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/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 abysitters, 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, 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 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

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 dysfunction Substance-induced sleep disorder

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