

Anxiety Disorders



Community
Family Services
of Ontario 家 和

Prevalence



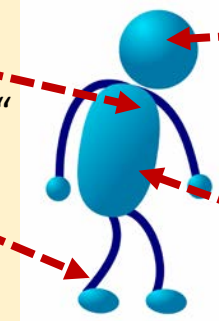
Serotonin
Norepinephrine
GABA



Symptoms

Body
"heart rate ↑"

Behaviour
"avoidance"

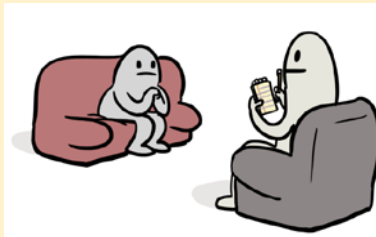


Thought
"I'm losing control"

Feeling
"anxious,
concerned"

Psychotherapy

- Cognitive behavioural therapy (CBT)
- Gradual Exposure
- Relaxation



Drug Therapy



Antidepressants

Benzodiazepines
(minor tranquilizers)