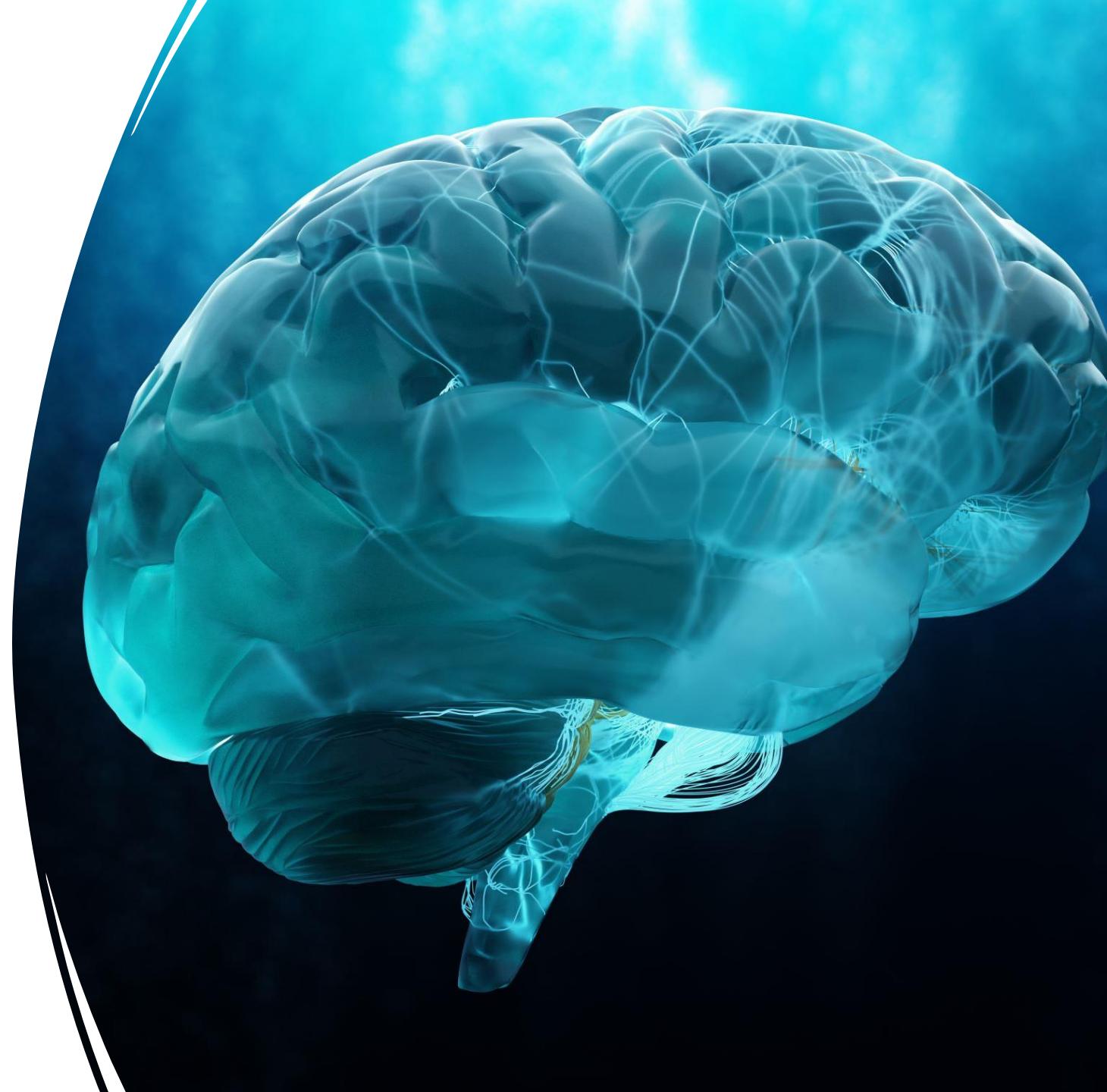


GENERALIZED ANXIETY DISORDER (GAD)

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WHAT IS GAD?

- Generalized Anxiety Disorder is a mental health disorder characterized by excessive and persistent worry about everyday life.
- According to the DSM-5, the anxiety occurs more days than not for at least 6 months about a plethora of events or activities.
- It causes clinically significant distress or impairment in social, occupational, or other important areas of functioning that is not due to direct effects of a substance or general medical condition

Common Symptoms Of Generalized Anxiety Disorder



Excessive worry



Restlessness



Difficulty concentrating



Sleep problems



Frequent fatigue



Irritability



Muscle tension



Unexplained aches and pains



SYMPTOMS OF GAD

HOW TO DIAGNOSE GENERALIZED ANXIETY DISORDER

- Diagnosing Generalized Anxiety Disorder is based on symptom severity, duration, and whether there is daily life interference.
 - Symptoms must be present for at least 6 months
 - The anxiety and worry are associated with at least 3 of the symptoms listed
 - Causes significant impairment in social, occupational or other areas of functioning
 - Not attributable to medical illness or physical effects of substances
 - Not better explained by another mental disorder



DSM-5 Criteria for Generalised Anxiety Disorder



Excessive anxiety and worry

Apprehensive expectation occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance)



Individual finds it difficult to control the worry



The anxiety and worry are associated with **3 or more of the following symptoms:**

1. Restlessness or feeling keyed up or on edge
2. Being easily fatigued
3. Difficulty concentrating or mind going blank
4. Irritability
5. Muscle tension
6. Sleep disturbance



QUICK STATS ABOUT GAD

An estimated 5.7% of US adults experience Generalized Anxiety Disorder at some point in their lives (Lifetime Prevalence)

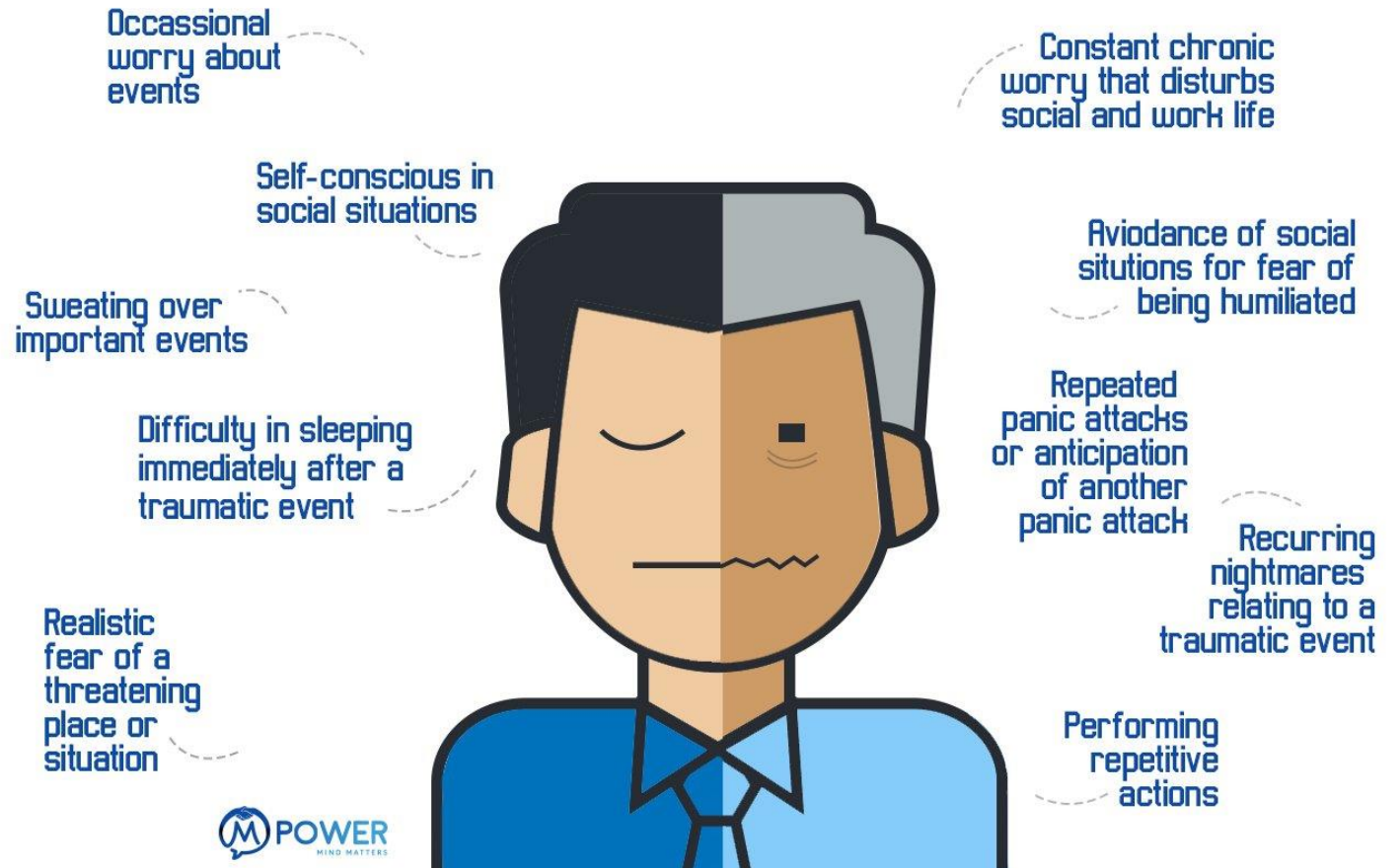
- Currently, an estimated 2.7% of adults in the US have GAD in a given year
- It is more common in women, affecting 3.4% of women compared to 1.9% of men

GAD is more common in high-income countries, with the highest risk of development being between childhood and middle age

- However, it can begin at any point in the life cycle!

NORMAL ANXIETY VS GAD

Normal Anxiety **v/s** Anxiety Disorder



Treatment Options for Generalized Anxiety Disorder

Medication



Psychotherapy



Self-help



Psychotherapy

Cognitive Behavioral Therapy (CBT), a research-supported treatment, can help change how you think and react to situations.

Acceptance and commitment therapy (ACT) is another option that uses mindfulness and goal-setting to help reduce anxiety



Medical therapy

Antidepressants: Selective Serotonin Reuptake Inhibitors and Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) are generally first-line treatments

Benzodiazepines: Used more so for short-term treatment or in cases of crisis

Buspirone: An alternative medical treatment that is less sedating than benzodiazepines



In addition to psychotherapy and medical therapy, multidisciplinary actions can also help with the management of GAD, including exercising, reducing stress, and implementing relaxation techniques

TREATMENT OF GENERALIZED ANXIETY DISORDER