

Generalized Anxiety Disorder



PLAY PICMONIC

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

Fatigue

Sleepy-guy

Insomnia

Taped-awake-insomniac

Concentration Difficulty

Difficulty using Concentration

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

 try

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.