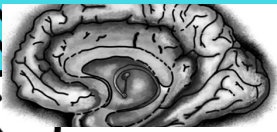


# GENERALISED ANXIETY DISORDER

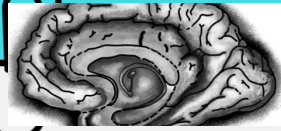


## WHAT IS IT?

Uncontrollable, worry about many events or thoughts. The person recognises them as inappropriate.

## EPIDEMIOLOGY

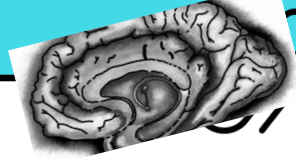
Twice as common in women.



## AETIOLOGY

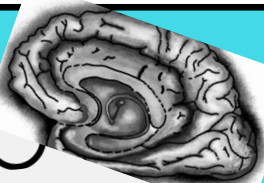
Largely unknown.

Genetic factors.  
Dysfunction of ANS.  
Abnormal levels of neurotransmitters e.g. serotonin, noradrenaline.  
Environmental stressors.  
Learned behaviour.



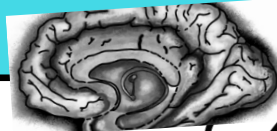
## SYMPTOMS

Worry (excessive, uncontrollable).  
Muscle tension.  
Difficulty concentrating.  
Fatigue.  
Restlessness.  
Disturbed sleep (difficulty getting to sleep, intermittent waking).  
Autonomic hyperactivity.  
Hyperventilation.



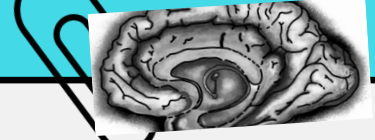
## SYMPTOMS CONT

Nausea  
Diarrhoea  
Fear of death/loss of control etc  
Derealisation  
Depersonalisation  
Feeling 'on-edge'  
Sensation of lump in throat



## RISK FACTORS

Family/personal history  
Childhood- pressure to achieve  
Personality type  
Low SES  
Stressful life events  
Chronic pain or illness  
Substance abuse history  
History of physical/emotional trauma



## DIAGNOSIS

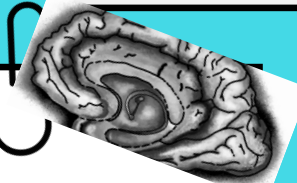
Refer to ICD-10 and/or DSM-V criteria  
Consider factors increasing risk  
Consider withdrawal/ side-effects of medication  
GAD-7 questionnaire  
Consider other psychiatric comorbidities

*ICD-10*



## DIFFERENTIALS

Other anxiety disorders (panic, specific phobia, OCD, PTSD)  
Depression  
Schizophrenia  
Personality disorder e.g. EUPD  
Excessive caffeine/alcohol  
Organic



## MANAGEMENT

Bio- SSRIs, SNRI, pregabalin, benzodiazepines (short-term)  
Psycho- education, CBT  
Social- self-help, support groups, exercise

Treat comorbidities