Types

There are several types of anxiety disorders according to the American Psychiatric Association’s ‘Diagnostic and Statistical Manual of Mental Disorders’. Types of anxiety disorders include:

Generalized Anxiety Disorder: GAD is a mental condition where one worries constantly and cannot control it.

Social Anxiety Disorder: Social anxiety disorder is a long term and extreme fear of social situations which is also known as social phobia.

Panic Disorder: Panic disorder is an anxiety disorder where one regularly has sudden attacks of panic or fear.

Separation Anxiety Disorder: This condition happens when one feels excessive anxiety when he is separated from a loved one, like a primary caregiver.

Specific Phobias: A phobia is when something causes you to feel fear or anxiety that’s so severe it consistently and overwhelmingly disrupts your life.

Symptoms

Symptoms of anxiety disorders vary depending on the type. Most common symptoms are:

Psychological:

* Feeling panic, fear, dread and uneasiness.
* Feeling irritated.
* Uncontrollable thoughts.
* Difficulty concentrating.

Physical:

* Restlessness.
* Trouble in breathing and sleeping.
* Cold or sweaty hands.
* [Dry mouth](https://my.clevelandclinic.org/health/treatments/10902-dry-mouth-treatments).
* [Nausea](https://my.clevelandclinic.org/health/symptoms/8106-nausea--vomiting).
* [Numbness](https://my.clevelandclinic.org/health/symptoms/21015-numbness) or tingling in your hands or feet.

References:

* American Psychiatric Association ‘What Are Anxiety Disorders?’ *<* [*https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders*](https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders) *>* accessed on 14 May 2025
* National Institute of Mental Health (U.S.). ‘Anxiety Disorders’ *<* [*https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml*](https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml) *>* accessed on14 May 2025

Slide:

Types:

* Generalized Anxiety Disorder
* Social Anxiety Disorder
* Panic Disorder
* Separation Anxiety Disorder
* Specific Phobias

Symptoms:

* Psychological
* Physical