

DSM-IV Criteria for Generalized Anxiety Disorder (GAD)

****Disorder Class:**** Anxiety Disorders

****Criterion A:****

Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).

****Criterion B:****

The person finds it difficult to control the worry.

****Criterion C:****

The anxiety and worry are associated with ****three or more**** of the following six symptoms (with at least some symptoms present for more days than not for the past 6 months):

1. Restlessness or feeling keyed up or on edge
2. Being easily fatigued
3. Difficulty concentrating or mind going blank
4. Irritability
5. Muscle tension
6. Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep)

****Criterion D:****

The focus of the anxiety and worry is ****not confined**** to features of an Axis I disorder (e.g., the anxiety or worry is not about having a panic attack [as in panic disorder], being embarrassed in public [as in social phobia], being contaminated [as in obsessive-compulsive disorder], being away from home or close relatives [as in separation anxiety disorder], gaining weight [as in anorexia nervosa], or having a serious illness [as in hypochondriasis]), and the anxiety and worry do not occur exclusively during posttraumatic stress disorder.

****Criterion E:****

The anxiety, worry, or physical symptoms cause ****clinically significant distress or impairment**** in social, occupational, or other important areas of functioning.

****Criterion F:****

The disturbance is ****not due**** to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hyperthyroidism) and does not occur exclusively during a mood disorder, a psychotic disorder, or a pervasive developmental disorder.