

# Anxiety Disorders Overview and Statistics

## Incidence

Anxiety disorders are the most common mental illness in the U.S., with 40 million (18.1%) of the adult U.S. population (ages 18 and older) affected.

## Anxiety Disorders Categories

**Generalized Anxiety Disorder (GAD):** GAD is characterized by excessive, uncontrollable worry about everyday things, such as health, money, or career.

### GAD Statistics:

- ◆ Affects 6.8 million, 3.1%<sup>1</sup>
- ◆ Women are twice as likely to be afflicted as men.
- ◆ Very likely to be co-morbid with other anxiety and depressive disorders

**Obsessive Compulsive Disorder (OCD):** In OCD, individuals are plagued by persistent, recurring thoughts (obsessions) that reflect exaggerated anxiety or fears and repetitive behaviors or rituals (compulsions) performed by the sufferer.

### OCD Statistics:

- ◆ Affects 2.2 million, 1.0%
- ◆ Equally common among men and women
- ◆ One-third of afflicted adults had their first symptoms in childhood.
- ◆ In 1990, OCD cost the U.S. 6% of the total \$148 billion mental-health bill (NMHA).

**Panic Disorder (PD):** People with panic disorder suffer severe attacks of terror – which may make them feel as though they are having a heart attack or are going crazy – for no apparent reason.

### PD Statistics:

- ◆ Affects 6 million, 2.7%
- ◆ Women are twice as likely to be afflicted as men.
- ◆ Has a very high co-morbidity rate with major depression.

---

<sup>1</sup> All statistics refer to Americans between the ages 18-54.

**Posttraumatic Stress Disorder (PTSD):** PTSD can follow exposure to a traumatic event and symptoms include reliving the traumatic event, avoidance, detachment, and difficulty sleeping and concentrating.

**PTSD Statistics:**

- ◆ Affects 7.7 million, 3.5%
- ◆ Women are more likely to be afflicted than men.
- ◆ Rape is the most likely PTSD trigger; 65% of men and 45.9% women who are raped will develop the disorder.
- ◆ Childhood sexual abuse is a strong predictor of lifetime likelihood for developing PTSD.

**Social Anxiety Disorder (Social Phobia):** Social Anxiety Disorder (SAD) is characterized by extreme anxiety about being judged by others, or behaving in a way that might cause embarrassment or ridicule.

**SAD/Social Phobia Statistics:**

- ◆ Affects 15 million, 6.8%
- ◆ It is equally common among men and women, although more men than women seek help.
- ◆ Onset is usually in childhood or adolescence.

**Specific phobias:** People with specific phobias suffer from an intense fear reaction leading to an avoidance of specific objects or situations; the level of fear is usually inappropriate to the situation, and is recognized by the sufferer as being irrational.

**Specific phobia Statistics:**

- ◆ Affects 19.2 million, 8.7%
- ◆ Women are twice as likely to be afflicted as men.
- ◆ There are 5 types of Specific Phobia: Animal, Natural Environment, Blood-Injection-Injury, Situational, and Other.