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and effective management of psychiatric disorders.

Anxiety Disorders | SpringerLink

Since anxiety disorders are a group of related conditions rather than a single disorder, symptoms may vary from person to person. One individual may suffer from intense anxiety attacks that

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strike without warning, while another gets panicky at the thought of mingling at a party.

Anxiety Disorders and Anxiety Attacks: Recognizing the ...

A science-based guide to anxiety disorders, including panic attacks, phobias, and generalized anxiety

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disorder. Anxiety disorders are a type of mental illness characterized by extreme ...

Anxiety Disorders: Symptoms, Types & Treatments | Psych ...

Anxiety disorder due to a medical condition includes symptoms of intense anxiety or panic that are directly caused

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by a physical health problem.

Generalized anxiety disorder includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues. The worry is out of proportion to the actual circumstance, is difficult to control and affects how you feel physically.

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Anxiety disorders - Symptoms and causes - Mayo Clinic

All anxiety disorders share some general symptoms: Panic, fear, and uneasiness. Sleep problems. Not being able to stay calm and still. Cold, sweaty, numb or tingling hands or feet. Shortness of breath. Heart palpitations. Dry mouth.

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Mood and anxiety disorders during pregnancy and postpartum. New guide helps clinicians care for alcohol abusers. Basic otorhinolaryngology; a step-by-step learning guide. Brief mental health screening for corrections intake. Albert R. Roberts and Kenneth R. Yeager,

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Anxiety disorders are characterized by a variety of symptoms. One of the most common is excessive and intrusive

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worrying that disrupts daily functioning. Other signs include agitation ...

11 Signs and Symptoms of Anxiety Disorders - healthline.com

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One of the most important elements of having generalized anxiety disorder is learning how to cope with persistent

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anxiety and physical symptoms. Although each person has a unique experience with GAD, there are many common symptoms present with this condition that most everyone will experience to some degree.

Coping With Generalized Anxiety Disorder: Tips for Living Well

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Clinical trials. Explore Mayo Clinic studies testing new treatments, interventions and tests as a means to prevent, detect, treat or manage this disease.. Lifestyle and home remedies. While most people with anxiety disorders need psychotherapy or medications to get anxiety under control, lifestyle changes also can make

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a difference.

Anxiety disorders - Diagnosis and treatment - Mayo Clinic

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diagnosis, evaluation, and effective management of psychiatric disorders.

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Anxiety caused by specific asthma medications may lead to an anxiety disorder, states "A Consumer's Guide to Psychiatric Drugs." Accordingly, they

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can increase heart rate as well as cause nausea, insomnia and decreased appetite, which are all shared symptoms of anxiety. Theophylline is a bronchodilator taken orally.

Asthma Medicines That Cause Anxiety | Healthfully

Generalized anxiety disorder (or GAD) is

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characterized by excessive, exaggerated anxiety and worry about everyday life events with no obvious reasons for worry. People with symptoms of generalized ...

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