

Generalized Anxiety Disorder

What Is Generalized Anxiety Disorder (GAD)?

Everyone feels anxious from time to time, like when they have to meet a deadline or deliver a presentation. But with GAD, a constant and exaggerated sense of worry interferes with daily life. This can lead you to expect the worst when dealing with issues related to money, health, family, or work, even when there is no sign of trouble.

GAD affects about 4 million American adults. Nearly twice as many women as men are affected. The good news is that it is possible to manage the symptoms of GAD.



You may experience a few symptoms or you may feel overwhelmed by many symptoms. The key signs of GAD are anxiety and worry that are difficult to control and have lasted for at least 6 months.

Symptoms can also include:

- Restlessness or feeling on edge
- Fatigue
- Difficulty concentrating or mind going blank
- Irritability
- Muscle tension
- Difficulty sleeping

Tips for Feeling Better

- As with any medical condition, GAD should be treated by a health care professional. Many people benefit from talk therapy, medication, or both. Continue working with your health care provider to tailor your treatment plan to what works best for you.
- **Talk therapy** (psychotherapy) helps you work toward changing the way you view the world around you and how you react to it. Talking with a psychiatrist or another qualified health care professional can help you explore your relationships, feelings, and experiences in a meaningful way to help you interact with others again.



- Although the exact causes of GAD are unknown, it may be due to a chemical imbalance in the brain. Therefore, **medications** that affect this chemical imbalance may play a role in your treatment. Talk with your health care provider about medications that are used to treat this disorder.

See the *Therapy for Depression or Anxiety Disorders* info sheet for more information.

You may also find helpful information at these links:

National Alliance on Mental Illness

www.nami.org

Mental Health America

www.mentalhealthamerica.net

Anxiety Disorders Association of America

www.adaa.org

Wyeth
Neuroscience

© 2007, Wyeth Pharmaceuticals Inc., Philadelphia, PA 19101

The appearance of external websites does not constitute endorsement by Wyeth Pharmaceuticals Inc. of the websites, or the information, products, or services contained therein. For other than authorized Wyeth activities or sites, Wyeth does not exercise any editorial control over the information you may find at these locations.
120949-03