

Generalized Anxiety Disorder

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People who are diagnosed with this disorder have excessive worry that occurs more days than not for at least six months. It may be focused on a number of different activities or events, such as work, school, or home life. People can have a lot of worry in relation to having a history of panic attacks, phobic experiences, physical complaints or serious illness. Anxiety is the most common undesirable reaction to stress. The disorder may be related to the use of prescribed medications or other substance use. This disorder affects women and men equally.

- A complex of the following symptoms characterizes this syndrome:
- Excessive anxiety and worry
- Restlessness or feeling “on edge”
- Being easily fatigued
- Having difficulty concentrating or having the mind go blank
- Irritability
- Muscle tension
- Sleep disturbance

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