



Diagnosis

The physical symptoms of an anxiety disorder can be easily confused with other medical conditions like heart disease or hyperthyroidism. Therefore, a doctor will likely perform an evaluation involving a physical examination, an interview and lab tests. After ruling out a medical illness, the doctor may recommend a person see a mental health professional to make a diagnosis.

Using the Diagnostic and Statistical Manual of Mental Disorders (DSM) a mental health professional is able to identify the specific type of anxiety disorder causing the symptoms as well as any other possible disorders including depression, ADHD or substance abuse which may be involved. Tackling all disorders through comprehensive treatment is the best recovery strategy.

Treatment

As each anxiety disorder has a different set of symptoms, the types of treatment that a mental health professional may suggest also can vary. But there are common types of treatment that are used:

- Psychotherapy, including cognitive behavioral therapy
- Medications, including antianxiety medications and antidepressants
- Complementary health approaches, including stress and relaxation techniques

Source:

See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions/Anxiety-Disorders#sthash.iD3eMtDi.dpuf>

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Anxiety Disorders



