

Anxiety Disorders Cheat Sheet by adia via cheatography.com/133357/cs/27204/

Separation Anxiety Disorder

symptoms

treatment

stigma

Separation Anxiety Disorder

symptoms refusing to sleep alone, nightmares with theme of

seperation, intesnst worry when away from home/f-

amily, refusing to go to school

treatment psychotherapy, medication (SSRIs)

stigma diminished self-worth and confidence, feel socially

disconnected from peers

examples being left at daycare, entering school, left with abysit-

ters, staying overnight at someone's house

Specific Phobias

symptoms sweating, trembling, hot flushes or chills, choking

sensation, rapid heartbeat

treatment exposure therapy

stigma an exaggeration, any fear is considered a phobia,

examples arachnophobia, tropophobia, acrophobia

panic disorder

symptoms pounding/racing heart, sweating, chills, trembling,

breathing problems, sense of impending doom, fear of

loss of control or death

treatment talk therapy, CBT, SSRIs, SNRIs

stigma overreacting, emotionally fragile or unstable

examples worrying they will faint, embarrass themselves, have a

heart attack, die, go crazy

generalized anxiety disorder

symptoms Feeling restless, wound-up, or on-edge, Being easily

fatigued, Having difficulty concentrating; mind going blank, Being irritable, Having muscle tension, Difficulty

controlling feelings of worry

treatments talk therapy or psychological counseling, antidepre-

ssants

stigma suffer serious social or professional problems, being

seen as "crazy" or "insane"

generalized anxiety disorder (cont)

examples minor matters (will I arrive on time?) health and safety of

loved ones, personal health and safety, work or school, money and paying bills, appearance, friendships and relationships, community affairs, politics, the enviro-

nment

Anxiety disorder due to another medical condition

symptoms muscle tension, heart palpitations, sweating, dizziness,

or difficulty catching the breath

treatments medications, psychotherapy

stigma being seen as weak or crazy, seen as any other issue

examples panic attack that leads to heart attack

selective mutism

symptoms Expression of a desire to speak that is held back by

anxiousness, fear, or embarrassment, Fidgeting, eye contact avoidance, lack of movement or lack of expression when in feared situations, Use of nonverbal communication to express needs (e.g., nodding head,

pointing)

treatment psychotherapy; management programs, medication

stigma think they are rude, not bieng provided sufficient social

stimulation

examples being verbally free and open at home but completely or

mostly nonverbal at school or around strangers, being paralyzed with fear when unable to speak

paratyzed with lear when unable t

Social Anxiety Disorder

symptoms blushing, fast heartbeat, trembling, sweating, nausea,

fear of situations where one may be udged, worrying about being embarrassed or humiliated, intense fear

when talking to strangers

treatment psychological counseling, talk therapy, medication

stigma low self-esteem, low self-efficacy

examples difficult to start conversations, date, make eye contact,

interact with strangers, go to school/work

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agoraphobia

symptoms fear of: leaving home alone, crowds, waiting in line, enclosed spaces, open spaces, public transportation

treatment CBT, antidepressants, anti-anxiety medication

stigma fear that their anxiety is not severe enough,

examples scared of having a panic attack while driving will lead to

avoiding other means of transportation

substance/medication-induced anxiety disorder

symptoms have to be causing a great deal of emotional upset or

significantly affecting the person's life, including their work or social life, or another part of their life that is

important

treatments SoAD, SSRIs

stigma inability to afford the cost of care, believing that the

problems could be handled without treatment, not knowing where to go for services, concerns about confidentiality, that it might cause neighbors or the community to have a negative opinion, that it might cause a negative effect on a person's job, fear of being committed, inadequate or no coverage of mental health

treatme, and thinking that treatment would not help

examples Substance-induced delirium Substance-induced

persisting dementia Substance-induced persisting amnestic disorder Substance-induced psychotic disorder Substance-induced mood disorder Substance-induced anxiety disorder Hallucinogen persisting perceptual disorder Substance-induced sexual dysfun-

ction Substance-induced sleep disorder



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