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# Anxiety Disorders

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## What is anxiety?

Feeling anxious is a normal part of life. Many people worry about things such as health, money, school, work, or family. But anxiety disorders involve more than occasional worry or fear. For people with these disorders, anxiety does not go away, is felt in many situations, and can get worse over time.

There are several types of anxiety disorders, including:

- [Generalized anxiety disorder](#)
- [Panic disorder](#)
- [Social anxiety disorder](#)
- [Various phobia-related disorders](#)



## Where can I learn more about anxiety disorders?

### Free health information

Brochures and fact sheets with more information about anxiety disorders, including signs, symptoms, and treatment options. Available for free in print and online.

### Science updates

NIMH news about anxiety disorders, including press releases and highlights on the latest research findings.

### Statistics

Information about the prevalence and treatment of anxiety disorders in the United States.

## Why is NIMH studying anxiety disorders?

About [a third of U.S. adolescents and adults experience an anxiety disorder](#) at some point in their lives. Anxiety disorder symptoms can interfere with daily life and routine activities, such as job performance, schoolwork, and relationships. In severe cases, a person might feel intense fear in common situations, avoid social encounters, or refuse to leave their home.

## How is NIMH research addressing this critical topic?

NIMH conducts and funds research to examine environmental and genetic factors that contribute to anxiety disorders. These include studies comparing brain development and biology among people with and without anxiety disorders. Our supported research also focuses on family and other environmental factors that may influence the risk for anxiety disorders in infants, children, adolescents, and adults.

NIMH-supported research is examining rates and symptoms of anxiety disorders after major life events like pregnancy or after trauma or illness. Of particular interest are predictors and symptoms of anxiety disorders among youth, including during the college

Additionally, NIMH supports research on interventions and treatments for different types of anxiety disorders. We're supporting studies that explore the overlap of anxiety with other disorders, such as depression and eating disorders, as well as how anxiety symptoms, severity, and treatment needs change with age.

## Explore clinical trials about anxiety disorders

Clinical trials are research studies that look at new ways to prevent, detect, or treat diseases and conditions. To learn more or find a study, visit:

- [Clinical Trials – Information for Participants](#): Answers to common questions about clinical trials, including why people might take part in a clinical trial and what they can expect
- [Clinicaltrials.gov: Current Studies on Anxiety Disorders](#): List of clinical trials funded by the National Institutes of Health (NIH) being conducted across the country
- [NIMH Anxiety Disorders Studies for Adults](#): List of studies being conducted on the NIH campus in Bethesda, MD
- [NIMH Anxiety Disorders Studies for Children](#): List of studies being conducted on the NIH campus in Bethesda, MD

## Share outreach materials about anxiety disorders

### Digital shareables

Social media graphics, videos, and resources about anxiety disorders.

## Find help and support

Learn [how to find help](#) for yourself or someone else. You can also [find support](#) and [locate mental health services](#) in your area on the Substance Abuse and Mental Health Services Administration website.

If you or someone you know is struggling or having thoughts of suicide, call or text the [988 Suicide & Crisis Lifeline](#) at 988 or chat at [988lifeline.org](#). In life-threatening situations, call 911.

## Additional federal resources

- [Anxiety](#) (MedlinePlus): Information, journal articles, and other resources about anxiety disorders collected by the National Library of Medicine

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## Disclaimer

We link to external websites for informational purposes only, but we do not endorse or guarantee their accuracy. Once you leave our site, you will be subject to the new website's privacy policy. Read NIMH's [full external linking policy](#) for more information.

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The National Institute of Mental Health (NIMH) is part of NIH, a component of the U.S. Department of Health and Human Services.