

Generalized Anxiety Disorder

We know that as a parent/caregiver you are not a mental health professional, so we put together this resource to provide you with the DSM-5 criteria that mental health professionals use to make a diagnosis for anxiety.

Generalized anxiety disorder (GAD) is a mental health condition that causes fear, worry and a constant feeling of being overwhelmed. It's characterized by excessive, frequent and unrealistic worry about everyday things, such as job responsibilities, health or chores. It can affect children and adults. GAD is a condition in the DSM-5 and the diagnostic criteria is as follows:

- A.** Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).
- B.** The individual finds it difficult to control the worry.
- C.** The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms having been present for more days than not for the past 6 months):

Note: Only one item required in children.

- Restlessness, feeling keyed up or on edge.
 - Being easily fatigued.
 - Difficulty concentrating or mind going blank.
 - Irritability.
 - Muscle tension.
 - Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep).
- D.** The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
 - E.** The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).
 - F.** The disturbance is not better explained by another medical disorder (e.g., anxiety or worry about having panic attacks in panic disorder, negative evaluation in social anxiety disorder [social phobia], contamination or other obsessions in obsessive-compulsive disorder, separation from attachment figures in separation anxiety disorder, reminders of traumatic events in posttraumatic stress disorder, gaining weight in anorexia nervosa, physical complaints in somatic symptom disorder, perceived appearance flaws in body dysmorphic disorder, having a serious illness in illness anxiety disorder, or the content of delusional beliefs in schizophrenia or delusional disorder).