

ANXIETY

Anxiety is . . .

a feeling that is a normal reaction that everyone experiences. However, anxiety becomes a diagnosable disorder when the feelings of nervousness, fear, and worry are persistent and intensify to cause significant distress.³

The 6 Types of Anxiety Disorders¹

1. Social Anxiety Disorder
2. Post-Traumatic Stress Disorder
3. Panic Disorder with or without Agoraphobia
4. Obsessive-Compulsive Disorder
5. Specific Phobia
6. Generalized Anxiety Disorder

Available Treatment

There are two main forms of treatment for anxiety disorders: medication and psychotherapy. However, the course of action depends on the type of anxiety and of course is heavily influenced by client's preferences.

Medication¹

- Antidepressants
- Anti-anxiety
- In rare cases, sedative (i.e. benzodiazepines)

Psychotherapy¹

- "Talk" therapy and psychological counselling
- Cognitive Behavioural Therapy

A combination of both types of treatment may be beneficial.

Causes

Although the direct causes of anxiety disorders aren't fully known, there are risk factors such as trauma, stress buildup, drug and alcohol use and other mental health / medical conditions that may trigger the disorder.³

Symptoms¹

- Nervousness and restlessness
- Rapid breathing
- Increased heart rate
- Sweating
- Trembling
- Feeling weak and tired
- Difficulty controlling worry
- Tendency to avoid certain things that may trigger anxiety

Diagnosis

In order for proper diagnosis, a certified health professional may perform physical exams, review client's medical history and family history of such conditions, perform psychiatric evaluations (i.e. questionnaires) and / or compare client's information to current standard medical definitions of anxiety.

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¹Katzman, M. A., Bleau, P., Blier, P., Chokka, P., Kjernisted, K., & Ameringen, M. V. (2014). Canadian clinical practice guidelines for the management of anxiety, posttraumatic stress and obsessive-compulsive disorders. *BMC Psychiatry*, 14(Suppl 1). doi:10.1186/1471-244x-14-s1-s1

² Mayo Clinic. (2018, May 04). Anxiety disorders. Retrieved from <https://www.mayoclinic.org/diseases-conditions/anxiety/diagnosis-treatment/drc-20350967>

³Psychology Today. (2018, March 05). Generalized Anxiety Disorder | Psychology Today Canada. Retrieved from <https://www.psychologytoday.com/ca/conditions/generalized-anxiety-disorder>