

Anxiety Disorders

Anxiety disorders are among the most common mental health conditions in the UK. The following conditions are included in the term 'anxiety disorders':

- Obsessive Compulsive Disorder (OCD). This is characterised by intrusive, recurring concerns (such as safety of the house) coupled with a repeated action aimed at dispelling it (such as checking that all doors and windows are locked), often a set number of times.
- Panic disorder
- Phobias
- Post-traumatic stress disorder.

The symptoms will vary with each individual in nature and severity but may include:

- Panic, fear, apprehension, excessive worrying
- Problems sleeping
- Inability to be still and calm
- Difficulty in concentrating
- Irritability
- Obsessive thoughts and compulsive behaviours such as repetitive checking, hand washing etc (OCD)
- Possible physical effects – breathlessness, dry mouth, palpitations, upset stomach

The symptoms are often more pronounced at times of increased stress.