

Anxiety Signs/Symptoms

Target Population: Adult

Diagnosis-Specific Table: Anxiety Signs/Symptoms		
Disorder	Description	Management Considerations
Agoraphobia	<ul style="list-style-type: none"> marked fear or anxiety about the following specific situations: <ul style="list-style-type: none"> being in enclosed places being in open spaces being outside of the home alone standing in line or being in a crowd using public transportation situations are actively avoided, require the presence of a companion or are endured with intense fear or anxiety fear or anxiety is out of proportion to the actual danger posed persistent, typically lasting for 6 months or more 	<ul style="list-style-type: none"> can cause individuals to become completely homebound treatment includes: <ul style="list-style-type: none"> breathing retraining, applied relaxation cognitive behavioral therapy (systematic desensitization, flooding) cognitive restructuring exposure therapy mindfulness-based interventions exercise recommended as an adjunctive treatment <p>Note: Depressive symptoms, as well as abuse of alcohol and sedative medications, are common.</p>
Generalized Anxiety Disorder	<ul style="list-style-type: none"> persistent and excessive anxiety and worry about various domains, including school and work performance, that an individual finds difficult to control, occurring more days than not for at least 6 months 	<ul style="list-style-type: none"> comorbidity with chronic physical conditions is common, including asthma, thyroid disease, coronary artery disease, dementia and sensory loss often co-occurs with other mental disorders, such as depression, substance abuse, posttraumatic stress and obsessive-compulsive disorder treatment may include: <ul style="list-style-type: none"> applied relaxation (cognitive behavioral therapy cognitive therapy thought-stopping
Panic Disorder	<ul style="list-style-type: none"> panic attack: an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes; may be recurrent and unexpected persistent concerns or worries about having more panic attacks that results in maladaptive behavior designed to avoid panic, persisting for 1 month or more common symptoms include: <ul style="list-style-type: none"> chest pain or discomfort chills or heat sensation fear of dying fear of losing control or “going crazy” feeling dizzy, unsteady, light-headed or faint feeling short of breath or sensation of smothering feelings of choking feelings of unreality or being detached from oneself nausea or abdominal distress numbness or tingling sensations palpitations, pounding heart or accelerated heart rate sweating trembling or shaking <p>Note: Culture-specific symptoms, such as tinnitus, neck soreness, headache, uncontrollable screaming or crying, may be seen.</p>	<ul style="list-style-type: none"> panic attacks can occur from calm or anxious state treatment includes: <ul style="list-style-type: none"> applied relaxation breathing retraining cognitive behavioral therapy cognitive restructuring exposure therapy mindfulness-based interventions complementary treatment with cognitive behavioral therapy approach, such as bibliotherapy, support groups, exercise and web programs

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Selective Mutism	<ul style="list-style-type: none"> • consistent failure to speak in a social situation in which there is an expectation to speak (despite being able to speak in other situations) with a duration of at least 1 month • not due to lack of knowledge of, or discomfort with, the spoken language required in the social situation • cannot be explained by a communication disorder 	<ul style="list-style-type: none"> • rare in adults • mutism may resolve in many cases, but social anxiety may persist
Separation Anxiety Disorder	<ul style="list-style-type: none"> • developmentally-inappropriate and excessive fear or anxiety concerning separation from those to whom the individual is attached, that is persistent and lasting at least 6 months 	<ul style="list-style-type: none"> • separation anxiety decreases prevalence in adolescence and adulthood • family-based services are important as symptoms often become a source of frustration for family, leading to resentment and conflict • repeated nightmares involving the theme of separation positively respond to exposure and rescripting therapies • treatment may include behavior therapy and psychodynamic therapy
Social Anxiety Disorder	<ul style="list-style-type: none"> • fear or anxiety about, or avoidance of, social interactions and situations that involve the possibility of being scrutinized • common situations include social interactions, being observed and performing in front of others • fear or anxiety is out of proportion to the actual threat posed • persistent; typically lasting for 6 months or more 	<ul style="list-style-type: none"> • treatment includes: <ul style="list-style-type: none"> – applied relaxation – cognitive behavioral therapy (systematic desensitization, flooding, exposure) • co-occurrence with alcohol-use disorder is common • with co-occurring alcohol use disorder, treatment includes: <ul style="list-style-type: none"> – cognitive behavioral therapy and motivational interviewing – motivational enhancement therapy
Specific Phobia	<ul style="list-style-type: none"> • fear, anxiety and avoidance of specific objects or situations • almost immediately induced by the phobic situation to a degree that is persistent and out of proportion to the actual risk posed • persistent, typically lasting for 6 months or more • common phobias include fear of flying, heights, animals, receiving an injection or seeing blood 	<ul style="list-style-type: none"> • may be co-occurring with panic attacks • multiple specific phobias may be present with distress and impairment, increasing with the number of feared objects and situations • treatment includes: <ul style="list-style-type: none"> – applied relaxation – cognitive behavioral therapy (systematic desensitization, flooding) – exposure therapy