

**If you are interested in joining Active Minds, a new organization devoted to raising Mental Health Awareness on campus, please contact activeminds@duke.edu

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Did You Know?:

Generalized Anxiety Disorder

- The Symptoms of Anxiety:
 - * Unrealistic or excessive worry or fears
 - * Exaggerated startle reactions
 - * Sleep disturbances
 - * Ritualistic behaviors (i.e. excessive hand washing, counting things)
 - * Shakiness and trembling
 - * Racing or pounding heart
 - * High pulse and/or breathing rate
 - * Muscle aches and/or tension
- GAD affects about 4 million adult Americans; about twice as many women as men
- The disorder comes on gradually and can begin across the life cycle, though **the risk is highest between childhood and middle age**
- It is diagnosed when someone spends at least 6 months worrying excessively about a number of everyday problems. There is evidence that genes play a modest role
- GAD is **commonly treated with psychotherapy and medication**
- GAD rarely occurs alone, however; **it is usually accompanied by another anxiety disorder, depression, or substance abuse**

Anxiety disorders include generalized anxiety disorder, phobias, panic disorders, post-traumatic stress disorder, and obsessive-compulsive disorders

**FREE, CONFIDENTIAL SERVICES ARE AVAILABLE TO STUDENTS AT
DUKE UNIVERSITY**

Counseling and Psychological Services (CAPS)
214 Page Building, Box 90955 Durham NC 27708-0955
Phone: 919.660.1000 Fax: 919.660.1024
<http://caps.studentaffairs.duke.edu/>

ACTIVE MINDS AT DUKE WEBSITE:
www.duke.edu/web/activeminds