

ANXIETY

What is Anxiety?

Anxiety is a state of apprehension, uneasiness, and tension.

DISORDER

What is a Disorder?

Some people are put off by the word "disorder," but it simply means a disturbance of normal functioning -- and it's something that can be corrected.

Anxiety Disorders

Agoraphobia: Anxiety about places from which escape might be difficult, or in which help may be unavailable in the event of having a Panic Attack.

Panic Disorder: Recurrent, unexpected Panic Attacks. A Panic Attack is the sudden onset of fear accompanied by symptoms such as racing heartbeat, sweating, or a fear of losing control or dying.

Generalized Anxiety Disorder (GAD): Persistent, excessive worry about a number of events or activities.

Obsessive-Compulsive Disorder (OCD): Persistent thoughts that cause anxiety, followed by behaviors that are intended to reduce the anxiety.

Post-Traumatic Stress Disorder (PTSD): Persistent, distressing recollection or re-experiencing of a traumatic event.

Social Phobia, also called Social Anxiety Disorder: Fear of social or performance situations in which embarrassment may occur.

Specific Phobias: Persistent fear of specific objects or situations such as animals, heights, getting an injection, or flying.

Obsessive-Compulsive Spectrum Disorders

Asperger's Disorder: Severe impairment in social interaction and the development of restricted, repetitive patterns of behavior.

Tic Disorders: The presence of sudden, recurrent movements or vocal sounds, such as blinking, neck jerking, or clearing the throat.

Tourette's Disorder (TD): A Tic Disorder in which both motor tics (sudden, recurrent movements) and vocal tics (sudden, recurrent sounds) occur.

Eating Disorders: Severe disturbances in eating behavior, including Anorexia -- fear of gaining weight, Bulimia -- recurrent bingeing and purging, and Binge-eating -- impaired control over eating.

Body Dysmorphic Disorder (BDD): Preoccupation with a perceived "defect" in one's appearance.

Hypochondriasis (HC): Preoccupation with the fear of having a serious disease.

Trichotillomania (TTM): Compulsive hair pulling.

Dermatillomania (DTM): Compulsive skin picking.

Compulsive Nail Biting

Obsessive-Compulsive Personality Disorder (OCPD): A personality type characterized by a preoccupation with perfectionism, orderliness, and control.

Other problems that mental health professionals sometimes include among the OC Spectrum Disorders are:

Pathological Jealousy, Compulsive Buying, Kleptomania (Compulsive Stealing), Pathological Gambling, Sexual Addictions