(compulsions)
Anxiety caused by uncontrollable, persistent urges to perform certain actions
and/or
Anxiety caused by uncontrollable, persistent recurring thoughts (obsessions)

Obsessive-Compulsive Disorder (OCD)

Posttraumatic Stress Disorder (PTSD)
Persistent avoidance of feared object or situation
Intense anxiety or panic attack triggered by a specific object or situation

Phobias
Frequent and unexpected panic attacks, with no specific or identifiable trigger

Panic Disorder
General symptoms of anxiety, including persistent physical arousal
Persistent chronic, unreasonable worry and anxiety

General Anxiety Disorder (GAD)

The Anxiety Disorders
Handout 13.1

Prevalence of Psychological Disorders

Anxiety Disorders
More than 16 million adult Americans ages 18 to 54 have anxiety disorders.

Generalized Anxiety Disorder (GAD)
1. About 3 to 4% of the U.S. population has GAD during the course of a year.
2. GAD most often strikes people in childhood and adolescence, but can begin in adulthood, too.
3. It affects women more often than men.

Phobias
About 4 to 5% of the U.S. population has one or more clinically significant phobias in a given year.

Social Phobia
1. About 3.7% of the U.S. population—about 5.3 million Americans—has social phobia in any given year.
2. Social phobia occurs in women twice as often as it does in men.
3. Typically begins in childhood or early adolescence; rarely develops after age 25.

Panic Disorder
1. About 1.7% of the adult U.S. population—about 2.4 million Americans—has panic disorder in a given year.
2. Women are twice as likely as men to develop panic disorder.
3. Panic disorder typically strikes in young adulthood.

Obsessive-Compulsive Disorder (OCD)
1. About 2.3% of the U.S. population—about 3.3 million Americans—has OCD in a given year.
2. OCD typically begins during adolescence or early childhood.
3. OCD affects men and women equally.
4. OCD cost the U.S. $8.4 billion in 1990 in social and economic losses, nearly 6% of the total mental health bill of $148 billion.

Posttraumatic Stress Disorder (PTSD)
1. About 3.6% of the U.S. population—about 5.2 million Americans—has PTSD in a given year.
2. About 30% of the men and women who have spent time in war zones experience PTSD.
3. One million vets developed PTSD after serving in Vietnam. Estimates of up to 8% of the veterans of the Persian Gulf War suffer from PTSD.
4. Others who suffer from PTSD include rescue workers in the Oklahoma City bombing; survivors of the 1994 California earthquake, the 1997 South Dakota floods, hurricanes Hugo and Andrew; survivors of rape and physical or sexual abuse.

Source: National Institute of Mental Health.