

## Generalized Anxiety Disorder



PLAY PICMONIC

### Generalized Anxiety

[General with Anxiety-bag](#)

GAD involves excessive anxiety not focused on a specific fear and not caused by medications but does surround other aspects of life (e.g., school, work).

### Symptoms > 6 Months

[Greater-than Sign with \(6\) Sax and Month-moon](#)

GAD is characterized by any number of symptoms for at least six months.

### Symptoms

#### Restlessness and Irritability

[Restless-wrestler and Irritation](#)

GAD involves many symptoms, including restlessness and irritability, nervousness, fatigue, muscle tension, insomnia, and concentration difficulties.

#### Fatigue

[Sleepy-guy](#)

GAD involves many symptoms, including restlessness and irritability, nervousness, fatigue, muscle tension, insomnia, and concentration difficulties.

#### Insomnia

[Taped-awake-insomniac](#)

GAD involves many symptoms, including restlessness and irritability, nervousness, fatigue, muscle tension, insomnia, and concentration difficulties.

#### Concentration Difficulty

[Difficulty using Concentration](#)

GAD involves many symptoms, including restlessness and irritability, nervousness, fatigue, muscle tension, insomnia, and concentration difficulties.

### Treatment

## **Cognitive Behavioral Therapy**

### **Cog Behavioral Therapist**

The first-line treatment of GAD involves cognitive behavioral therapy and antidepressants (e.g., SSRIs, SNRIs).

## **Antidepressants**

### **Ant-tie-depressed Emo**

The first line treatment of GAD involves cognitive behavioral therapy along with antidepressants (e.g. SSRIs, SNRIs). The second-line treatment of GAD can also involve the use of TCAs, benzodiazepines, buspirone, and antipsychotics.