



# Generalised Anxiety Disorder

*MRCPsych Sam Forshall*

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In recent years, researchers and psychiatrists have come to know more about anxiety disorders, their causes and possible methods of treatment. In fact, the medical literature fairly overflows with data on these conditions. In this text, the author distills that knowledge into an easy to use reference. A variety of different diagnoses, classifications and treatments are explored, with a particular focus on generalized anxiety disorder (GAD). The text not only profiles GAD completely, but it also discusses GAD in relationship to other anxiety disorders, such as panic disorder and obsessive-compulsive disorder. Psychiatrists and pharmacologists can benefit from this resource, as can trainees.

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