The Expert Says

According to experts at the National Institute of Mental Health, anxiety disorders affect about 40 million Americans ages 18 years and older.

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Who is more at risk of suffering an anxiety disorder?
Women are 60 percent more likely than men to experience an anxiety disorder. In addition, about 8 percent of youth ages 13 to 18 have an anxiety disorder. African Americans and Hispanics are less likely than whites to suffer an anxiety disorder during their lifetime.

How are anxiety disorders diagnosed?
First, doctors use a diagnostic evaluation to see whether someone's symptoms are caused by a physical problem. If the symptoms don't have a physical cause, doctors try to identify the type of disorder present. They also try to check for any other issues, such as depression or substance abuse, that might contribute to a patient's high anxiety.

What are some treatments used for anxiety disorders?
Therapy for anxiety disorders depends on the problem and what treatment method a patient prefers—drugs or psychotherapy.

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