Generalised Anxiety Disorder – Clinical Profile Template

## Disorder Name

## Source (Textbook Title + Edition)

## ICD Code

## DSM Code

## Diagnostic Criteria

## Duration Required for Diagnosis

## Exclusion Criteria / Rule-Outs

## Common Differential Diagnoses

## Common Comorbidities

## Specifiers / Subtypes

## Severity Levels

## Age of Onset

## Gender Prevalence

## Typical Course/Progression

## Core Symptoms

## Cognitive Features

## Emotional Symptoms

## Behavioral Symptoms

## Somatic/Physical Symptoms

## Insight / Awareness of Illness

## Cultural Considerations in Presentation

## Genetic Factors

## Neurobiological Factors

## Psychological Factors

## Environmental / Social Factors

## Cultural / Religious Factors

## Developmental History

## Family History

## Structured Interviews

## Self-Report Measures

## Clinician-Rated Scales

## Psychometric Tools

## Observation Methods

## Lab / Neuroimaging Considerations

## First-Line Pharmacological Treatments

## Alternative Pharmacological Options

## Medication Side Effects

## Medication Monitoring Requirements

## Recommended Psychotherapy Modalities

## Core Therapeutic Goals

## Therapist Role/Approach

## Common Challenges in Treatment

## Prognosis with Treatment

## Sleep and Nutrition Considerations

## Exercise and Movement

## Mindfulness / Spiritual Practices

## Community or Social Support Needs

## Routine and Structure Guidance

## Children & Adolescents

## Older Adults

## Pregnancy & Postpartum

## LGBTQIA+ Considerations

## Substance Use Complications

## Suicidality / Risk Management

## Early Warning Signs of Relapse

## Maintenance Treatment Options

## Prognostic Indicators (Good/Poor)

## Typical Recovery Timeframes

## Recurrence Rates

## Patient Education Recommendations

## Family Psychoeducation

## Case Summary

## Presenting Problem

## Intervention

## Outcome

## Direct Text Quotes

## Page Numbers

## Editor/Author Notes

## Contrasts With Other Sources