

Title:

Anxiety Disorder and Changed Lives

Word Count:

558

Summary:

This article talks about the symptoms, causes, and treatments for anxiety disorder, a condition

Keywords:

anxiety disorder

Article Body:

Anxiety disorder affects many people around the world and is particularly common in Western an

Individuals who suffer from anxiety disorder tend to tire easily, lack concentration, depressi

Medical studies suggest that there are six types of anxiety disorders in the adult population:

- Panic Disorders - The primary symptom of panic disorder is the occurrence of panic att
- Obsessive-Compulsive Disorder - This disorder is characterized by unwanted, interferin
- Phobias - It is an irrational, intense, persistent fear of certain, objects, activitie
- Stress Disorders - This condition is centered on negative reactions to traumatic event
- Generalized Anxiety Disorder (GAD). This condition is characterized by irrational worr
- Anxiety disorder due to physical causes. These include general medical conditions or d

The causes and symptoms of anxiety vary from person to person and may produce physical, cognit

Sessions of psychotherapy may be enough to treat mild anxiety disorders. Many health professio

Many health professionals encourage individuals affected with anxiety disorder to engage in ph

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