

About Anxiety Disorders

Anxiety disorders are the most common psychiatric illnesses affecting both children and adults.

- ◆ An estimated 40 million Americans age 18 and older suffer from an anxiety disorder.
- ◆ Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.
- ◆ These disorders are highly treatable, yet only about one-third of those suffering from an anxiety disorder receive treatment.

Anxiety disorders are highly treatable with psychosocial therapies, medication, or both.

- ◆ Psychosocial treatments include Cognitive Behavioral Therapy (CBT), exposure therapy, anxiety management and relaxation therapies, and psychotherapy.
- ◆ Drugs used to treat anxiety disorders include Selective Serotonin Reuptake Inhibitors (SSRIs), Selective Norepinephrine Reuptake Inhibitors (SNRIs), tricyclic antidepressants, benzodiazepines, beta blockers, and Monoamine Oxidase Inhibitors (MAOIs).
- ◆ Combination therapies including psychosocial treatments and medications are often used.

Misdiagnosis and undertreatment cost the nation billions of dollars annually.

- ◆ Anxiety disorders cost the U.S. more than \$42 billion a year according to "The Economic Burden of Anxiety Disorders," a study commissioned by the ADAA, based on data gathered by the association, and published in the *Journal of Clinical Psychiatry* (60:7, July 1999).
- ◆ More than \$22.84 billion is associated with the repeated use of healthcare services because people with anxiety disorders seek relief for symptoms that mimic physical illnesses.
- ◆ People with anxiety disorders are 3 to 5 times more likely than non-sufferers to go to the doctor and 6 times more likely to be hospitalized for psychiatric disorders.