

\*\*If you are interested in joining Active Minds, a new organization devoted to raising mental health awareness on campus, please contact [info@activemindsoncampus.org](mailto:info@activemindsoncampus.org)

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Did You Know?:

## Generalized Anxiety Disorder

- The Symptoms of Anxiety:
  - \* Unrealistic or excessive worry or fears
  - \* Exaggerated startle reactions
  - \* Sleep disturbances
  - \* Ritualistic behaviors (i.e. excessive hand washing, counting things)
  - \* Shakiness and trembling
  - \* Racing or pounding heart
  - \* High pulse and/or breathing rate
  - \* Muscle aches and/or tension
- GAD affects about 4 million adult Americans; about twice as many women as men
- The disorder comes on gradually and can begin across the life cycle, though **the risk is highest between childhood and middle age**
- It is diagnosed when someone spends at least 6 months worrying excessively about a number of everyday problems. There is evidence that genes play a modest role
- GAD is **commonly treated with psychotherapy and medication**
- GAD rarely occurs alone, however; **it is usually accompanied by another anxiety disorder, depression, or substance abuse.**

ACTIVE MINDS ON CAMPUS WEBSITE:  
[www.activemindsoncampus.org](http://www.activemindsoncampus.org)

\*Facts obtained from Friends Hospital, the National Institute of Mental Health and the American Psychiatric Association