



The Facts About Generalized Anxiety Disorder

- Generalized Anxiety Disorder (GAD) affects 6.8 million American adults. In addition, women are twice as likely as men to be affected by this type of anxiety disorder.
- GAD is characterized by persistent, excessive, and irrational worry about everyday things, lasting for six months or more. The focus of GAD-related worry can shift from issues like job, finances, and health to more mundane issues such as chores, car repairs, and being late for appointments. The intensity, duration, and frequency of the worry are disproportionate to the issue and interfere with the sufferer's performance of tasks and ability to concentrate.
- GAD affects day to day functioning and can cause the following physical symptoms:
 - Muscle tension
 - Sweating
 - Nausea
 - Gastrointestinal discomfort or diarrhea
 - Cold, clammy hands
 - Difficulty swallowing
 - Jumpiness
 - Insomnia
 - Excessive irritability
- GAD can strike children and is most prominent between the ages of six and 11. It is characterized by persistent, excessive and irrational worry and anxiety over a variety of things, some of which might include:
 - Grades
 - Performance in sports
 - Punctuality
 - Family issues
 - Earthquakes
 - Health
- Similar to adult symptoms, an affected child cannot control his/her worry and it interferes with normal activity. Children with this disorder tend to be perfectionists, sometimes redoing tasks repeatedly. They may also seek constant approval from others.
- GAD can occur with other anxiety and depressive disorders and may also coincide with substance abuse.