

## Generalized Anxiety Disorder

- For more than half the days in at least 6 months, the patient experiences excessive anxiety and worry about several events or activities.
- The patient has trouble controlling these feelings.
- Associated with this anxiety and worry, the patient has 3 or more of the following symptoms, some of which are present for over half the days in the past 6 months:•
  - Feels restless, edgy, keyed up
  - Tires easily
  - Trouble concentrating
  - Irritability
  - Increased muscle tension
  - Trouble sleeping (initial insomnia or restless, unrefreshing sleep)
- - Aspects of another Axis I disorder do not provide the focus of the anxiety and worry.\*\*
- The symptoms cause clinically important distress or impair work, social or personal functioning.
- The disorder is not directly caused by a general medical condition or by substance use, including medications and drugs of abuse.
- It does not occur only during a Mood Disorder, Psychotic Disorder, Posttraumatic Stress Disorder or Pervasive Developmental Disorder.

### Coding Notes

\*Children need fulfill only 1 of these 6 symptoms.

\*\*Aspects of another Axis I disorder include worry about: weight gain (Anorexia Nervosa); contamination (Obsessive-Compulsive Disorder); having a panic attack (Panic Disorder); separation from home or relatives (Separation Anxiety Disorder); public embarrassment (Social Phobia); having physical symptoms (Somatoform Disorders).