

Generalized Anxiety Disorder; Diagnosis

These are the DSM V disorder criteria for Generalized Anxiety Disorder. Please review your diagnostic assessment using this checklist. If the symptom is “clearly present” mark that box. If the symptom has been sustained for at least one month, every day, most of the time then mark the “sustained” box. For a diagnosis of Generalized Anxiety Disorder BOTH of the boxes in sections A, B, C and D must be checked. As well, items E and F must be clearly present.

Clearly Present	Sustained	
		A) Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance).
		B) The individual finds it difficult to control the worry.
		C) The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms having been present for more days than not for the past 6 months): <ul style="list-style-type: none"> Restlessness or feeling keyed up or on edge Being easily fatigued Difficulty concentrating or mind going blank Irritability Muscles tension Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep) <p><i>Note: only one item is required in children</i></p>
		D) The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
		E) The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism)
		F) The disturbance is not better explained by another mental disorder (e.g. anxiety or worry about having panic attacks in panic disorder, negative evaluation in social anxiety disorder (social phobia), contamination or other obsessions in obsessive-compulsive disorder, separation from attachment figures in separation anxiety disorder, reminders of traumatic events in posttraumatic stress disorder, gaining weight in anorexia nervosa, physical complaints in somatic symptom disorder, perceived appearance flaws in body dysmorphic disorder, having a serious illness in illness anxiety disorder, or the content of delusional beliefs in schizophrenia or delusional disorder).