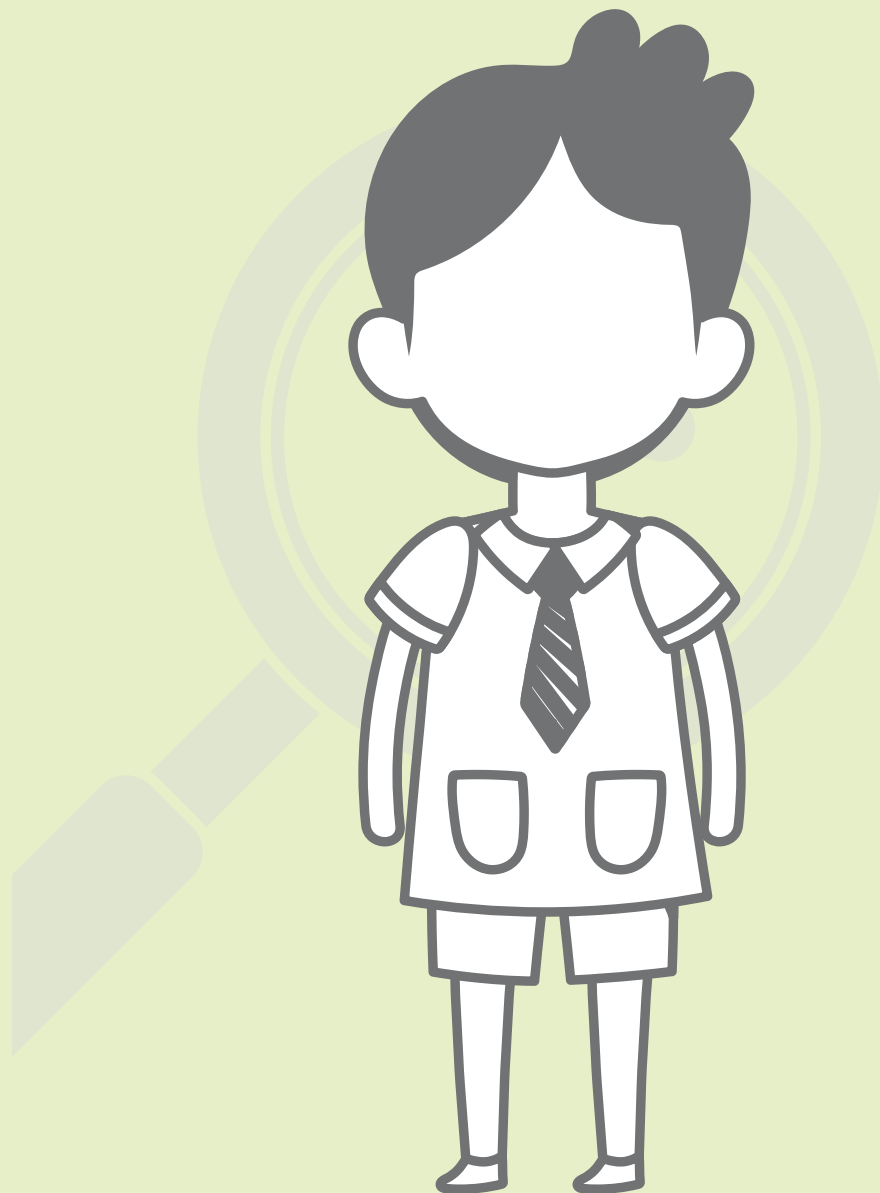
FACT #3 (CONTD...)

**...‘Panic Disorder
(Characterised by panic
attacks)’...**



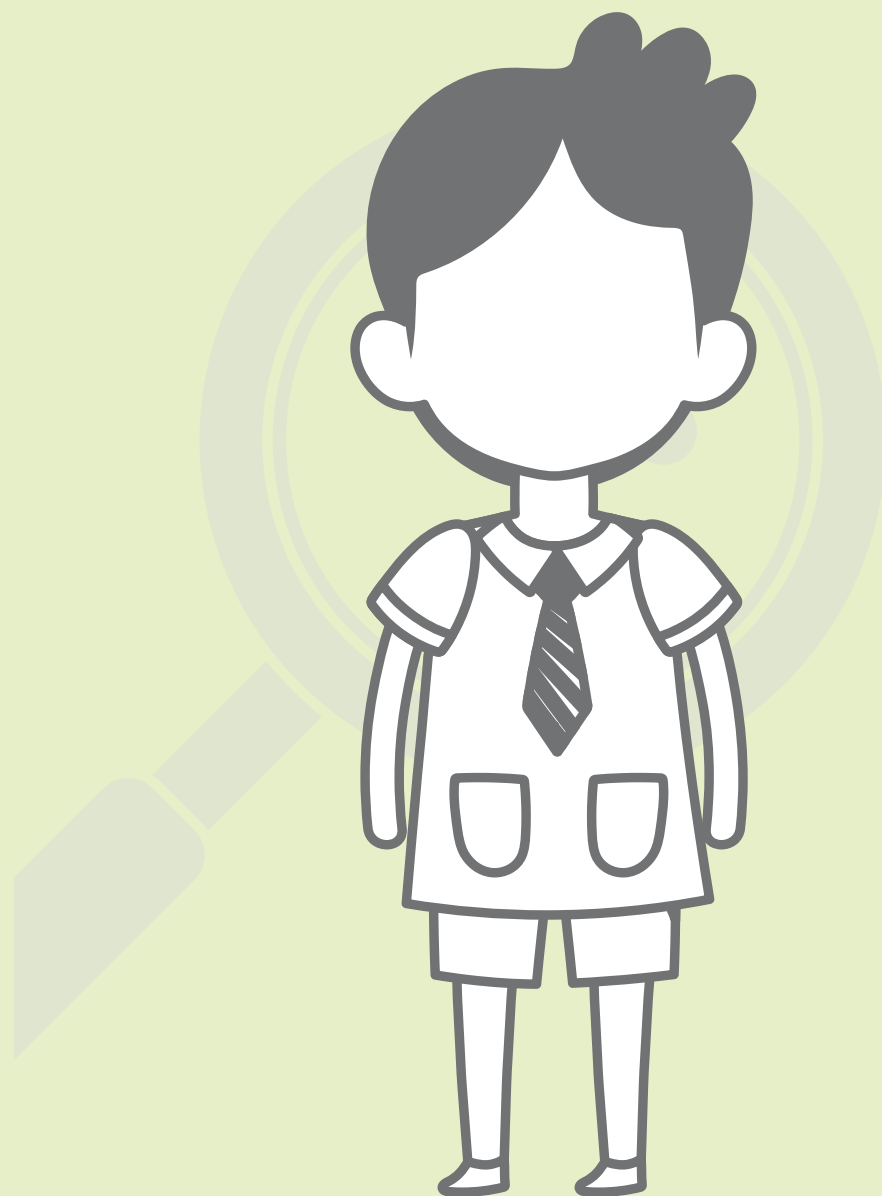
FACT #3 (CONTD...)

**... 'Social Anxiety Disorder
(characterised by excessive
fear and worry in social
situations)' ...**



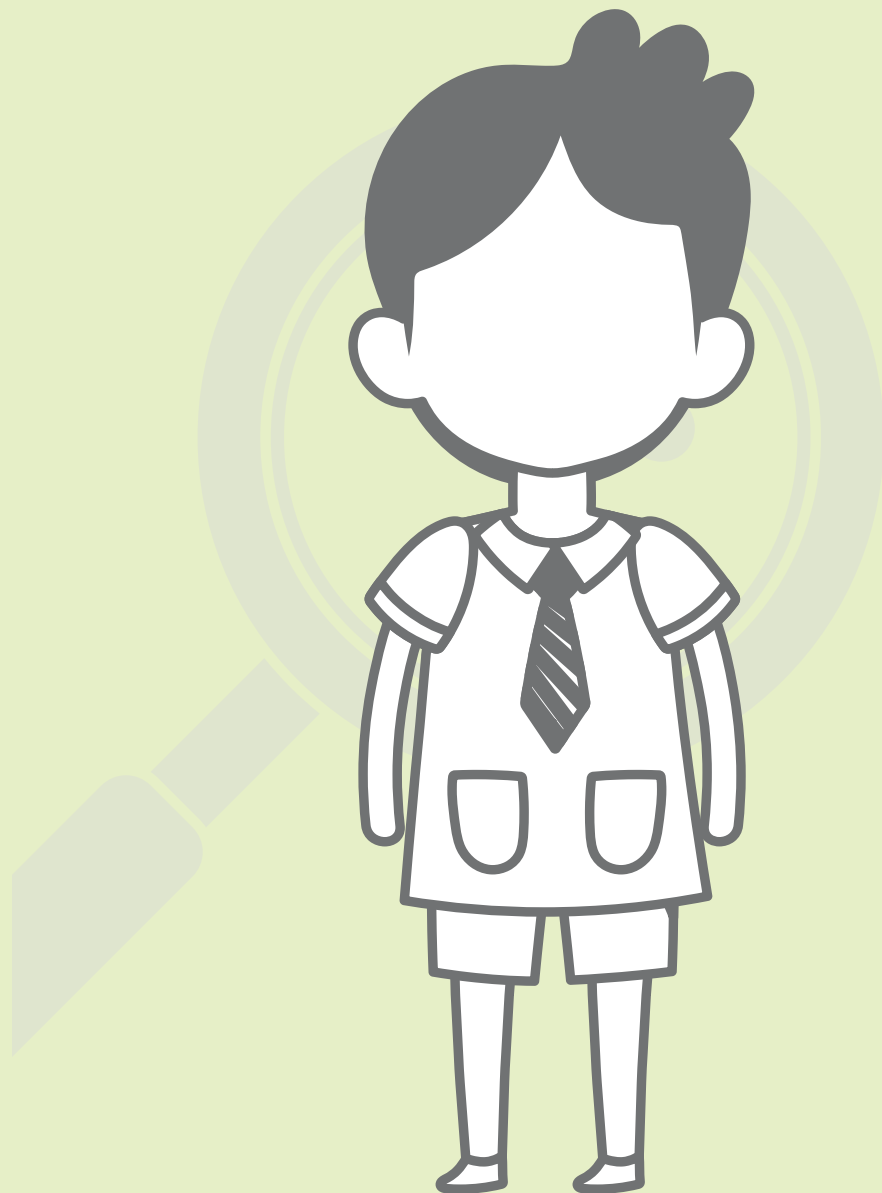
FACT #3 (CONTD...)

...'Separation Anxiety Disorder (characterised by excessive fear or anxiety about separation from those individuals...



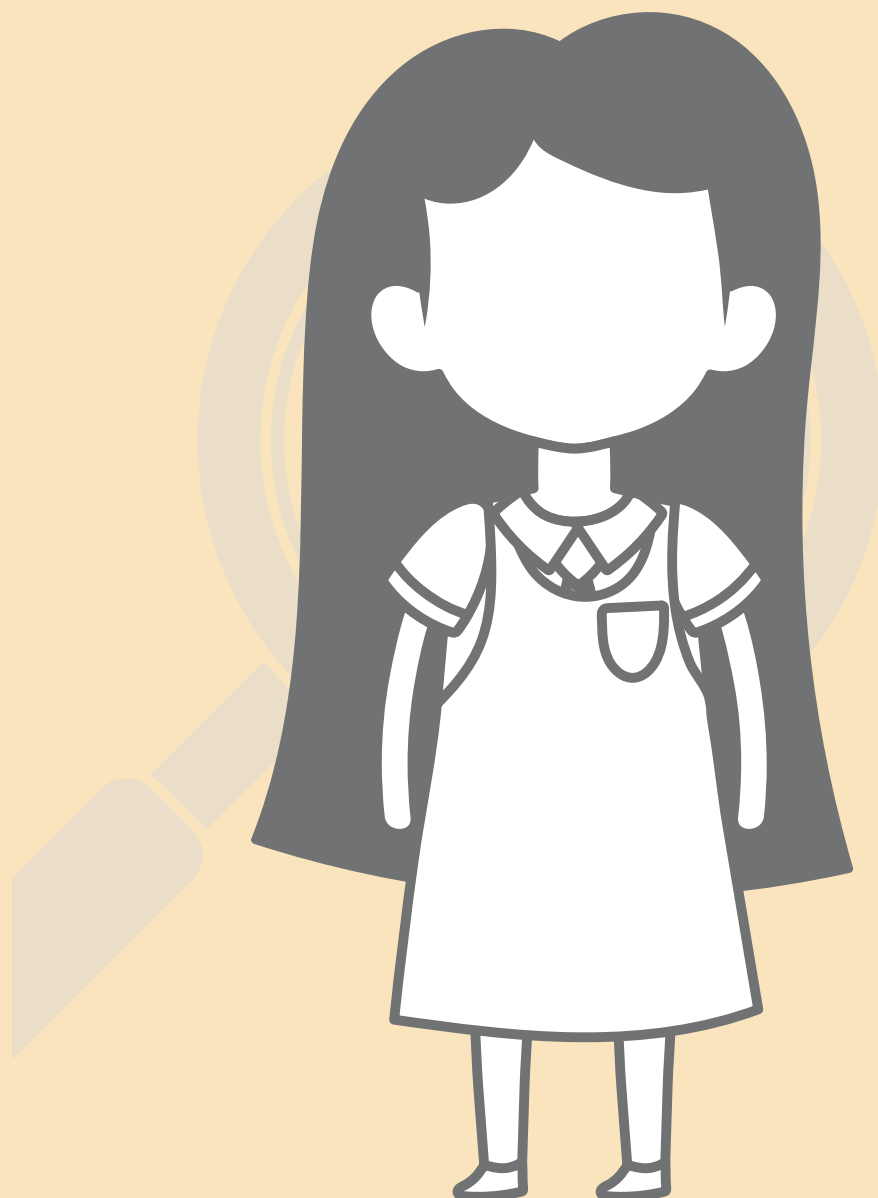
FACT #3 (CONTD...)

...to whom the person has a deep emotional bond), and others.



FACT #4

In 2019, 301 million people were living with an anxiety disorder including 58 million children and adolescents.



FACT #5

Effective psychological treatments exist, and depending on the age and severity, medication may also be considered.





Like, Comment &
Share this Post