## Anxiety Disorders Defined

What is Anxiety? Anxiety is a state of apprehension, uneasiness, and tension. What is a Disorder? Some people are put off by the word "disorder", but it simply means a disturbance of normal functioning—it is 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 Disorder**: 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 (the fear of gaining weight), Bulimia (recurrent binging 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: 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.

"Our anxiety does not empty tomorrow of it's sorrow, but only empties today of it's strength."

-Charles H. Spurgeon

