



# Anxiety Disorders

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# Anxiety Disorders

Continuous

Episodic

Defined situation

Mixed pattern

Any situation

Simple phobic (DSM)  
Specific isolated phobic (ICD)

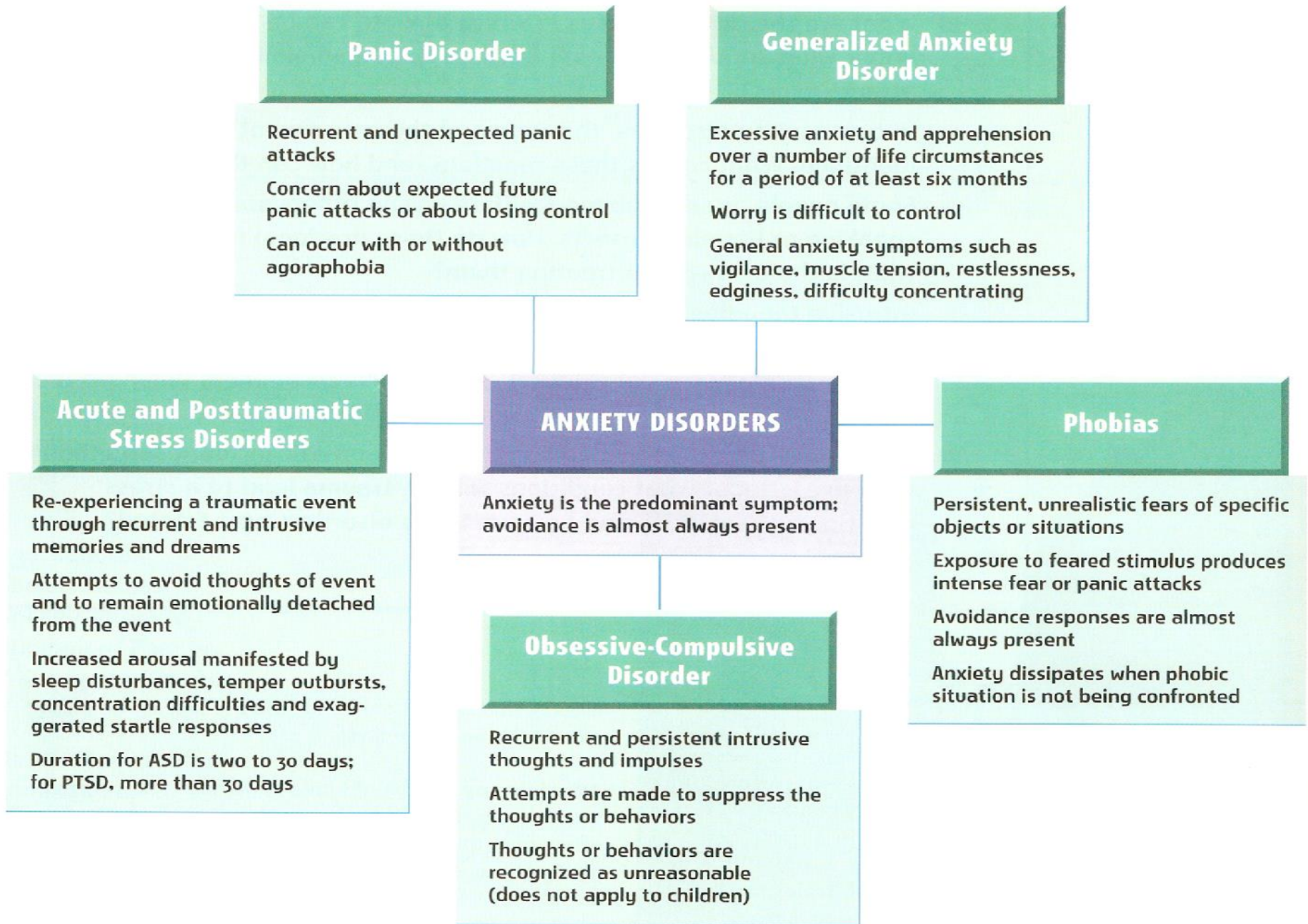
Social phobia

Agoraphobia

Panic with agoraphobia (DSM)  
Agoraphobia with panic (ICD)

Panic disorder

**FIGURE 5.1 Disorders Chart: Anxiety Disorders**

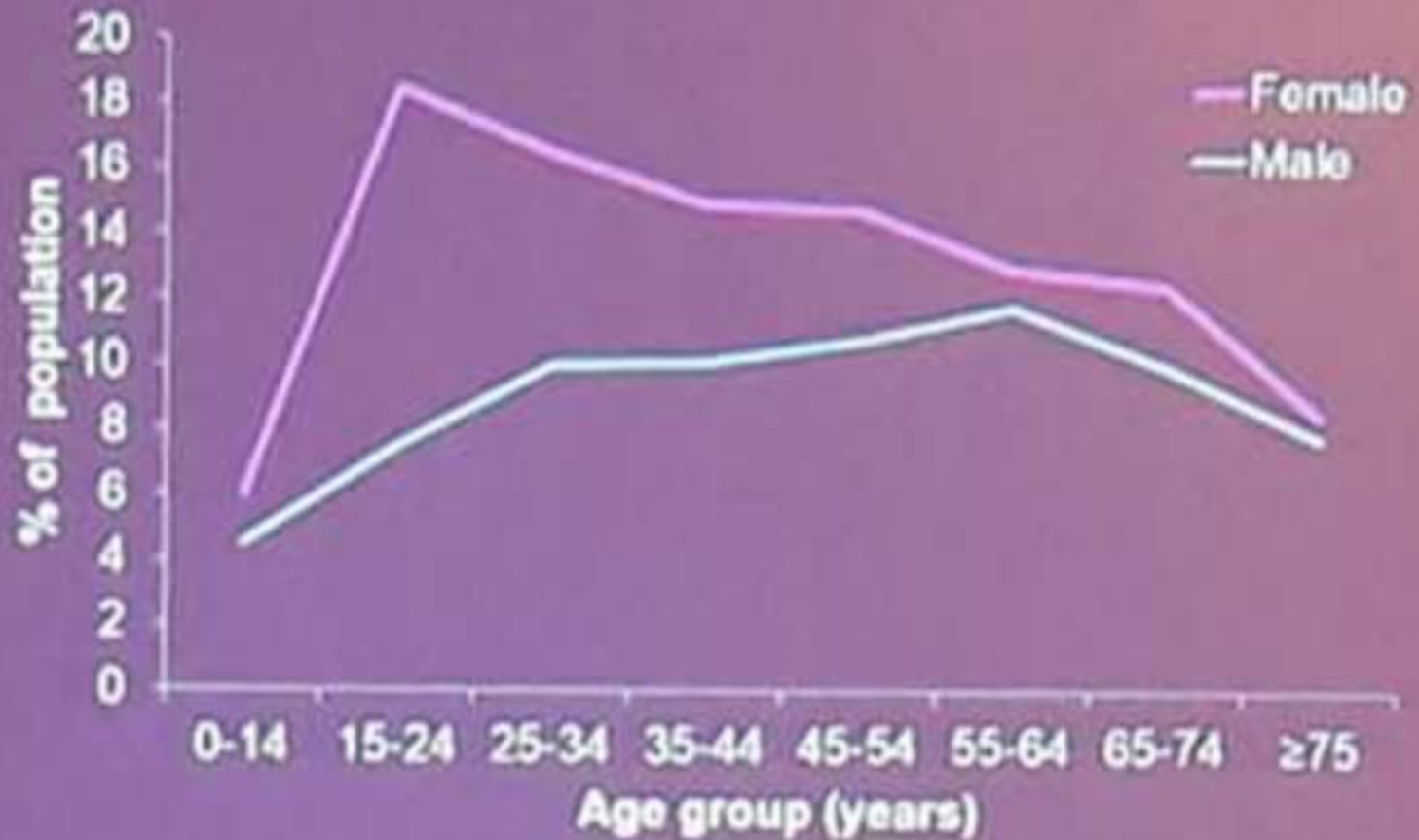




**FIGURE 5.1 Disorders Chart: Anxiety Disorders (continued)**

<b>ANXIETY DISORDERS</b>	<b>Lifetime Prevalence</b>	<b>Gender and Cultural Factors</b>	<b>Age of Onset</b>	<b>Course</b>
<b>Panic Disorder</b>	2–3%	May involve intense fear of the supernatural in some cultures. 2–3 times more common in females.	Late adolescence and mid-30s	Chronic; waxes and wanes
<b>Generalized Anxiety Disorder</b>	5%	Up to 2 times more prevalent in females. May be over diagnosed in children.	Usually childhood or adolescence	Chronic; fluctuating; worsens during stress; over 2/3 have a comorbid disorder
<b>Agoraphobia</b>	Unknown; in clinical samples 95% met criteria for panic disorder or specific phobia	Far more prevalent in females.	20s to 40s	Little known
<b>Social Phobias</b>	3–13%; may depend on threshold used in study	More common in women. In certain Asian cultures may involve fear of offending others.	Mid-teens	Often continuous
<b>Specific Phobia</b>	7–13%	Approximately 2 times more common in females but depends on type of phobia. Fear of magic or spirits present in many cultures and only if reaction is excessive in context of culture would the diagnosis be considered.	Childhood or early adolescence but depends on type of phobia	Phobias that persist into childhood (about 20%) remit infrequently
<b>Obsessive-Compulsive Disorder</b>	1–2.5% depending on assessment tool	Equally common in males and females; less prevalent among African Americans, Asian Americans, and Hispanic Americans than White Americans.	Usually adolescence or early adulthood	Majority have chronic waxing and waning course
<b>Post-Traumatic Stress Disorder</b>	8%; elevated rates are found among refugees	More common in females, and in survivors of rape, military combat, and captivity.	Any age	Symptoms usually occur within 3 months after trauma, but may be delayed for some; approximately 50% recover within 3 months
<b>Acute Stress Disorder</b>	Currently not known; from 14–33% for specific traumas	Uncertain; probably more common in females.	Any age	Time limited to one month; if persists longer may meet criteria for PTSD

## Anxiety-related Conditions



# Anxiety Disorders: Profile and Occurrence of Symptoms

