

What is an Anxiety "Disorder"?

In this video, I explain how some anxiety crosses the threshold of being a clinical illness. The key thing I look for as a clinician is impairment of function. When your anxiety impacts your academic, professional, or social function in some way, or when it impacts your physical or mental health, then you might have an anxiety disorder.

References and further reading

- BBystritsky, A., Khalsa, S. S., Cameron, M. E., & Schiffman, J. (2013). Current diagnosis and treatment of anxiety disorders. *P & T: a peer-reviewed journal for formulary management*, 38(1), 30–57.
- American Psychiatric Association. (2013). Anxiety Disorders. *Diagnostic and statistical manual of mental disorders (5th ed.)*. [Link](#).