Generalized Anxiety Disorder

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Generalized Anxiety
General with Anxiety-bag
GAD involves excessive anxiety not focused on a specific fear and not caused by medications but does surround other aspects of life (e.g., school, work).

Symptoms > 6 Months
Greater-than Sign with (6) Sax and Month-moon
GAD is characterized by any number of symptoms for at least six months.

Symptoms

Restlessness and Irritability
Restless-wrestler and Irritation
GAD involves many symptoms, including restlessness and irritability, nervousness, fatigue, muscle tension, insomnia, and concentration difficulties.

Fatigue
Sleepy-guy
GAD involves many symptoms, including restlessness and irritability, nervousness, fatigue, muscle tension, insomnia, and concentration difficulties.

Insomnia
Taped-awake-insomniac
GAD involves many symptoms, including restlessness and irritability, nervousness, fatigue, muscle tension, insomnia, and concentration difficulties.

Concentration Difficulty
Difficulty using Concentration
GAD involves many symptoms, including restlessness and irritability, nervousness, fatigue, muscle tension, insomnia, and concentration difficulties.

Treatment

Cognitive Behavioral Therapy
Cog Behavioral Therapist
The first-line treatment of GAD involves cognitive behavioral therapy and antidepressants (e.g., SSRIs, SNRIs).

Antidepressants
Ant-tie-depressed Emo
The first line treatment of GAD involves cognitive behavioral therapy along with antidepressants (e.g. SSRIs, SNRIs). The second-line treatment of GAD can also involve the use of TCAs, benzodiazepines, buspirone, and antipsychotics.

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