



Facts about Anxiety Disorders

by NEWLIFEOUTLOOK TEAM

What Are Anxiety Disorders?

Sometimes, working through your thoughts logically can help. For instance, if you're in a room and the room seems to start closing in or feeling tight, try to think about the actual air flow. There's probably a form of ventilation, there's a lot of air within the room, and the people in that room aren't using all of the oxygen they inhale; part of the oxygen in the air that is inhaled is exhaled as waste. So, there's no risk for suffocation at all. Thinking through something logically and looking for areas you can use that conflict with your negative thoughts is one way to help you cope when you start to feel an anxiety attack come on.

WHAT ARE ANXIETY DISORDERS?

ANXIETY DISORDERS are a group of mental health conditions characterized by excessive and persistent worry, fear, and nervousness. They can significantly impact a person's daily life and overall well-being.

HOW MANY PEOPLE EXPERIENCE ANXIETY DISORDERS?

- Approximately 1 in 10 people experience an anxiety disorder at some point in their lives.
- Approximately 1 in 5 people experience an anxiety disorder in any given year.
- Approximately 1 in 10 people experience an anxiety disorder in any given month.

SYMPTOMS OF ANXIETY DISORDERS

- Excessive and persistent worry or fear
- Feeling nervous, restless, or on edge
- Difficulty concentrating
- Physical symptoms such as rapid heartbeat, sweating, and trembling
- Avoidance of situations that trigger anxiety

CAUSES OF ANXIETY DISORDERS

- Genetics
- Brain chemistry
- Environmental factors
- Life events
- Personality
- Medical conditions
- Medications
- Substance use

FACTS WITH AN ANXIETY DISORDER

- People with an anxiety disorder are 2.5 times more likely to be hospitalized for depression.
- People with an anxiety disorder are 2.5 times more likely to be hospitalized for substance use.
- People with an anxiety disorder are 2.5 times more likely to be hospitalized for self-harm.

ANXIETY DISORDERS AND THE RISK OF DEPRESSION

- 55.2% of people with an anxiety disorder also experience depression.
- 70% of people with an anxiety disorder also experience depression.

THE HISTORY OF ANXIETY DISORDER

1850

- Sigmund Freud's theory of the mind, which proposed that the mind is divided into three parts: the conscious mind, the preconscious mind, and the unconscious mind.
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PRESENT DAY

ANXIETY DISORDERS IN THE DSM-5

- Generalized Anxiety Disorder (GAD)
- Panic Disorder
- Agoraphobia
- Specific Phobia
- Social Anxiety Disorder (SAD)
- Separation Anxiety Disorder (SAD)
- Post-Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Hoarding Disorder
- Substance-Related Anxiety Disorder

HOW IS ANXIETY DISORDER TREATED?

- Psychotherapy
- Medication
- Support groups
- Lifestyle changes

GLOBAL BURDEN OF ANXIETY DISORDERS

- Anxiety disorders are the most common mental health disorders worldwide.
- Anxiety disorders are the leading cause of disability-adjusted life years (DALYs) in many countries.
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