Anxiety

URL of this page: http://www.nlm.nih.gov/medlineplus/anxiety.html

Fear and anxiety are part of life. You may feel anxious before you take a test or walk down a dark street. This kind of anxiety is useful—it can make you more alert or careful. It usually ends soon after you are out of the situation that caused it. But for millions of people in the United States, the anxiety does not go away, and gets worse over time. They may have chest pains or nightmares. They may even be afraid to leave home. These people have anxiety disorders. Types include:

- Panic disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Phobias
- Generalized anxiety disorder

Treatment can involve medicines, therapy or both.

NIH: National Institute of Mental Health

Start Here


Overviews

- Anxiety [http://www.mayoclinic.com/health/anxiety/DS01187/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Anxiety Disorders [http://www.nami.org/Template.cfm?Section=By_Illness&Template=/ContentManagement/ContentDisplay.cfm&ContentID=142543] (NAMI)
- Also available in Spanish [http://www.apa.org/centrodeapoyo/tratamiento.aspx]

Latest News


Diagnosis/Symptoms

Treatment

  Also available in Spanish
- Mental Health Medications [NIH (National Institute of Mental Health)]
- Psychotherapies [NIH (National Institute of Mental Health)]

Alternative Therapy

- Anxiety and Complementary and Alternative Medicine [NIH (National Center for Complementary and Alternative Medicine)]
- Herbal Treatment for Anxiety: Is It Effective? [Mayo Foundation for Medical Education and Research]

Nutrition

- Coping with Anxiety: Can Diet Make a Difference? [Mayo Foundation for Medical Education and Research]

Coping

- Helping Others: Spouse or Partner (Anxiety Disorders Association of America)

Disease Management

- Depression and Anxiety: Exercise Eases Symptoms [Mayo Foundation for Medical Education and Research]
- Tips to Manage Anxiety and Stress (Anxiety Disorders Association of America)

Specific Conditions

- Generalized Anxiety Disorder [American Academy of Family Physicians]
  Also available in Spanish
- Generalized Anxiety Disorder (GAD): When Worry Gets Out of Control [NIH Easy-to-Read (National Institute of Mental Health)]
  Also available in Spanish
- Social Anxiety Disorder (Social Phobia) [Mayo Foundation for Medical Education and Research]
- Social Phobia (Social Anxiety Disorder): Always Embarrassed [NIH Easy-to-Read (National Institute of Mental Health)]
  Also available in Spanish

Related Issues

- Anxiety and Depression (Anxiety Disorders Association of America)
- Anxiety Induced by Physical Disorders or Drugs
Health Check Tools

Tutorials
- Anxiety Disorders [http://nihseniorhealth.gov/anxietydisorders/toc.html] NIH NIH Senior Health (National Institute of Mental Health)

Videos

Clinical Trials

Research

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Directories
Disorders Association of America
- Find a Therapist [http://www.adaa.org/netforum/findatherapist] (Anxiety Disorders Association of America)
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)

Organizations
- Anxiety Disorders Association of America [http://www.adaa.org/]
- NAMI [http://www.nami.org/]
  Also available in Spanish [http://www.nami.org/template.cfm?section=NAMI_en_espa%F1ol]

MedlinePlus Magazine

Children
- Anxiety, Fears, and Phobias (For Parents) [http://kidshealth.org/parent/emotions/feelings/anxiety.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/emociones/anxiety_esp.html]
  Also available in Spanish [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/EI_Nino_Ansioso_47.aspx]
  Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/afraid_esp.html]
- Helping Kids Handle Worry [http://kidshealth.org/parent/positive/talk/worrying.html] (Nemours Foundation)
- Separation Anxiety (For Parents) [http://kidshealth.org/parent/emotions/feelings/sep_anxiety.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/emociones/separation_anxiety_esp.html]
  Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/test_anxiety_esp.html]

Teenagers
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/anxiety_esp.html]
- Test Anxiety [http://kidshealth.org/teen/school_jobs/school/test_anxiety.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/test_anxiety_esp.html]

Women
Seniors

- Anxiety [http://www.healthinaging.org/aging-and-health-a-to-z/topic:anxiety/] (AGS Foundation for Health in Aging)
- Anxiety and Older Adults [http://www.gmhfonline.org/gmhf/consumer/factsheets/anxietyoldadult.html] (Geriatric Mental Health Foundation)
- Anxiety Disorders [http://nihseniorhealth.gov/anxietydisorders/toc.html] NIH NIHSeniorHealth (National Institute of Mental Health)

Patient Handouts


You may also be interested in these related encyclopedia pages:


You may also be interested in these related MedlinePlus topics:


The primary NIH organization for research on Anxiety is the National Institute of Mental Health [http://www.nimh.nih.gov]

Anxiety - Multiple Languages [http://www.nlm.nih.gov/medlineplus/languages/anxiety.html]

Date last updated: 10 July 2013
Topic last reviewed: 19 June 2013