

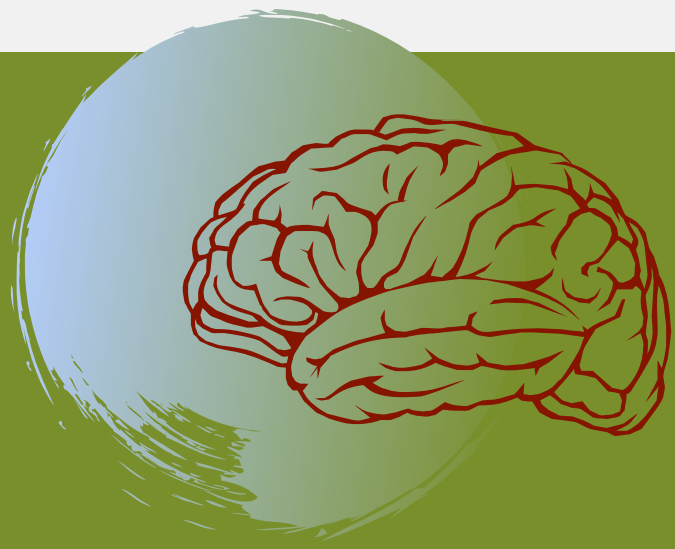
Anxiety Disorders

What is an Anxiety Disorder?

An anxiety disorder will cause an individual to experience unexpected or unhelpful anxiety that seriously impacts their lives, including how they think, feel, and act. Anxiety can affect anyone at any age and is the most common mental health problem. It may be triggered by a specific event or stressful life experience, positive or negative (i.e. graduation, marriage, moving). Anxiety can range from mild uneasiness to a panic attack and can last for a few moment, days, months, or even a lifetime. Anxiety disorders differ from normal anxiety in that they are long-lasting, more severe/intense, interferes with ability to function, and occurs when not in a state of danger.

Types of Anxiety Disorders:

- Phobias
- Panic Disorder
- Agoraphobia
- Social Anxiety Disorder
- Generalized Anxiety Disorder (GAD)
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)



What are the signs and symptoms of an Anxiety Disorder?

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| <ul style="list-style-type: none"> • Fear or sense of impending doom/danger • Chronic, excessive, uncontrollable worry • Feeling on edge • Easily fatigued • Difficulty concentrating/paying attention • Easily distracted • Irritable • Insomnia, vivid dreams • Muscle tension • Restlessness | <ul style="list-style-type: none"> • Rapid heart rate, chest pain • Flushing • Shortness of breath, hyperventilation • Dizziness, vertigo • Headaches • Tingling , numbness • Nausea, vomiting, diarrhea • Choking • Dry mouth • Sweating |
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How are Anxiety Disorders treated?

- Psychological Therapy (such as Cognitive Behavioral Therapy and Exposure Therapy)
- Counselling
- Medication
- Support Groups
- Self-Help Strategies



Accommodations for Students with Anxiety Disorders:

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| <ul style="list-style-type: none"> • Reduced course load • Extra time for tests/assignments • Condition impacts attendance • Audio recording device • Writing tests with AS | <ul style="list-style-type: none"> • Alternate forms of: <ul style="list-style-type: none"> ◦ Group work ◦ Presentations ◦ Classroom participation • No more than one exam in 24 hr period |
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*All accommodations are based on individual needs and recommendations.

For more information:

- Canadian Mental Health Association. (2014). Anxiety disorders. Retrieved from http://www.cmha.ca/mental_health/understanding-anxietydisorders/#.WUfXauv1CUkCanadian
- Psychological Association. (2021). "Psychology Works" Fact Sheet: Generalized Anxiety Disorder. Retrieved from https://cpa.ca/docs/File/Publications/FactSheets/FS_GeneralizedAnxietyDisorder_EN_2020.pdf.
- Mental health first aid. Retrieved from <http://mhfa.ca/en/course-info/courses/mhfa-basic>