

Breakthrough Experience John F Demartini

Generalized anxiety disorder "Generalized Anxiety Disorder" Generalized anxiety disorder (GAD) is an anxiety disorder characterized by excessive, uncontrollable, and often irrational worry about events or activities. Worry often interferes with daily functioning. Individuals with GAD are often overly concerned about everyday matters such as health, finances, death, family, relationship concerns, or work difficulties. Disorder: When Worry Gets Out of Control". Symptoms may include excessive worry, restlessness, trouble sleeping, exhaustion, irritability, sweating, and trembling. Retrieved 30 May 2019. NIMH. DeMartini J, Patel G, Fancher TL (2 April 2019) d8a7dd01c1

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Symptoms must be consistent and ongoing, persisting at least six months for a formal diagnosis. Individuals with GAD often have other disorders including other psychiatric disorders, substance use disorder, or obesity, and may have a history of trauma or family with GAD. Clinicians use screening tools such as the GAD... d8a7dd01c1

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