

# 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 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:** 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

