

Generalized Anxiety Disorders At A Glance

Causes and Risk Factors:

- Feeling restless and on edge
- Easily fatigued
- Difficulty Concentrating
- Irritability
- Muscle Tension
- Difficulty controlling feelings of worry
- Sleep disturbances
- History of other mental illness
- Temperamental traits of shyness or behavioral issues
- Exposure to negative life or environmental events

(The National Institute of Mental Health 2021)



Anxiety occurs occasionally for most people over the course of their lifetime. A person with generalized anxiety disorder experiences anxiety that does not go away and that can worsen over time.

*31.1% of U.S. adults experience anxiety disorders in their lifetime

*19.1% of U.S adults had anxiety disorders this past year

*31.9% of adolescents experienced any type of anxiety disorder this past year

(The National Institute of Mental Health 2021)



Research:

With the recent outbreak of Covid-19, increased diagnosis of anxiety disorders have occurred. The most alarming increased rates have been in adolescents who have been exposed to higher episodes of isolation and stress within their families (Sniadach et al. 2021).

Anxiety disorders are often also co-occur with major depressive disorders, substance-use disorders, and personality disorders. Females experience higher rates of anxiety disorders than men (Craske 2016).



References

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