

# Generalized Anxiety Disorder

We were unable to identify an authoritative, non-copyrighted article on anxiety. However, an excellent article prepared by A.D.A.M., Inc. for the U.S. National Library of Medicine and the National Institutes of Health is available for free on-line viewing at <http://www.nlm.nih.gov/medlineplus/ency/article/000917.htm>.

To obtain a free copy of the present document, go to [www.masterdocs.com](http://www.masterdocs.com).

- Generalized anxiety disorder (GAD, Anxiety disorder) is a common condition of unclear cause in which disproportionate anxiety about multiple issues lasts at least 6 months.
- GAD may first occur in childhood or any time later and patients may say they have always been anxious types. Women are more often affected than men.
- The anxiety can be associated with related symptoms such as restlessness, difficulty concentrating, irritability, muscle tension, sleep problems, sweating, palpitations, shortness of breath, and gastrointestinal symptoms.
- Some medical diseases and certain drugs can produce an anxiety-like state.
- Treatment depends on the presentation, the severity, and the individual patient. Medications may include sedatives, tranquilizers, and antihistamines. Relaxation therapy and cognitive behavioral therapy may be helpful. Treatment usually provides substantial improvement.
- Patients with GAD are more prone to develop panic disorder, depression or substance abuse.

**The following information relates to the article on anxiety at the above website:**

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