

### Separation Anxiety Disorder

symptoms

treatment

stigma

### Separation Anxiety Disorder

symptoms refusing to sleep alone, nightmares with theme of separation, intense worry when away from home/family, 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 babysitters, 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, claustrophobia, 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, antidepressants

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 environment

### 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 being 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

### Social Anxiety Disorder

symptoms blushing, fast heartbeat, trembling, sweating, nausea, fear of situations where one may be judged, 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



### 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 treatment, and thinking that treatment would not help
examples	Substance-induced delirium Substance-induced persisting dementia Substance-induced persisting amnesic disorder Substance-induced psychotic disorder Substance-induced mood disorder Substance-induced anxiety disorder Hallucinogen persisting perceptual disorder Substance-induced sexual dysfunction Substance-induced sleep disorder



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Published 22nd March, 2021.  
Last updated 22nd March, 2021.  
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