

Generalized Anxiety Disorder

In this video, we explore the most common anxiety disorder, generalized anxiety disorder (GAD). I'll start with the epidemiology or demographic information for GAD. I explain a bit about my approach to screening for GAD. I try to relate what GAD can feel like in a patient. Finally, I'll go over more detailed diagnostic information that I think about when making a diagnosis.

References and further reading

- American Psychiatric Association. (2013). Generalized Anxiety Disorder. *Diagnostic and statistical manual of mental disorders (5th ed.)*. [Link](#)
- Martin P. (2003). The epidemiology of anxiety disorders: a review. *Dialogues in clinical neuroscience*, 5(3), 281–298. [Link](#)
- U.S. Department of Health and Human Services. (n.d.). Generalized Anxiety Disorder. *National Institute of Mental Health*. [Link](#)

Glossary

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